

Red Meat, Dairy, other Meats

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DISCLAIMER: Please recognize that I am not a Medical Doctor. I have been an avid student researching and studying prostate cancer as a survivor and continuing patient since 1992. I have dedicated my retirement years to continued research and study in order to serve as an advocate for prostate cancer awareness, and, from a activist patient's viewpoint, to voluntarily help patients, caregivers, and others interested develop an understanding of prostate cancer, its treatment options, and the treatment of the side effects that often accompany treatment. There is absolutely no charge for my mentoring – I provide this free service as one who has been there and hoping to make your journey one with better understanding and knowledge than was available to me when I was diagnosed so many years ago. Readers of this paper must understand that the comments or recommendations I make are not intended to be the procedure to blindly follow; rather, they are to be reviewed as my opinion, then used for further personal research, study, and subsequent discussion with the medical professional/physician providing your prostate cancer care.

Every so often this subject is raised as to the reason we have developed some form of cancer.

With research and medicine having concluded that red meat ... dairy ...other meat ... can bring about cancers, I often forward such research conclusions to many so they can make their own decision as to whether they are concerned and want to reduce or eliminate these apparent threats to health.

Yet, I concur with many others that the importance is more likely moderation. That word “moderation” is important in so many other things we do or consume in our lives.

I have consumed “meat” as well as “dairy” my entire life. I was born and raised my first 17 years in Wisconsin – the “Dairy State” - and in Wisconsin meat, eggs, and milk have always been major staples of our diet. Following that initial upbringing with these products and continuing similar consumption, I do not recall “binging” on the products. Here I am turning 83 years of age in December 2015, though dealing with prostate cancer for the past 23 years, continue to look down at the grass rather than up at the roots despite meat and dairy having been consumed, and continuing to be consumed, my entire life.

Did these specific products play a role in my being diagnosed with prostate cancer just before turning 60 years of age in 1992? I doubt there can be any absolute proof that was the case. Over our lives we consume a multitude of products among which likely many, along with pre-existing frailties in various organs and the aging process of our bodies, can play a role in our developing some form of cancer. The majority of human beings are not found to have developed any form of cancer, and that raises the question “why haven’t they?” Very likely because the organs and functions in their bodies were able to curtail such development. As we often note, as individuals the functions in our bodies are just as individual.

I see it important that research determine that in addition to meat and dairy supposedly bringing about cancers, also determine how many deaths can directly be attributed to having consumed meat and dairy products. These products may possibly play a role in the development of a cancer, yes, but the question remains as their being the direct cause of our eventual demise.

Remember, folks – “moderation.”