

Prostate – Benign Prostatic Hypertrophy (BPH)

Info by: HealthLine <https://www.healthline.com/health/enlarged-prostate-diet>

Advanced Urology - <https://www.advancedurology.com/top-8-foods-for-managing-bph/>

Medicine Net <https://www.medicinenet.com/script/main/art.asp?articlekey=8946>

Definition	Foods to Eat	Foods to Avoid or Limit Intake
<p>The prostate gland is located below the bladder in men and produces fluid components of semen. Over half of men ages 60 and above have enlargement of the prostate gland. This condition is sometimes called benign prostatic hyperplasia or benign prostatic hypertrophy (BPH). It is not known exactly why this enlargement occurs. However, BPH is not cancer and does not cause cancer. Some men have BPH symptoms while others do not.</p> <p>BPH Symptoms: Frequent Urination Illustration of an enlarged prostate. The most common symptom of BPH includes having to urinate more, often at night. The reason is that the enlarged prostate gland presses on the urethra, which carries urine out of the body. Because of this pressure, the bladder muscles have to work harder to excrete urine. The bladder eventually may start to contract even when only a small amount of urine is present, creating the urge to urinate more often. <i>Medicine Net</i></p>	<p>Sesame Seeds, almonds, pumpkin seeds, and adzuki beans. Zinc is an essential mineral to prostate health. A recent study shows that men with BPH or prostate cancer often have up to 75 percent lower zinc levels than men with healthy prostates.</p> <p>Bell Peppers, brussel sprouts, kale, and cauliflower. Vitamin C is another nutrient that is suspected to play a role in maintaining prostate health.</p> <p>Salmon Excellent source of omega-3s as well as healthy fats. Incorporating salmon into your diet is a great way to promote a healthy weight and prevent BPH, cardiovascular disease, inflammation, and arthritis.</p> <p>Tomatoes Lycopene, the nutrient in tomatoes that gives them their red color, is known to slow the progression of BPH as well as help men lower their risk of developing the condition.</p> <p>Avocados, pecans, pumpkin seeds, and wheat germ. Beta-sitosterol, a plant sterol found in avocados, is known to reduce the symptoms of existing BPH.</p> <p>Soy, tofu, soymilk, and edamame. Studies have shown that soy isoflavones can reduce prostate growth and even reduce cancerous cells in the prostate.</p> <p>Berries The antioxidants found in blueberries, raspberries, blackberries, and strawberries are known to remove free radicals from the body. Free radicals are caused by negative reactions in the body and can eventually lead to damage and disease, including BPH.</p> <p>Citrus Fruits Citrus fruits like oranges, lemons, and grapefruits are another great source of Vitamin C that can help ward off BPH.</p>	<p>Red Meat Daily red meat consumption has proven to triple a man's chance of developing BPH and is also linked to prostate cancer. Doctors often encourage men over 50 to avoid eating red meat altogether if possible, as it can lead to cardiovascular issues.</p> <p>Coffee & Alcohol Since caffeine is a diuretic, it can increase the urge to urinate. For men already suffering from the urinary symptoms of BPH, avoiding coffee, alcohol and other forms of caffeine is recommended.</p> <p>Dairy For the same reasons as red meat, dairy products like cheese, butter, and milk are closely linked to negative prostate health. Cutting down on these products is a great way to lower the risk of an enlarged prostate and prostate cancer.</p> <p>Sodium A high sodium intake from added salt and processed foods can increase urinary symptoms in men with BPH. A low or no-sodium diet can be very helpful for men suffering from frequent urination or incontinence due to BPH.</p>