PROSTATE CANCER SURVIVOR STUDY

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PROSTATE CANCER SURVIVOR STUDY

The Health Professionals Follow-Up Study is a longitudinal cohort of over 31,000 men who were initially employed in the United States and Canada. The study was designed to investigate the relationship between lifestyle factors and the incidence and mortality of prostate cancer. The cohort is followed through annual questionnaires and medical record reviews. The results of this study have been published in numerous peer-reviewed journals and have contributed significantly to our understanding of prostate cancer risk factors.

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In the News:

- New study finds link between diet and prostate cancer risk.
- Prostate cancer screening guidelines updated.

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In the Laboratory:

- Development of a new diagnostic test for prostate cancer.
- Progress in targeted therapy for advanced prostate cancer.

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In the Clinic:

- Novel treatments for hormone-resistant prostate cancer.
- Improved outcomes for patients with localized prostate cancer.

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In the School:

- Education and awareness programs for prostate cancer prevention.
- Research grants awarded to prostate cancer researchers.

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In the Community:

- Prostate cancer awareness campaigns.
- Support groups for prostate cancer survivors.

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In the Policy:

- Advocacy for increased funding for prostate cancer research.
- Legislation to improve access to prostate cancer care.

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In the Literature:

- Latest research articles on prostate cancer prevention and treatment.
- Reviews of existing prostate cancer screening guidelines.

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For more information, please visit the Health Professionals Follow-Up Study website at [www.hpfus.org](http://www.hpfus.org).
VITAMIN D AND CANCER

Research Updates

Vitamin D is a fat-soluble nutrient produced in the skin under the influence of sunlight. It is involved in the healthy growth and development of bones and teeth, and has been suggested to play a role in the prevention of certain cancers. Studies have shown that vitamin D deficiency is associated with an increased risk of several types of cancer, including breast, prostate, colon, and lung cancer. It is thought that vitamin D may help to suppress the growth of cancer cells and reduce the risk of cancer by regulating the immune system and influencing cell proliferation and differentiation.

Read on for more information on the role of vitamin D in cancer prevention and treatment. For more information, please visit the website of the National Cancer Institute. (Reference: National Cancer Institute, 2023)
GALLSTONES

In the United States, gallstones affect 10% of women and 5% of men, and the prevalence is increasing. While gallstones are commonly asymptomatic, they may cause abdominal pain, nausea, and vomiting. Risk factors include obesity, diabetes, and high cholesterol levels.

Diagnosis typically involves ultrasound imaging. Treatment options include medical management, endoscopic procedures, and surgery. In some cases, lifestyle changes such as weight loss and a low-cholesterol diet can help prevent recurrence.

Cholecystectomy, or the removal of the gallbladder, is a common surgical procedure for treating gallstones. The procedure is usually performed laparoscopically, with minimal incisions.

It is important to discuss your options with a healthcare provider to determine the best course of action based on your individual circumstances. Preventive measures are crucial to reduce the risk of gallstones and related complications. Regular check-ups and a healthy lifestyle can help maintain good health and reduce the risk of developing gallstones.

This information is intended for educational purposes only and should not replace professional medical advice. Always consult with a healthcare provider for personalized advice and care.
DIABETES

Research Updates

We investigated whether individuals with diabetes have a genetic predisposition to diabetes. We found that people with diabetes have a higher frequency of the diabetes-predisposing gene variant than people without diabetes. This suggests that the gene variant may be a risk factor for developing diabetes. However, additional factors, such as lifestyle and environmental factors, also play a role in the development of diabetes. Future research is needed to better understand the underlying mechanisms and develop effective interventions.
FOCUS ON OUR RESEARCH TEAM

HPFS FUTURE DIRECTIONS