

2007 AACR Annual Meeting**April 14-18, 2007****Los Angeles, CA** [Print this Page for Your Records](#)[Close Window](#)

Presentation Title: **The Men's Eating And Living (MEAL) Study: a Cancer and Leukemia Group B pilot trial of dietary intervention for the treatment of prostate cancer**

Presentation Start/End Time: Monday, Apr 16, 2007, 3:00 PM - 3:20 PM

Location: Hall B, Los Angeles Convention Center

Author Block: *Vicky Newman, J. Kellogg Parsons, James Mohler, John Pierce, Electra Paskett, James Marshall.*
University of California, San Diego, San Diego, CA, Roswell Park Cancer Institute, Buffalo, NY,
Comprehensive Cancer Center, Ohio State University, Columbus, OH

Purpose: To evaluate the feasibility of implementing a dietary intervention in men with prostate cancer.

Experimental Design: Seventy-four men aged 50 to 80 years with biopsy-proven adenocarcinoma of the prostate were randomized to receive either telephone-based dietary counseling or standardized, written nutritional information. Telephone dietary counseling targets included increased intakes of vegetables (particularly cruciferous vegetables and tomato products), whole grains, and beans/legumes. Dietary intakes and plasma carotenoid levels were assessed at baseline and at 6 months follow-up.

Results: In the intervention arm, mean daily intakes of total vegetables, crucifers, tomato products, and beans/legumes increased by 76%, 143%, 292%, and 95%, respectively, while fat intake decreased by 12% ($P<0.05$). In the control arm, there were no significant changes in mean intakes of total vegetables, tomato products, crucifers, beans/legumes, or fat. Similarly, in the intervention arm, mean plasma levels of α -carotene, β -carotene, lutein, lycopene, and total carotenoids increased by 33%, 36%, 19%, 30%, and 26%, respectively ($P<0.05$). In the control arm, there were no significant changes in plasma levels of α - or β -carotene, lutein, lycopene, or total carotenoids.

Conclusions: Telephone-based dietary counseling increases vegetable intake, decreases fat intake, and significantly increases plasma levels of potentially anticarcinogenic carotenoids in men with prostate cancer. These data support the feasibility of implementing clinical trials of dietary intervention in men with prostate cancer.

2007 AACR Annual Meeting**April 14-18, 2007****Los Angeles, CA**

Copyright © 2007 American Association for Cancer Research. All rights reserved.

Citation Format: {Authors.} {Abstract Title} [abstract]. In: American Association for Cancer Research Annual Meeting: Proceedings; 2007 Apr 14-18; Los Angeles, CA. Philadelphia (PA): AACR; 2007. Abstract nr {abstract number}