

# PSA Stable

Some prostate cancer patients receive cure with local treatment such as surgery, radiation, or cryotherapy. But no one has a 100% chance of cure, which can leave a man wondering about his PSA blood test and whether or not it will ever go up. What many patients don't realize is that considering lifestyle changes might help prevent or delay any chance of prostate cancer recurrence. This can change the PSA monitoring process from dreading a PSA rise, to hoping for a stable PSA, or a PSA drop. Although there is no PROOF that lifestyle changes can prevent prostate cancer recurrence, there is an overwhelming amount of EVIDENCE that it may help. And there is no proof that lifestyle changes don't prevent recurrence, yet there is an overwhelming amount of evidence that it can be good for overall health, including heart health.

So, what type of lifestyle changes might help? Many experts agree that a heart-healthy lifestyle (diet, exercise, supplements) is a prostate-healthy lifestyle. For these reasons, we have included information on diet, exercise, and supplements in this section.

We have also included information on [side effects](#) that men may be experiencing after local therapy. There is help for many side effects, but you may have to try more than one approach.

## Articles & Videos

### Further Testing

- [Deciphering...by Detailed Genomic Analysis \[Testing for Risk of Metastasis After Surgery\] Dr Israel Barken, Dr Elai Davicioni, Penelope Wood, 2013](#)
- [Prolaris Test for PC](#) [from prostatectomy tissue] John Davis MD, 2014\*

Lifestyle Changes **(Diet, Supplements, and Exercise)**

- [Changing Your Lifestyle Can Change Your Genes](#) – Dean Ornish MD, 2011
- [18-Year Study Finds Drug \[finasteride\] Cut Prostate Cancer Risk](#), 2013
- [Video- Mediterranean Diet & PCa](#) – Charles ‘Snuffy’ Myers, MD, 2011
- [Video – Foods Prostate Cancer Patients Should Avoid](#) – Charles ‘Snuffy’ Myers, MD, 2010
- [Video – Super Supplements](#) – Charles ‘Snuffy’ Myers, MD, 2011
- [Video – Supplements to Avoid](#) – Charles ‘Snuffy’ Myers, MD, 2010
- [Video – Is High Dose Vitamin D Dangerous?](#) – Charles ‘Snuffy’ Myers, MD, 2010
- [The Importance of Belonging to a Support Group](#) – Gene Van Vleet, 2011
- See also, [Dr Mark Moyad: What the Heck is Going on in My World ?](#)

## Side Effects

- [How We Reignited Our Passion for Intimacy after Prostate Cancer](#) – Steve Frohman and Cindie Hubiak, 2012
- [Life After Prostate Cancer Treatment; Sexual Healing](#) – Jeffrey Albaugh, PhD, 2015
- [Treatments Options for Post-Prostatectomy Incontinence](#) – Gary Leach, MD, 2014
- [Were You Prepared for Incontinence After Prostate Cancer Treatment?](#) Sarah Woodward, 2013
- [A Patient’s Story: Overcoming Incontinence](#), Harvard Health, 2007
- Video – [Managing Radiation Side Effects](#) Charles ‘Snuffy’ Myers, MD, 2011
- Video – [Erectile Dysfunction and Radiation](#) Charles ‘Snuffy’ Myers MD, 2010

- Video – [Misunderstanding about Viagra, Levitra, and Cialis](#) Charles ‘Snuffy’ Myers, MD, 2011
- Video – [Fixing Impotency](#) – Charles ‘Snuffy’ Myers MD, 2010
- Video – [Dr Ash Tewari on Incontinence after RP \[surgery\]](#), 2011
- Video – [Incontinence after Surgery & Radiation](#) – Charles ‘Snuffy’ Myers MD, 2010

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