Dietary Supplements for the Treatment of Prostate Cancer, by Chendil Damodaran

[Prostate cancer](http://en.wikipedia.org/wiki/Prostate_cancer) is the most common form of cancer in men, with up to one in five men in the US being diagnosed with the condition. Prostate cancer is not usually terminal, and there is evidence to suggest that diet plays a part in both the prevention and the treatment of the condition.

Clinical studies have been made regarding the effects of several foods or dietary supplements which can help to reduce side effects of treatment and the symptoms of the cancer. Among these are lycopene and green tea. Substances present in foods such as green tea have shown that they can enhance the results of radiation treatment on the destruction of cancer cells. Lycopene is present in tomatoes, and has been shown to reduce the rate of cancer cell growth, especially in cases of prostate cancer.

These and other supplements can be helpful to augment other medical treatments of prostate cancer but should not be used as a replacement.

About the Author: Chendil Damodaran is an Associate Professor at Paul L. Foster School of Medicine, Texas Tech University Health Sciences Center. Chendil Damodaran has written a number of papers about the uses of dietary and herbal compounds in the treatment or prevention of breast, colon, and prostate cancer.