

## WHAT CAUSES PROSTATE CANCER?

Charles (Chuck) Maack – Prostate Cancer Activist/Mento

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 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. 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 prostate cancer care.

What causes Prostate Cancer? This is a question regularly asked. There are no absolute answers but some considerations.

Most prominent appears to be hereditary, although many men claim no one in their family was diagnosed with this insidious men's disease. Yet, though no family member may have been so diagnosed, it may be that the father never showed signs of this cancer, or even his father, yet it carried through generations not erupting until the current patient.

Life style to include a diet of fatty foods for much of that life. Lack of appropriate exercise.

Interestingly we rarely see diagnosis under age 40, but do see an escalation of diagnosis as men age over 50.

Exposure to elements found to have resulted in increased likelihood of cancer development (Agent Orange to Vietnam veterans, as an example; in one of the following papers men exposed to cadmium have been found at higher risk).

The following two papers provide about as comprehensive an explanation as one will likely currently find to address this concern:

<http://tinyurl.com/l32bt7r>

<http://tinyurl.com/lfd9h63>