Diet & Dietary Supplements & Prostate Health: What do I tell patients from A to Z!

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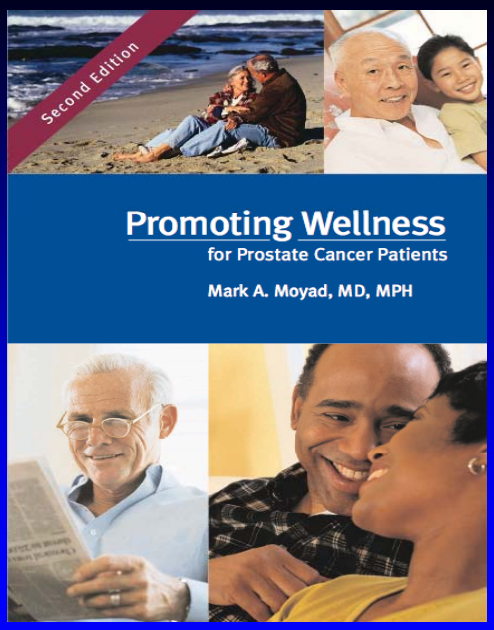
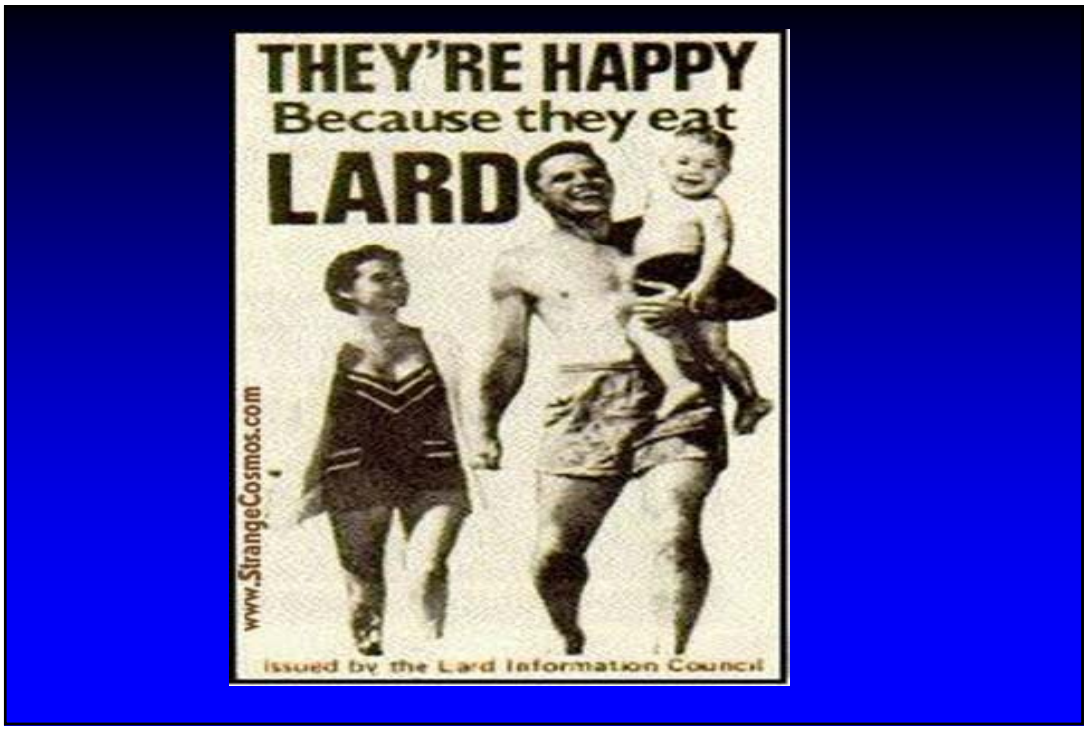
Hobbies: Telling you that less is more!



Alternative Medicine/Diet/Supplements Update from A-Z: What Works & What is Worthless



Alternative Medicine/Diet/Supplements Update from A-Z:
What Works & What is Worthless

LESS IS MORE!!! Take no pill (Rx/OTC) unless you qualify!

