



Prostate Cancer and Nutrition – A Randomized Study on the Effect of Following a Diet on the Quality of Life and Nutrient Levels in the Blood

Being diagnosed with prostate cancer can have a profound impact on the lives of men and their partners/families. Each person has a different strategy to cope with this news. In addition to selecting a treatment, men often seek ways to manage their prostate cancer diagnosis themselves. What can they do on their own? One possible approach may include lifestyle changes such as increasing physical activity and adopting a healthier diet.

Purpose of Our Nutritional Study

This study compares the effects of a 'standard' diet based on the Netherlands Nutrition Centre's (Voedingscentrum) "Wheel of Five" with a diet tailored to a nutritional pattern for prostate cancer. The study examines the effects on the participants' quality of life and whether changing the diet influences nutrient levels measured in the blood. For example, consuming more fruits and vegetables might result in higher blood vitamin A levels.

One-third of the participants follow the standard diet based on to the "Wheel of Five" (control group). The other two-thirds follow the prostate cancer nutritional diet, receive recipes that match it, and a modest coaching program (diet group and VERS+ group). Half of this latter group also receives fresh products at home (VERS+ group). These fresh products have been developed by the horticulture sector for their higher nutritional values.

Participating in the Study

The study is randomized, which means that participants are randomly assigned to one of the groups (control group, diet group, or VERS+ group). Researchers have no influence on this process. The nutritional diet is followed over a period of three months. During the study, we asked participants to attend three meetings and follow a specific dietary pattern for the 12 weeks the study lasts. Participants will be asked to complete a questionnaire after 6 and 12 months. Men diagnosed with low-risk prostate cancer (T1-T2a, Gleason 3+3) on an active surveillance policy (a monitoring process with regular PSA tests, rectal exams, prostate biopsies, and/or MRI) can participate in the study.

Who Is Involved in the project?

The study is led by Erasmus MC (under the direction of urologist Prof. Dr. Chris Bangma), in collaboration with Platform Patient and Nutrition, Life Growth, and the horticulturist organization VERS+.

Contact and More Information

Are you interested in participating? Please contact Dr. Lionne Venderbos, Department of Urology Erasmus MC, email: l.venderbos@erasmusmc.nl.