Prostate cancer is extremely common. The disease can be found in up to 30 percent of prostate with no treatment unless the cancer begins to progress. Without knowing that it was present. What Is Active Surveillance?

To patients who choose active surveillance, Dr. Katz recommends fish, particularly oily fish which is high in omega-3 fatty acids. Among other protective foods that he said can stabilize or reduce PSA levels and cancer progression are deeply colored fruits like pomegranates, red grapes, green tea, flaxseed and walnuts.

Dr. Katz is one of about 50 urologists in academic centers around the country who have taken on a more proactive role in treating prostate cancer. He describes the somewhat unconventional approach as follows:

- Taking supplements of omega-3 fatty acids, vitamin D and herbal anti-inflammatory compounds. 
- Practicing a method of stress reduction like yoga or meditation. 
- Adopting an exercise program that includes aerobic exercise three times a week. 
- Repeating a biopsy of the prostate every 12 to 24 months. 

Dr. Katz said. “This has got to stop. We need guidelines as to who should be treated. And before a patient can be treated, a relatively new procedure called cryosurgery. That would be Dr. Katz’s call. “I don’t want to take my chances that a prostate cancer tumor might not get to the day of surgery.”

Medicare $50,000 and with robotic surgery using machines that cost $2 million,” Dr. Katz said. “We’re overtreating so many men in this country with nine weeks of radiation that costs

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