Overview of the Talk

- Pre-Game (Introduction to my world)
- A to Z
- Summary

Alternative Medicine/Diet/Supplements Update from A-Z:
What Works & What is Worthless

Dietary Supplements=Big Business (Where is the Objectivity?)

Annual Sales of nutritional supplements in the U.S. (CDC/NIH)?

A) 1 Billion
B) 3 Billion
C) 5 Billion

(Nahin RL, et al for the National Health Statistics Report 2009;18, July 30, 1-14)

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A) 1 Billion
B) 3 Billion
C) 5 Billion
D) 22 Billion! (of the 34 billion)

((Nahin RL, et al for the National Health Statistics Report 2009;18, July 30, 1-14)

-Anemia Rx
-Angio
-Arthroscopic debridement
-Cold & Flu OTC
-HRT
-Screening
-Vioxx

Rep vs. Dem???

Mind/Body Connection?

DRUG/MEDICAL CONDITION	SUGAR PILL IMPACT
E.D./F.S.D.!!!	25%
Hair Loss	42%
Hot Flashes	25-50%
Weight Loss	6 pounds

Smoking Cessation? Anti-Depressants?

Moyad MA. Urol Clin N Am 2002; 29:125-155.

Alternative Medicine/Diet/Supplements Update from A-Z:
What Works & What is Worthless

MEN & Mortality

1. CVD	426,772
2. Cancer	286,741
3. Accidents	67,923
4. Respiratory Diseases*	60,456
5. Diabetes*	35,217

www.cdc.gov, 2009

WOMEN & Mortality

1. CVD (since 1984)	483,842
2. Cancer	267,902
3. Respiratory Diseases*	65,672
4. Alzheimer's Disease	45,058
5. Diabetes*	35,748

www.cdc.gov, 2009

PRE-GAME-Probability Diet

- #1 cause of death for 108 out of 109 years?

BOTTOM LINE=Heart Healthy=Bladder Healthy=Bone Healthy=Brain Healthy=Breast Healthy=Colon Healthy=Eye Healthy=Joint Healthy=Kidney Healthy=Prostate Healthy=Skin Healthy=Sexual Health=ALL HEALTHY!!!

(Avodart vs. Vioxx vs. Vitamin E vs. Fish Oil…?)

Moyad MA. Promoting wellness for prostate cancer patients. JW Edwards Publishing, 2006.
Moyad MA, Carroll PR. Urol Clin N Am 2004;31:289-300.

DASH (B.P.) Diet-Health Professionals>200,000!

High intake of veggies & fruits (Magnesium & Potassium & Fiber)
Nuts & Legumes (Plant Protein)
Low-Fat Dairy (Calcium)
Whole Grains (Fiber)
Low Intake of Sodium
Low Intake of Sweetened Beverages (Low Calorie)
Low Intake of Red & Processed Meat (Animal Protein)
HEART HEALTHY=KIDNEY HEALTHY

Taylor EN, et al. J Am Soc Nephrol 20: 2253-2259, 2009.

Last sec. Tips…

- Nutrients can be added back to diet-unlike Rx ="Over-Anti-Oxidation Of Our Population!"

  LESS IS MORE…

  LESS IS MORE…

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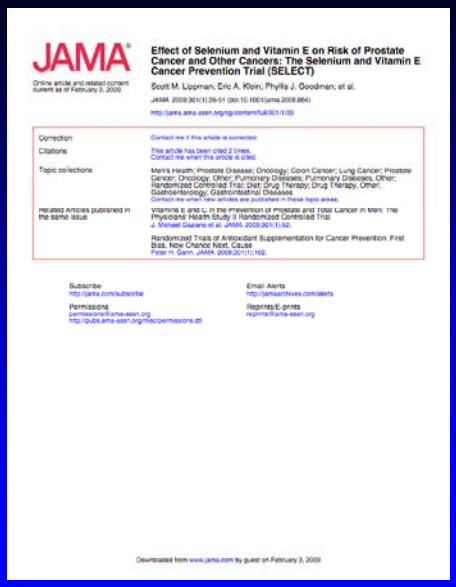
Moyad MA, Carroll PR. Urol Clin N Am 2004;31:289-300.

