

## Food and cancer

nutritional approach to the prostate cancer

Takashi Hayata

### Beginning

Saying that medicine and eating are in the same origin is well known as Japanese proverb “ishokudogen” written in Japanese character as 医食同源. Previous report<sup>1)</sup> of this bulletin on a prostate cancer treated in hospital might depend on the food you all take every day. So this time I emphasized the significance of nutrition to cancer.

### Case presentation

Trans-urethral resection of the prostate (TURP) proven prostatic adenocarcinoma responded luckily on hormonal therapy and irradiation. The author believes that this might be due to not only these medicines but to the nutritional approach to it, conceivably because cancer of this type reacts to the hormonal influences, whereas at this point of half way of his paper working the PSA grows slowly but steadily although in his good general condition until anti-androgen was taken off to evaluate the anti-androgen withdrawal response (AAWR)<sup>2)</sup> for determining the real effectiveness of casodex on July 1, 2010, when PSA revealed 2.46 that made him casodex stopped for ruling out AAWR. It may be seen, in up to 50% of patients who had PSA relapse while receiving androgen blockade. An AAWR response usually lasts 6 to 8 months, but for some patients, may last as long as 2 years. On July 26th when I visited the kidney Dr. at Ku. university, PSA revealed 3.4, not doubling former(1 month before) value of 2.1, which shows these data are due to casodex withdrawal, moreover ALP (alkaline-phosphatase) fell down to normal value of 298 that is unbelievable for him because high value of ALP was his most concern suggesting bone metastasis growing.

An small event will be shown here. On Aug. 8, 2010, I got abruptly feeling of right upperhand discomfort. Dr. told me to have bone scintigraphy at the same hospital where I got firstly one and half year before to rule out the cervical vertebra metastasis. Although herpes disclosed at the afternoon on the same day and was denied the metastasis by the finding that bone scintigraphy showed no cervical spinal region and rather decreased shadow of ever affected bone lesions without new metastatic appearance. In Aug. 19, 2010, Ku. university hospital revealed 4.8 of PSA, whereas any other data showed nothing particular. One week later anti-viral agents (half dosis due to kidney function) were taken per os at the same hospital. Afterwards herpes almost changed to the keratinisation without pain.

## Nutrition and cancer

In fact meat that is possible cancer promotor by USA statistics was prohibited promptly as soon as histology revealed cancer. The primary food was changed to genmai or unpolished rice, accompanyig fish, some vegetables, vitamin compounds, later garlic which on Nov. 27th., 2007 I realised that the national cancer institute in USA recommended and placed on the top of the pyramid of designer food project.

Adding to it protein suppression was also raised because of his low level of renal function due to the prostate cancer (post renal kidney failure) that demanded protein intake deletion.

### Nutrition

I will begin this story of having a nutritional step for students not only for the nutrition course of this college but to the teacher nurse one.

1) What is nutritional 6 elements?

I remember three major nutrients through a teacher at elementary school, over a half century ago, which are carbohydrate, protein and lipid for sustainig your body.

Carbohydrates (rice and fruits), proteins (fish), lipids (only organic non-saturated ones for me), vitamins (tablets are available), minerals and fiber are called 6 elements when you take foods every day (parenthesis are my own meals).

2) Food restriction because of his renal function as shown above

a Protein 45g/day, 15 units (one unit is 3g of protein) Protein deleted rice was added for this purpose.

b Salt 5g/day Actually soy sauce (salt deleted special ones) was taken 3 cups (5ml) three times a day

c Calory is restricted up to 1800 Kcal/day, so good quality oil (non-saturated) was put into at each time.

Six tables, called food exchanging table for diseases (1-rice, 2-fruits, 3-vegetables, 4-fish, excluding meat to me, egg and tofu are also available, 5-sugar and 6-oil) is useful for the evaluation of how much protein you can take in chronic kidney disease (CKD<sup>3</sup>), because they are placed numerically in accordance to the protein quantities. National registered dietitian, Ms.M. of Ku. university taught these when I realised my renal dysfunction through the kidney Dr.K. You can prevent or delay health problems from CKD by eating the right foods and avoiding foods high in phosphorus, potassium and sodium. Eating too much protein can also burden the kidneys and speed worsening the kidney function.

3) As a food that seems to be effective to liver function, freshwater clam has been used since the cancer broke up.

4) Cooking method is also useful. Boiling stuffs through hot water are for the purpose of potassium depletion. Flying in some oil is important for the energy intake from it.

5) Water; I presume this is essential for the kidney function. Stuffs that have been pumped up from 1000 meter deep by commercial zaihou were used for the daily meal.

