



Nutrition Knowledge vis-à-vis Health Status of Indian Punjabi Males with Carcinoma Prostate

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ABSTRACT The current research intends to attest the propagation of nutrition knowledge in improving the health status of Punjabi males with carcinoma prostate. Data was collected from 200 Prostate Cancer (PCa) patients with malignancy grade I and II. The patients were segregated equally into two groups viz. Group I and Group II. Nutrition counselling was imparted to the subjects in the latter group. Pre and post intervention tests were performed. Patients were examined biochemically both at the beginning and end of the study to see the efficacy of nutrition counselling. Findings indicated almost two fold increment in quantum of improvement in nutrition knowledge among the respondents in group II as compared to group I. Biochemically, serum prostate-specific antigen significantly ($p < 0.05$) decreased after the nutrition intervention in the subjects of group II. Nutrition education if intervened at initiation or early stages may have positive impact to prolong the disease.