Alternative Medicine/Diet/Supplements Update from A-Z:
What Works & What is Worthless

SELECT
(just released)
-35,000 men

-300 sites

-150 million
dollars


JAMA

Effect of Selenium and Vitamin E on Risk of Prostate Cancer and Other Cancers: The Selenium and Vitamin E Cancer Prevention Trial (SELECT)

Scott M. Lippman, Eric A. Klein, Phyllis J. Goodman; et al.

-400 IU
Vitamin E???

-200 mcg
Selenium???

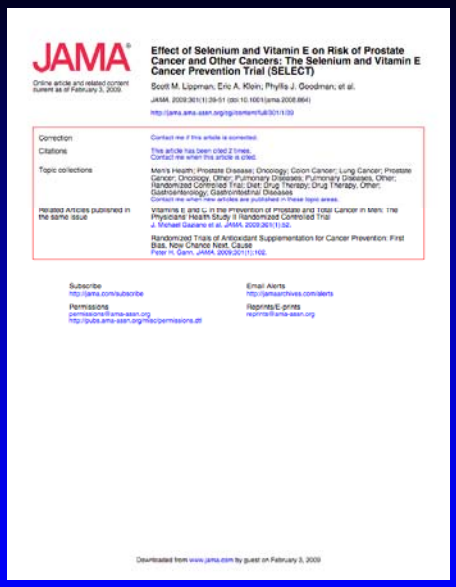
Lippman SM, et al. SELECT. JAMA 2009;301:39-51

Next?

SELECT
(just released)
-35,000 men

-300 sites

-150 million
dollars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-400 IU
Vitamin E
Increased risk of
Prostate
Cancer (bleeding)

-200 mcg
Selenium
increased
Risk of
type II diabetes

Lippman SM, et al. SELECT. JAMA 2009;301:39-51

PRE-GAME

PERCEPTION	REALITY
Life Expectancy in 1900	45 years!
Cancer (1970-2005)	Reduced 3-6%/yr
Heart Disease (1970-2005)	Reduced >50%
Stroke (1970-2005)	Reduced >60%
#1 Risk Factor for Chronic Disease in U.S.	Age (yes Aging!)

Jamal A, et al. JAMA 294:1255-1259, 2005. & Moyad MA. Sem Prev Alt Med 2006

A=Aspirin

- Aspirin-paradigm for supplements? (Yes & No)
- -New Meta-Analysis of 6 Studies
- Worried about Tylenol?

ATT Collaboration. Lancet 2009;30:373(9678):1849-1860.

3500 cal=1 pound=500 cal per day! (almost…)

100-200 cal/d=1-2 lbs/2 week=10-20 pounds/year=inches in waist

B = Belly Fat/Weight Gain

Liposuction vs. Gastric Bypass

Alternative Medicine/Diet/Supplements Update from A-Z:
What Works & What is Worthless

B=Belly Fat

Just Released!
-EPIC Study!
-9 countries

-360,000!!!
-Most Accurate
-10 years
-15,000 deaths

ORIGINAL ARTICLE

General and Abdominal Adiposity and Risk of Death in Europe

ABSTRACT

-CVD
-Cancer
-Overall Mortality

BMI=calculate?
WC=?

(Pischon T, et al. N Engl J Med 359:2105-2120, 2008).

B=BELLY FAT/FAT (Moyad MA. ABCs Nutr, 2004)

(HEART HEALTHY=ALL HEALTHY)

FAT TYPE	PRIMARY SOURCE	COMMENT
Monounsaturated (Oleic acid…)	Cooking oils + nuts..	GOOD
Polyunsaturated (Omega-3s)	Soy, Flax, Fish…	GOOD
Saturated (hydrogenated)	Dairy/non-game-meat…	BAD? Not Exactly!
Trans (partially hydrogenated)	Marg/shorten/deep fried/fast-food…	BAD

B=BELLY FAT
(Saturated Fat=Higher Calories!)

TYPE OF MILK	SATURATED FAT (8 oz)	TOTAL CALORIES
Skim Milk	0 grams	80 Calories
1% Milk	1.5 grams	100 Calories
2% Milk	3 grams	120 Calories
Whole Milk	5 grams	150 Calories
Reindeer Milk	Does it matter?!	580 Calories

Moyad MA. No BS Health Advice, 2009. & Strom SS, et al. Int J Cancer 2008;122:2581-2585.