6) Unpolished rice (genmai in Japanese) I would add here how to serve genmai that was originally from organic farming family. It was rinsed thoroughly twice with water that is brought up from my own well and

immersed to the above mentioned zaihou water all night. Next morning genmai deprived from the water is put into a pressure cooker and roasted for about half an hour with 450ml of zaihou water until genmai colored slightly brown, smell good and preserved in warmer.

### **Nutrition that seems to be effective to cancer**

Items that would be effective to the cancer: genmai, tomatoes, freeze-dried tofu (bean curd), yam cake, seaweed, a little bit of shichimi or seven-spice chili mix and parched sesame. Natto (fermented soybeans), ponzu (citrus sauce), miso (soy bean paste), yuzu or citrus junos and vinegar were also used.

Ganmo that is made of tofu intermingled with white yam, carrot, gurdock weed, black mushroom, tangle (weed), ginkgo nut and Jew's ears fungus to be made round and boiled in oil. In fact originally it is one of shojin maigre dish food that is alternative of meat, mimicking the taste of a wild goose (gan in Japanese) meat. Gan means also cancer in Japan. So it is of interest that I hope this ganmo is effective to the cancer.

### **Meals of cancer patient for myself**

One day schedule of my plate will be shown.

Breakfast; When I got up, you put 2 pieces of kelp and shiitake mushroom into a water as shown just above to be used for the lunch and supper. Genmai weighs 110g in each, accompanying 40g of genta (protein deleted rice) in the morning. Freshwater clam is a main dish in breakfast. They were rinsed with enough water mentioned above and boiled in pan with soy bean paste, ginger and vinegar that is believed to be calcium messenger or bringer from the shell. Second is deep fried tofu with sweet oil of high quality. Okra or gumbo is served with vinegar in small dishes or kobachi in Japanese.

Lunch; Fried egg is delightful for me 1-2 times a week. Genmai is as always and fish is a main dish in case with no egg. Sanma or saury is chosen for a good protein source in this occasion. Second would be freeze-dried tofu intermingled with potato 20g, carrot 10g, radish 15g, shiitake mushroom and komatsuna (Japanese mustard spinach) 10g. Lastly seaweed 5g and onion 30g is served with vinegar which comes from several kinds of resources.

Supper makes me happy, because ganmo shown above contains vegetables such as shimeji mushroom, yam and komatsuna. Pan of sanma with bitter melon 30g, onions 30g, tofu 45g and cabbage 50g are another joyful ones.

### **Small arguments**

I unsuspectedly or incidentally listened to BBC radio in June 19, 15:30-1600, 2010 Japan times through internet that was interviewed for Dr. David Kessler who is a chief of FDA, dean of Yale university and talked about the nutrition. He told that brain was hijacked through foods that meant to say that man had addiction to the food as tobacco and drugs as well. I was so impressed by this interview, because hijacked brain should be related to both of medicine and food. This inspired me to make this paper to the final one that medicine

and food is the same (i.e.ishokudogen).

My statement that I had a comment anywhere else why I quit the Ob/Gyn is that you can not prevail over the cancer (ovarian or uterine whatsoever at that time) by medicine for now. These also made me direct to this paper.

This time as a patient I determined to live with my cancer by good meal that might affect to cancer cells. Food I'm going to take is planned also to protect the liver function accepting for anti-androgen that might be harmful to the liver function.

I owe these mentioned above to my wife who is also an excellent chef with skill, knowledge and precise calculation for better foods by herself taught through staffs of Ku.-university.

Now elevation of PAS value is the only concern for me, hoping next anti-testosterone odyne (flutamide) tablet which might cause hepatic side effect work well. On Sept. 13 they revealed no side effects and 5.2 of PAS value. Additionally ALP showed under 300 that might indicate that odyne had a good role on the bone. Adding to these, Cr level got down to 3.03 that is the lowest of ever estimated so far.

These make me body weight 55kg (estimated standard is 57 kg) and blood pressure is 110-130/50-60.

I am confronted with prostate cancer so far at this moment thanking mostly to the food in everyday. I will go for it.

## References

- 1) Hayata T.: A case of prostate cancer with rather peculiar course showing no abnormal urine cytology. Bulletin of Kagoshima women's junior college: 45; 7-10, 2010
- 2) Small EJ. et al: Prostate-specific antigen decline after casodex withdrawal: evidence for an antiandrogen withdrawal syndrome. Urology: 43; 408-10, 1994
- 3) Snyder S. et al: Detection and evaluation of chronic kidney disease. American Family Physician: 72(9); 1723-32, 2005

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