

Living well with prostate cancer: diet and exercise

For individuals with prostate cancer, a **healthy diet** and **physical activity** are more important than ever—not only for general health and wellbeing, but also to help prepare for, manage and recover from treatment or surgery.^{1,2}

Importance of a healthy lifestyle in prostate cancer¹



**Managing weight
and maintaining
muscle mass**



**Reducing the risk of
health problems such
as heart disease and
type 2 diabetes**



**Supporting patients
through treatment
and surgery**



**Positive impact
on emotional and
mental well being**

A healthy diet

The Eatwell Guide from Public Health England provides some simple rules and recommendations for how to achieve a healthy, balanced diet.³

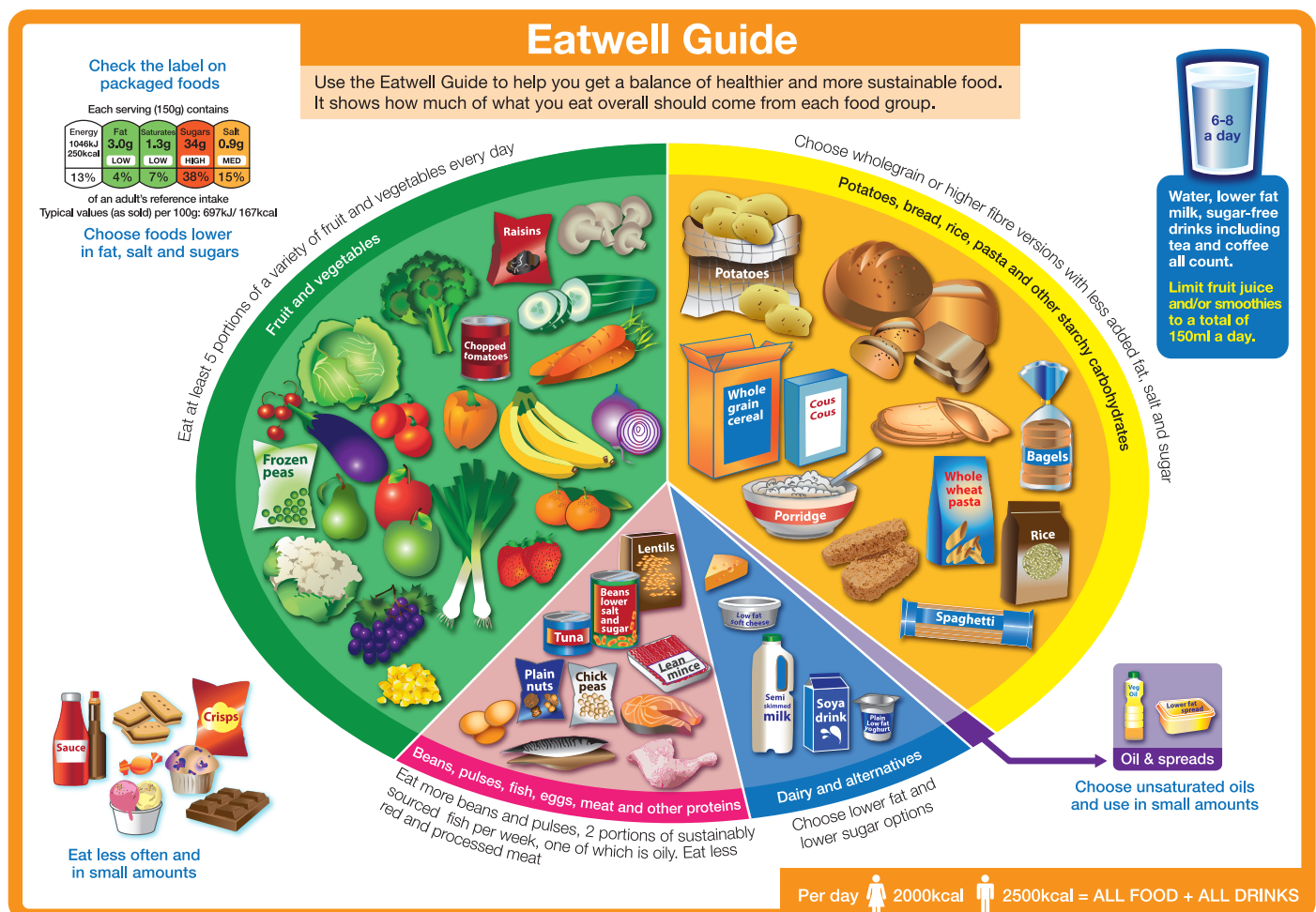
Some cancer treatments can lead to long-term dietary changes, affecting how and what an individual can eat.²

**Doctors, specialist nurses or
dietitians can give advice about
how to adapt to dietary, weight
loss or bowel problems.²**



**Scan the QR code
to find out more
about the
Eatwell Guide.**

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Physical activity

For individuals with prostate cancer, it is important to speak to a **GP, nurse** or **hospital doctor** before starting any kind of exercise plan.¹



Stock image. Not a real patient.

Association of British Clinical Diabetologists and Prostate Cancer UK recommendations for exercise^{1,4}



3–5

times/week, at
≤48-hour intervals



15–60

minutes/session,
with ~5 minutes of
warm up/cool down

A combination of aerobic and anaerobic exercises can be beneficial:^{1,5}

Aerobic exercises use more oxygen and increase heart rate, helping to keep the heart healthy, for example:



Walking



Jogging



Swimming



Cycling



Strength training



Yoga



Body weight
exercises



HIIT

Anaerobic exercises are short, intense bursts of energy that help increase muscle mass and strength, for example:

Further information

Healthy diet and recipe ideas

British Heart Foundation: bhf.org.uk/healthyeatingtool

NHS: nhs.uk/live-well/eat-well

Macmillan Cancer Support: macmillan.org.uk/recipes

How to stay active

Prostate Cancer UK: prostatecanceruk.org/walking-options

Maggie's: maggies.org/cancer-support/managing-practically/exercise-and-cancer

NHS: nhs.uk/live-well/exercise

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HIIT, high intensity interval training.

1. Prostate Cancer UK. Diet and physical activity for men with prostate cancer. Available from: https://shop.prostatecanceruk.org/pdf/publication/diet_and_physical_activity_for_men_with_prostate_cancer-ifm.pdf [Last accessed: October 2023]; **2.** Cancer Research UK. Diet and prostate cancer. Available from: <https://www.cancerresearchuk.org/about-cancer/prostate-cancer/practical-emotional-support/diet> [Last accessed: October 2023]; **3.** GOV.UK. Guidance: The Eatwell Guide. Available from: <https://www.gov.uk/government/publications/the-eatwell-guide> [Last accessed: October 2023]; **4.** Nagi D, Gallen I. *Pract Diab Int* 2010;27(4):158–163a; **5.** Patel H, et al. *World J Cardiol* 2017;9(2):134–138.