Are you or is someone you know a

PROSTATE CANCER

patient?

WHO CAN JOIN MEAL?

Men 50 to 80 years of age who

- have been diagnosed with prostate cancer within the past 2 years;
- have elected active surveillance or watchful waiting;
- are willing and able to increase their vegetable-intake.

MEAL

Men's Eating and Living Study

Help us understand how DIET might affect prostate cancer outcome.

Dietary Intervention for Prostate Cancer Patients on Active Surveillance

FOR MORE INFORMATION

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858-822-2895

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The MEAL Study is sponsored by the National Cancer Institute.

The **Cancer Prevention & Control Program** at the **Moores UCSD Cancer Center** is your local MEAL research site.

UC San Diego
MOORES CANCER CENTER

Why Participate?

Research suggests that diet is relevant to the risk and course of prostate cancer, but more studies are needed to establish this link.

Your participation in MEAL will help us find out if diet can influence general health and prostate cancer risk and progression.

The MEAL Study involves . . .

Assignment (by chance) to either:

⇒ A high-vegetable diet group with nutrition counseling assistance by telephone, or

⇒ A diet group that will receive nutrition information by mail.

- Three blood draws (at beginning of study, at 12 months, and at 24 months).
- Filling out questionnaires.
- 24 month commitment.