

Prevent Bladder Cancer

According to a respected scientific review, the overall risk of developing a second cancer (bladder, rectal, lung, and sarcoma cancers) after radiation therapy for prostate cancer is six percent (compared to men that had a radical prostatectomy). In the subset of men that developed bladder cancer, the risk was fifteen percent overall compared to men that were treated surgically, and the risk increased with each passing year. In fact, the difference between these two groups at five years showed a fifty-five percent greater chance of developing bladder cancer in the radiation group, and the relative risk increased to seventy-five percent by ten years. Translated, this means that men with prostate cancer have a significant risk of developing bladder cancer. Fortunately, scientific research has shown that the following measures reduce the risk of bladder cancer:

Taking vitamins.

According to researchers from the University of West Virginia taking vitamins can decrease bladder cancer recurrence in patients that receive BCG therapy for bladder cancer prevention. Patients that consumed the following vitamins in divided doses every day had forty percent fewer cancer recurrences than did patients that did not take the vitamins.

- Forty thousand I.U. of vitamin A
- One hundred milligrams of vitamin B6
- Two thousand milligrams of vitamin C
- Four hundred I.U. of vitamin E
- Ninety milligrams of zinc

Taking supplements.

Researchers have determined that the following supplements can prevent bladder cancer:

- Selenium. Although not specific for bladder cancer prevention, selenium prevents secondary tumors induced by both CT and RT (take two hundred micrograms daily).
- *Green Tea (Camillia sinensis)*. According to Japanese investigators, green tea decreases the incidence of bladder cancer. Take an extract containing five hundred milligrams twice daily.
- *Lactobacillus casei*. Japanese researchers discovered that these friendly bacteria can decrease the risk of bladder cancer.

Purchase a quality product that guarantees between one to four billion "live, active" organisms per capsule. Also, be sure to check the expiration date. Unless the product has been shown to be stable at room temperature (most aren't), it should be refrigerated. Take probiotics twice daily with food to buffer stomach acid (or take an enteric coated brand). The average daily dosage should be between one to ten billion organisms.

Drinking water.

According to scientific research, drinking at least six, eight-ounce glasses of water daily can prevent bladder cancer. Water flushes away toxins. (Avoid chlorinated water, though, since it may increase the risk of bladder cancer. Drink filtered or bottled water instead.)

Avoiding harmful substances.

Toxins found in tobacco products, caffeinated beverages, and artificial sweeteners may increase the risk of bladder cancer. Avoid them.