

## Καρκίνος του Προστάτη & Διατροφή

### ΠΗΓΕΣ

1. Kristal AR, Lampe JW. Brassica vegetables and prostate cancer risk: a review of the epidemiological evidence. *Nutr Cancer.* 2002;42(1):1-9.
2. Singh AV, Xiao D, Lew KL, Dhir R, Singh SV. Sulforaphane induces caspase-mediated apoptosis in cultured PC-3 human prostate cancer cells and retards growth of PC-3 xenografts in vivo. *Carcinogenesis.* 2004;25(1):83-90.
3. Sarkar FH, Li Y. Indole-3-carbinol and prostate cancer. *J Nutr.* 2004;134(12 Suppl):3493S-3498S.
4. Cohen JH, Kristal AR, Stanford JL. Fruit and vegetable intakes and prostate cancer risk. *J Natl Cancer Inst.* 2000;92(1):61-68.
5. Jain MG, Hislop GT, Howe GR, Ghadirian P. Plant foods, antioxidants, and prostate cancer risk: findings from case-control studies in Canada. *Nutr Cancer.* 1999;34(2):173-184.
6. Joseph MA, Moysich KB, Freudenheim JL, et al. Cruciferous vegetables, genetic polymorphisms in glutathione s-transferases m1 and t1, and prostate cancer risk. *Nutr Cancer.* 2004;50(2):206-213.
7. Kolonel LN, Hankin JH, Whittemore AS, et al. Vegetables, fruits, legumes and prostate cancer: a multiethnic case-control study. *Cancer Epidemiol Biomarkers Prev.* 2000;9(8):795-804.
8. Giovannucci E, Rimm EB, Liu Y, Stampfer MJ, Willett WC. A prospective study of cruciferous vegetables and prostate cancer. *Cancer Epidemiol Biomarkers Prev.* 2003;12(12):1403-1409
9. Hsing AW, McLaughlin JK, Schuman LM, et al. Diet, tobacco use, and fatal prostate cancer: results from the Lutheran Brotherhood Cohort Study. *Cancer Res.* 1990;50(21):6836-6840.
10. Key TJ, Allen N, Appleby P, et al. Fruits and vegetables and prostate cancer: no association among 1104 cases in a prospective study of 130544 men in the European Prospective Investigation into Cancer and Nutrition (EPIC). *Int J Cancer.* 2004;109(1):119-124.
11. Schuurman AG, Goldbohm RA, Dorant E, van den Brandt PA. Vegetable and fruit consumption and prostate cancer risk: a cohort study in The Netherlands. *Cancer Epidemiol Biomarkers Prev.* 1998;7(8):673-680.
12. Kirsh VA, Peters U, Mayne ST, et al. Prospective study of fruit and vegetable intake and risk of prostate cancer. *J Natl Cancer Inst.* 2007;99(15):1200-1209. (PubMed) 33. Giovannucci E.

13. A review of epidemiologic studies of tomatoes, lycopene, and prostate cancer. *Exp Biol Med (Maywood)*. 2002;227(10):852-859
14. Giovannucci E, Ascherio A, Rimm EB, Stampfer MJ, Colditz GA, Willett WC. Intake of carotenoids and retinol in relation to risk of prostate cancer. *J Natl Cancer Inst.* 1995;87(23):1767-1776.
15. Mills PK, Beeson WL, Phillips RL, Fraser GE. Cohort study of diet, lifestyle, and prostate cancer in Adventist men. *Cancer.* 1989;64(3):598-604.
16. Gann PH, Ma J, Giovannucci E, et al. Lower prostate cancer risk in men with elevated plasma lycopene levels: results of a prospective analysis. *Cancer Res.* 1999;59(6):1225-1230.
17. Etminan M, Takkouche B, Caamano-Isorna F. The role of tomato products and lycopene in the prevention of prostate cancer: a meta-analysis of observational studies. *Cancer Epidemiol Biomarkers Prev.* 2004;13(3):340-345.
18. Kirsh VA, Mayne ST, Peters U, et al. A prospective study of lycopene and tomato product intake and risk of prostate cancer. *Cancer Epidemiol Biomarkers Prev.* 2006;15(1):92-98.
19. Key TJ, Appleby PN, Allen NE, et al. Plasma carotenoids, retinol, and tocopherols and the risk of prostate cancer in the European Prospective Investigation into Cancer and Nutrition study. *Am J Clin Nutr.* 2007;86(3):672-681
20. Dahan K, Fennal M, Kumar NB. Lycopene in the prevention of prostate cancer. *J Soc Integr Oncol.* 2008;6(1):29-36.
21. World Cancer Research Fund / American Institute for Cancer Research. *Food, Nutrition, Physical Activity, and the Prevention of Cancer: a Global Perspective.* Washington DC: AICR, 2007.
22. Heinonen OP, Albanes D, et al. Prostate cancer and supplementation with alpha-tocopherol and beta-carotene: incidence and mortality in a controlled trial. *J Natl Cancer Inst* 1998;90:440-6.
23. Kirsh VA, Hayes RB, et al. Supplemental and dietary vitamin E, beta-carotene, and vitamin C intakes and prostate cancer risk. *J Natl Cancer Inst.* 2006 Feb 15;98(4):245-54. 21. Duffield-Lillico A.J. et al., Selenium supplementation, baseline plasma selenium status and incidence of prostate cancer: an analysis of the complete treatment period of nutritional prevention of cancer trial, *BJU Int.*, May 2003, 91(7):608-12.
24. Clark LC, Combs GF Jr, et al. Effects of selenium supplementation for cancer prevention in patients with carcinoma of the skin. A randomized controlled trial. *Nutritional Prevention of Cancer Study Group.* *JAMA.* 1996 Dec 25;276(24):1957-63.
25. Lippman SM, Klein EA, et al. Effect of selenium and vitamin E on risk of prostate cancer and other cancers: the Selenium and Vitamin E Cancer Prevention Trial (SELECT). *JAMA.* 2009 Jan 7;301(1):39-51.

