

Dr. Stacy Loeb: Thank you so much. So great to be here...Wonderful.

So thank you so much for the opportunity to participate in this. And I'd like to start by just sharing the pillars of the field of lifestyle medicine, and then get a little bit into how these pertain to prostate cancer, where they're really especially important. So the first pillar is the importance of nutrition. And in lifestyle medicine we recommend a whole-food plant predominant diet.

This doesn't mean whole foods like the grocery store. This means focusing on whole, unprocessed foods like things that don't come in a plastic wrapper. Also important is physical activity and restorative sleep. Avoidance of toxic substances is the fourth pillar. So things like cigarette smoking, and then the two final pillars are social connection and positive psychology and stress management.

...We'll then talk a little bit about why these lifestyle medicine pillars are important for prostate cancer. And certainly, there are many studies showing that plant-based nutrition is associated with a lower risk of fatal prostate cancer, as well as a lower risk of progression of existing prostate cancer and better quality of life scores, including things like erections and urination, which we've just talked about. Physical activity also very important in prostate cancer.

Also, many studies about this showing that physical activity is associated with a lower risk of prostate cancer, and some studies also a lower risk of progression and better quality of life. Sleep, also very important and really doesn't get as much discussion as it should, given how vast are the sleep disturbances among patients with prostate cancer and also partners of patients we reported last year, studies with both patients and partners of patients who actually had even worse sleep and more sleep disturbances.

And this is so intimately associated with cardiovascular disease, cognition, and quality of life. And so definitely if you are out there and you're having issues with sleep, this is not something to just leave under the table. I recommend definitely addressing this with your physician or seeing a sleep specialist. Smoking is also associated with prostate cancer progression, among many other things, including erectile dysfunction, which is also very important in the prostate cancer population.

As with other types of cancer, having a good support system is very important in prostate cancer, with studies even showing higher mortality among patients who don't have a

support system. And so if you don't have one in place, getting involved in support groups to get to know other people going through the experience can be very helpful.

And then mindfulness – meditation is also very helpful in prostate cancer, especially to help cope with the condition...So here are some evidence-based recommendations from lifestyle medicine. As I mentioned, the diet focusing on whole plant based foods. This includes fruits, vegetables, whole grains, and legumes where the goal is to minimize meat and processed food for physical activity.

The physical activity guidelines for Americans are to get at least 150 minutes per week of moderate-intensity aerobic activity, or at least 75 minutes a week of vigorous-intensity physical activity, as well as two times per week doing resistance training for sleep. The recommendations are to get 7 to 9 hours of sleep per night. Good sleep hygiene, we can talk more about tips for that later, if time permits, and getting an evaluation for sleep apnea, particularly if you snore or have other risk factors.

This includes things like high blood pressure, age over 50, so things that are also very common in this population, because we do see in our surveys a large number of patients with prostate cancer who have undiagnosed sleep apnea and a lot of risk factors. In terms of alcohol consumption, the guidelines for Americans are two or fewer drinks per day for men and one drink or less per day for women and avoiding tobacco.

We talked about social connections as very important to benefit both physical and emotional health. And the recommendation from lifestyle medicine is to do this through pursuing activities that provide a sense of deeper purpose, like volunteering or getting involved in groups doing things that really give you meaning in your life. And then finally in terms of mental health, managing negative stress.

So not all stress is actually bad. There is you stress or, you know, excitement. Stress that can occur with happy events. But managing negative stress or distress, which can have both physical and mental health impact. And you can definitely consider activities like mindfulness meditation and yoga to help with some of this. So those are just some, very summarized tips.

Happy to go into further detail during the Q&A. Thanks so much.