



Men's Health: Prostate Cancer Prevention

Prostate health is influenced by lifestyle and early screening. Prevention focuses on inflammation reduction and metabolic stability. Awareness saves lives. Early action simplifies treatment.

Chronic inflammation and insulin resistance increase prostate cancer risk. Diet quality, exercise, and weight management are protective.

PSA trends matter more than single values.

Early lifestyle intervention lowers long-term risk.

01 Is This Your Story?

A man with rising PSA adopts anti-inflammatory nutrition and regular exercise. PSA stabilizes and anxiety decreases while monitoring continues appropriately.

02 Try This Today

Measure: Review PSA history and trends.

Do: Support prostate health with movement and diet.

Reflect: Ask whether prevention is active or passive.



Select a plan:

<https://tinyurl.com/healthyu-amaze>

