An Overlooked Strategy to Prevent Prostate Cancer

BY WILLIAM FALOON

If the prostate gland was not located in such a sensitive and difficult-to-reach area of the body, one could argue that most men should consider having it removed around the age of 50.

I made this seemingly bizarre statement 12 years ago, because the vast majority of aging men will contract benign or malignant prostate disease, either of which can lessen the quality and duration of life.1

While benign prostate disease is not usually thought of as life threatening, the sleep disturbance it causes due to nighttime urinary urgency could very well increase mortality. That is because people who do not get enough sleep overproduce inflammatory cytokines that inflict damage to arteries, joints, bones, and neurons.2-4 So while benign prostate enlargement itself seldom kills, the chronic sleep deprivation it induces may very well hasten death.

After the reproductive years, the prostate gland not only becomes a nuisance, but also hinders the ability of men to take advantage of validated anti-aging therapies. Elderly men frequently join Life Extension seeking a solution for the multiple degenerative diseases they have contracted. These ailing men are almost always severely deficient in testosterone and other critical hormones. Regrettably, many also have evidence of prostate cancer, which precludes them from gaining access to the benefits made possible by restoring all hormones to youthful levels.

Deficiencies of testosterone and DHEA are closely related to a host of common age-related diseases.5-31 In fact, low levels of these hormones can further spike dangerous inflammatory cytokine levels.32-37

The dilemma we face today is that certain age-related disorders can be partially reversed by restoring hormones to youthful ranges. For elderly men afflicted with prostate disease, this knowledge is of little practical value because they are unable to restore their full complement of hormones.

I cannot tell you how many cases I have encountered where elderly males suffer systemic disorders directly related to hormone imbalances. If it were not for their defective prostate glands, these men could enjoy the rejuvenating effects that have been shown when their hormones are returned to optimal ranges.

Take Control of the Statistics

More than 230,000 men are diagnosed each year with prostate cancer in the United States, and nearly 30,000 will die directly from it.38 Not counted in these epidemic statistics are the disabilities and deaths that occur in response to prostate cancer treatment.