How much saturated fat?

B=BELLY FAT
(Just In-2 year Harvard Trial)

SPEICAL DIET (1400 Calories) (n=811)	RESULTS (2-years)
Fad Diet I	-9 lbs=4 kg, -2 inches=5 cm
Fad Diet II	SAME
Fad Diet III	SAME
Fad Diet IV	SAME

Sacks FM, et al. N Engl J Med 2009;360:859-873.

B=BELLY FAT/FAT=
The Magic Pill?

- "ALLI" ($2/day)
- Meridia (Sibutramine)
- FISH OIL & EXERCISE=Why not?
- Fiber (30gram/d)=Why not?
- Wt. Lifting=Why not?
- Cutting Calories everywhere…(Qnexa? B-HCG?)

Moyad MA. No Bogus Science Health Advice, 2009.

Breaking News!

- Qnexa=phentermine + topiramate
  (Vivus Pharm----July 15 & Final by Oct 28)
- Contrave=naltrexone SR + bupropion SR
  (Orexigen Pharm----application accepted)
- Lorcaserin=serotonergic wt loss drug
  (Arena Pharm---Sept 16 & Final by Oct 22)

HANDS ON EXPERIMENT!

- TASTE TEST #1=YOU SHOULD TRUST ME!
- TASTE TEST #2=PLEASE TRUST ME!

C=Calcium (Tang BMP, et al. Lancet 2007;370:657-666)
1200-1500 mg/d!

CALCIUM CARBONATE (40% elem)	Caltrate, Oscal…	-W/Meals -Colon? -PSA
CALCIUM CITRATE (21% elem)	Citracal…	-W/or w/out meal -Kidney stones
CALCIUM PHOSPHATE (39% elem)	Posture-D…	-W/or w/out meal

Moyad MA. Promoting Wellness for Prostate Cancer Patients, 2009.

D=Vitamin D Deficiency

- "It is simply the number 1 deficiency in medicine for right NOW!"

-Aging
-Belly Fat
-Diet (Food) or Fortification
-Statins
-SUNLIGHT???
-Sunscreen

Moyad MA. Vitamin D: a rapid review. Dermatol Nurs 2009;21:25-30.

WHI (n=300)-Subgroup-7 yrs

BLOOD VIT. D (baseline) (nmol/L)	RISK OF INVASIVE CCa
≥ 58.4	Normal
42.4 to 58.3	2.0 x the risk
31.0 to 42.3	2.0 x the risk
<31.0	2.5 x the risk

Wactawski-Wende J, et al WHI Investigators. N Engl J Med 354:684-696, 2006

Vitamin D & MS

- NHS=92,253 women=20 yrs
- NHS II=95,310 women=9 yrs (173 cases)
- Vitamin D supplements ≥400 IU/day=
- 61% Reduction

Bottom Line=Preliminary but interesting.

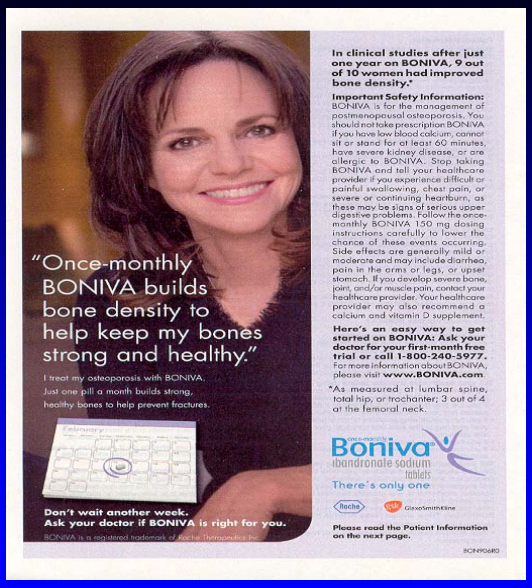
(Munger KL, et al. Neurology 2004;62:60-65.) + Munger KI, et al. JAMA 2006;296:2832-2838.

