

Prostate Cancer: Foods & Supplements with Evidence						
<u>Food Item</u>	<u>Amount</u>	<u>Study Type</u>	<u>Randomized Trial?</u>	<u>Population</u>	<u>Main Study Objective</u>	<u>Duration</u>
Green tea	5-6 cups/day	human; prospective	yes; placebo control	USA, Japan	antioxidant effect, PSA decrease, development of advanced prostate cancer	ongoing
Vitamin D	--	human; prospective	no	USA	Development of prostate cancer	ongoing
Lycopenes	--	human; prospective	no	USA	Development of prostate cancer	ongoing
pomegranate juice	8 oz daily	human; prospective	no	USA	Rate of PSA doubling	ongoing
genistein soy	--	cancer cells	no	--	increase in cancer cells dying; used with chemotherapy	--
vegetable fat	[replacing animal fat with vegetable fat]	human; retrospective	no	USA	risk of dying from prostate cancer	ongoing
coffee	≥ 2 cups/day	human; meta-analysis	no	USA, Japan, Europe	Development of prostate cancer	ongoing

Study Type: human, animal, or laboratory (cells)

Prospective study: study that watches for outcomes over time (such as development of cancer)

Retrospective study: study that looks backwards and examines exposures for risk or protection factors related to an outcome

Case-control: type of retrospective study comparing "cases" (cancer) to "controls" (ex, healthy)

Placebo-control: where the control arm (not treatment arm) is given a placebo (inactive) substance

Main Study Objective: the primary measure of a study (ex, rate of developing cancer)

Randomized Trial: randomly assign subjects to different therapies (or arms of a study), to reduce bias

Meta-analysis: statistical analysis by combining data from multiple studies

