

## **EPIDEMIOLOGICAL CHARACTERISTICS OF PROSTATE CANCER AND THE INFLUENCE OF NUTRITION**

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### **Abstract**

Prostate cancer is one of the most common malignancies affecting men and contributes significantly to their increased mortality rate globally. The primary goals of this research were to determine the development tendency and cyclical variations of prostate cancer according to the age of the patients, and what is the role of nutritional factors.

The data we used to conduct this research was scientific literature from 15 sources published in SCOPUS, EBSCO, etc. However, our primary data source was the research conducted by the Faculty of Food Technology and Nutrition at the University of Tetovo and VT Diet Club - Bitola (which covered the period from 01 January 2019 to 31 December 2021), and the data taken from the Institute of Public Health of Macedonia. That research included 1,137 respondents with prostate cancer (diagnosis C61), who are aged 40 to over 80 years. We have thoroughly analyzed 4 scientific studies on the impact of diet and the occurrence of prostate cancer. When analyzing these sources and previous results, the following statistical work methods were used: linear trend, seasonal index, rate of decline, and rate of increase.

Linear trend analysis indicated that prostate cancer showed a tendency to increase with increasing age. From the analysis of cyclical variations, it can be seen that prostate cancer in Macedonia is mostly represented from the age of 55 to the age of 74 in the male population. This age of 55 to 74 years is a critical age in which the risk of prostate cancer in men is the highest.

The main conclusion that can be adopted from the study is that men aged 55 to 74 should at least once a year have an examination with a urologist and a PSA test for early detection of prostate cancer, and in terms of diet they should reduce their intake of foods high in fat, increase their intake of fruits and vegetables, and exercise more to reduce their risk of prostate cancer.

**Key words:** *Cancer, Prostate, Men, Age, Trend, PSA, Nutrition.*