

## DIET, OBESITY AND PROSTATE CANCER, IN A POPULATION OF NORTHERN INDIA

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### ABSTRACT

#### Background

The prevalence of carcinoma of prostate is increasing in Asian countries, especially in men consuming non-vegetarian diet and those who are obese.

#### Materials and Methods

About fifty patients aged between 48-89 years who had attended the Surgery department of Rajindra Hospital, Patiala, India and who were histopathologically positive for carcinoma of prostate, were chosen for the study and evaluated by using a questionnaire and estimating the prostate specific antigen and acid phosphatase levels.

#### Results

Of the 38% (19) vegetarians, carcinoma of prostate was seen in 8.0% (4) obese subjects. However, 62% (31) of the non-vegetarian subjects, 30% (15) were obese and had carcinoma of prostate. Mean $\pm$ SD values of serum PSA were 19.80 $\pm$ 5.70 ng/ml and 65.40 $\pm$ 38.80 ng/ml, in vegetarians and non-vegetarians, respectively.

#### Conclusions

The prevalence of prostate carcinoma was more in non-vegetarian obese subjects, compared to vegetarians. This data will be useful to the clinicians, to educate and create awareness in the general population about the dietary modifications and lifestyle management in men, so as to prevent the disease.

**KEYWORDS:** Non-Vegetarian Diet, Obesity, Prostatic Cancer, Vegetarian Diet