26. Badger TM, Ronis MJ, et al. Soy protein isolate and protection against cancer. *J Am Coll Nutr.* 2005 Apr;24(2):146S-149S.
27. Yan L, Spitznagel EL. Meta-analysis of soy food and risk of prostate cancer in men. *Int J Cancer.* 2005 Nov 20;117(4):667-9.
28. Soy, isoflavones, and prostate cancer. Jian L. *Mol Nutr Food Res.* 2009 Feb;53(2):217-Clinical trials are needed to determine whether consumption of soy foods affects risk of prostate cancer.
29. Blutt SE, Weigel NL. Vitamin D and prostate cancer. *Proc Soc Exp Biol Med.* 1999;221(2):89-98.
30. Corder EH, Guess HA, Hulka BS, et al. Vitamin D and prostate cancer: a prediagnostic study with stored sera. *Cancer Epidemiol Biomarkers Prev.* 1993;2(5):467-472.
31. Braun MM, Helzlsouer KJ, Hollis BW, Comstock GW. Prostate cancer and prediagnostic levels of serum vitamin D metabolites (Maryland, United States). *Cancer Causes Control.* 1995;6(3):235-239.
32. Nomura AM, Stemmermann GN, Lee J, et al. Serum vitamin D metabolite levels and the subsequent development of prostate cancer (Hawaii, United States). *Cancer Causes Control.* 1998;9(4):425-432.
33. Gann PH, Ma J, Hennekens CH, Hollis BW, Haddad JG, Stampfer MJ. Circulating vitamin D metabolites in relation to subsequent development of prostate cancer. *Cancer Epidemiol Biomarkers Prev.* 1996;5(2):121-126.
34. Ahonen MH, Tenkanen L, Teppo L, Hakama M, Tuohimaa P. Prostate cancer risk and prediagnostic serum 25-hydroxyvitamin D levels. (Finland). *Cancer Causes Control.* 2000;11(9):847-852.
35. Bingham SA. High-meat diets and cancer risk. *Proc Nutr Soc.* 1999 May;58(2):243-8. Review.
36. Kolonel LN, Nomura AM, Cooney RV. Dietary fat and prostate cancer: current status. *J Natl Cancer Inst.* 1999 Mar 3;91(5):414-28. Review.
37. Moyad MA. Fat reduction to prevent prostate cancer: waiting for more evidence? *Curr Opin Urol.* 2001 Sep;11(5):457-61. Review.
38. Michaud DS, Augustsson K, et al. A prospective study on intake of animal products and risk of prostate cancer. *Cancer Causes Control.* 2001 Aug;12(6):557-67
39. Wolk A. Diet, lifestyle and risk of prostate cancer. *Acta Oncol.* 2005;44(3):277-81. Review.
40. Gao X, LaValley MP, Tucker KL. Prospective studies of dairy product and calcium intakes and prostate cancer risk: a meta-analysis. *J Natl Cancer Inst.* 2005 Dec 7;97(23):1768-77.
41. Hussain T. et al., Green tea constituent epigallocatechin-3-gallate selectively inhibits Cox-2 without affecting Cox-1 expression in human prostate cancer cells, *Int. J. Cancer,* 2004 Sept 28, e-pub ahead of print.

42. Liao S. et al., Selective inhibition of steroid 5-alpha-reductase isozyme by tea epigallocatechin gallate, Biochem. Biophys. Res. Commun., 1995 Sept 25, 214(3):833-8.
43. Feng P. et al., Direct effect of zinc on mitochondrial apoptosis in prostate cells, Prostate, 2002 Sep. 1st, 52(4):311-8.
44. <http://www.uroweb.org/guidelines/online-guidelines/>
45. <http://www.cancer.org/acs/groups/cid/documents/webcontent/002577-pdf.pdf>