

Daily Red Wine Cuts Prostate Cancer Risk By Half

Men who drink one glass a wine a day are likely to reduce their risk of the most aggressive forms of prostate cancer by 50 percent, according to a cancer research study. The cancer-fighting compound, resveratrol, is found in the red grapes that are used to make red wine. Resveratrol is also found in peanuts and raspberries. Upon testing other liquors such as beer and hard liquor, researchers found they produced no significant effects.

How Does Resveratrol Help Control Cancer Development?

- Because it is an antioxidant, it has the ability to clear dangerous cancer-inducing radicals from the body
- Its anti-inflammatory properties prevent certain enzymes from forming that trigger tumor development
- It cuts down cell reproduction, which helps reduce the number of cell divisions that could contribute to the progression of cancer cell growth
- May play a similar role to estrogen by its ability to reduce testosterone levels, which promote the cancer growth

The study involved interviewing two groups of men: 753 recently diagnosed prostate cancer patients and 703 healthy patients, who acted as the control group. The goal of the study was to evaluate the possible benefits of drinking red wine. The participant's ages ranged from 40-64, with the majority under the age of 60.

This youthful range was considered one of the strong aspects of the study due to the fact the risks of prostate cancer are lower in younger age groups. This factor also allowed researchers to hone in on specific environmental factors of cancer risk such as wine consumption.

Future studies are being planned to further research the relationship between resveratrol and prostate cancer.