Vitamin D3="Cholecalciferol"

- Most effective (blood levels)-Prostate???
- Least toxic
- Most "natural"
- Most researched
- CHEAPEST (yeah!)

100 IU=1 Point Increase & 1000 IU/day is enough (new JAMA study-500,000 IU/d)

Moyad MA. Vitamin D: a rapid review. Dermatol Nurs 2009;21:25-30.
Autier P, Gandini S: Vitamin D supplementation & total mortality: a meta-analysis of rand cont trials. Arch Intern Med 167(16):1730-1737, 2007)



-Calcium-1200 (nutritionist)

-Vitamin D Blood Test

-Lift weights/ Resistance/ Aerobic Exercise

-DEXA

-FRAX (on-line)

Moyad MA. No BS Health Advice, 2009.

Would You Take This Pill If It was Free & Had No Side Effects?

Physical health	Mental Health
• Premature death=30-50%	-Depression
• Heart disease=40-50%	
• Stroke=30-50%	
• Type II diabetes=30-40%	
• BREAST CANCER=20-30%	
• Colon cancer…=30-50%	
• Incontinence…=30%	
• Osteoporosis=40-50%	
• Kidney stones, E.D., & FATAL P.C.!!!	

(Manson J, Amend P. The 30-minute fitness solution, 2006.)

EXERCISE!!!!!!!! (Now would you take it?!!!)

Physical health	Mental Health
• Premature death=30-50%	-Depression=50%
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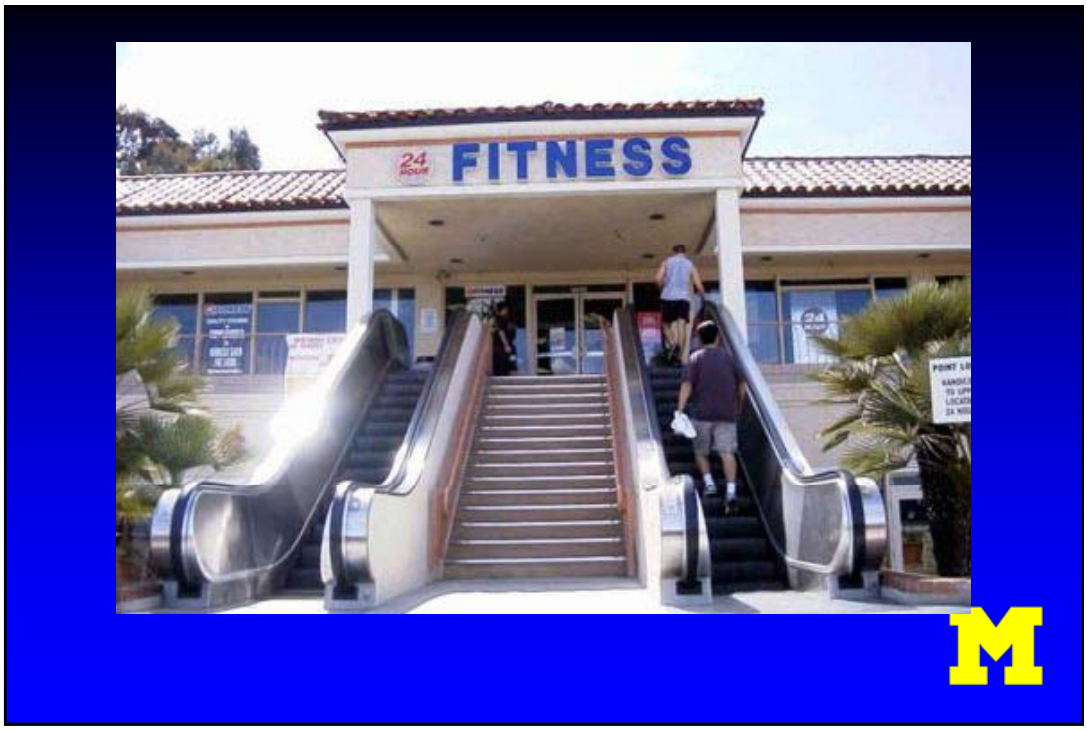
Manson J, Amend P. The 30-minute fitness solution, 2006. &

Giovannucci EL, et al. Arrch Intern Med 165:1005-1010, 2005.



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