

Lifestyle and Dietary Factors and Prostate Cancer Risk: A Multicentre Case-Control Study

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The risk factors of prostate cancer vary among different geographical locations, cultures and ethnic groups; however, no such study has been conducted in Jordan. Hence, this study was conducted to explore the association between fruit and vegetable intake, high fat, BMI score, physical activity and the occurrence of prostate cancer among Jordanian men. A case-control study was conducted in three large referral hospitals in Jordan. The cases group comprised 165 prostate cancer patients and the control group consisted of 177 unmatched participants who had no prostate cancer.

The results showed that smoking (OR= 0.32; 95% CI= 0.18 to 0.57), a history of prostate infection (OR= 0.21; 95% CI= 0.11 to 0.38), high fat intake (OR= 0.44; 95% CI= 0.23 to 0.85), and increased mean of BMI (OR= 1.08; 95% CI= 1.02 to 1.13) increased the likelihood of developing prostate cancer. High intake of fruit and vegetables (OR= 2.18, 95% CI= 1.18 to 4.02) was preventive against prostate cancer.

A high fruit and vegetable intake shows a protective effect against prostate cancer, but physical activity does not. Based on this, a healthy diet and giving up smoking are recommended, as they may contribute to a reduction in the incidence of prostate cancer. More randomised clinical trials in this area are needed to strengthen the available evidence and reduce the effects of confounding variables.

Biography:

Dr Mohammad Al Qadire, RN, PhD is an associate professor of oncology and palliative care nursing. He is currently the Head of Adult Healthcare department and the dean assistant for students' affairs at Prince Salma School of Nursing/Al Al-Bayt University in Jordan. He earned his PhD in Nursing from the University of Manchester-UK. The focus of his PhD research was on implementing research findings to improve cancer pain management in Jordan. He has more than 10 years of clinical, teaching, and research experience and worked as oncology nurse, Head Nurse, and Research Assistant, he has more than 25 successful publications in a well-known international Journals in the field of Oncology Nursing and Palliative care.