

Prostate cancer belongs to the most common type of cancer among men. In the last years its incidence as well as the mortality has increased. Therefore it is essential to pay attention to the prevention of this disease and use all the available resources to educate doctors and patients about this. Each year we diagnose 2.6 million of new patients in Europe. The incidence of cancer is increasing in higher age. More than 75% of newly identified cases of prostate cancer affects men over 65.

Phytoprophylaxis in prostate cancer involves a series of measures through which we can prevent disease on the basis of the use of extracts from plants, plant parts themselves or through changes in diet in favor of plant-based foods reducing the risk of prostate cancer.