

[Drinking Green Tea Daily lowers Prostate Cancer Risk](#)



Japanese scientists suggest that drinking daily five or more cups of green tea could halve the risk of developing advanced prostate cancer.

According to the article published in the American Journal of Epidemiology, there was a 50 percent lower risk of having advanced prostate cancer in men who drank five or more cups of green tea daily compared with those who had less than a cup.

Findings show while drinking green tea lowers the risk of advanced prostate cancer; it is not associated with localized prostate cancer.

Researchers claim that a substance called catechin in green tea is responsible for reducing cancer risk by curbing testosterone levels which cause prostate cancer.

The study suggests that the lower incidence of prostate cancer in Asians may be linked to the higher consumption of green tea.

Previous studies had reported various health benefits for the green tea catechin including reduced heart attack and [cancer](#) risks.

[Cannabis may apparently stop prostate cancer growth](#)



Universidad de Alcalá

Here's some news for people suffering from prostate cancer. **Researchers from University of Alcalá, Madrid claimed to have tested the effects of the active chemicals in cannabis known as cannabinoids on PC-3, DU-a45 And LNCap which are three human prostate cancer cell lines. Apparently the research claims that the active chemicals in cannabis are capable of stopping the cell growth of prostate cancer.**

The prostate cancer cells transmit molecular 'garages' known as receptors in which the cannabinoids can 'park'. As per the scientists, the cancer cells apparently stops multiplying if the cannabinoids 'park' on a receptor called CB2.

Dr Lesley Walker, Cancer Research UK's director of cancer commented "This is interesting research which opens a new avenue to explore potential drug targets but it is at a very early stage – it absolutely isn't the case that men might be able to fight prostate cancer by smoking cannabis. This research suggest that prostate cancer cells might stop growing if they are treated with chemicals found in cannabis but more work needs to be done to explore the potential of the cannabinoids in treatment".

Dr Lesley Walker cautioned the public against smoking the drug. The CB2 receptors were switched off or in other words 'closed the garage doors' on the prostate cells as the scientists wanted to validate their findings. The prostate cells supposedly continued on dividing and growing when the cannabinoids were added to cells without the CB2 receptor. To halt the prostate cell division and spread, it is suggested that the cannabinoids connect with the CB2 receptors.

Professor Ines Diaz-Laviada, author at the University of Alcalá mentioned "Our research shows that there are areas on prostate cancer cells which can recognise and talk to chemicals found in cannabis called cannabinoids. These chemicals can stop the division and growth of prostate cancer cells and could become a target for new research into potential drugs to treat

prostate cancer”.

Approximately more than 35,000 men are known to be affected by prostate cancer every year in the UK. It is supposedly the most common cancer in men. One fourth of all new cases of cancer detected in men are prostate cancers.

This research was published in the British Journal of Cancer.

[A novel treatment for advanced prostate cancer](#)



Efforts of researchers at the University of Adelaide have resulted in the development of an atypically fresh procedure in the treatment of advanced prostate cancer. **With lesser secondary effects, Dr Lisa Butler of the University's Dame Roma Mitchell Cancer Research Laboratories and Professor Wayne Tilley, founding member of the Freemasons Foundation Centre for Men's Health revealed that combining new drugs at lower doses with existing prostate cancer drugs, the treatment is much more effective and generates better results than the ongoing ones.**

Professor Tilley remarked, "Growth of prostate cancer is initially dependent on hormones called androgens, which traditionally have been suppressed to stop tumor growth. However, despite an initial response, resistance to hormone deprivation often occurs and the tumor starts to grow again."

He further added, "Men undergoing hormone deprivation therapy can also experience significant side effects, including reduced libido, impotence, hot flushes, tiredness and sweating, gradual decrease in body hair, reduced bone and muscle strength and cognitive changes."

Dr Lisa Butler said, "We can now confirm that a very low level of bicalutamide is capable of

inhibiting cancer cell proliferation by more than 10-fold when combined with either vorinostat or 17AAG, making our current treatments much more effective and causing fewer side effects.”

Professor Chris Sweeney, a world recognized medical oncologist and Director of Clinical Trials at the Royal Adelaide Hospital Cancer Centre, commented, “The ultimate test of this exciting laboratory breakthrough is to see if it improves outcomes and quality of life for men suffering from advanced prostate cancer. The strong partnership between medical scientists and clinicians at the University of Adelaide and the Royal Adelaide Hospital means patients can benefit from advances in medical science much faster than in the past.”

Having successfully destroyed all traces of prostate cancer cells in laboratory studies utilizing a combination therapy of drugs including an anti-androgen, bicalutamide and the inhibitors 17AAG and vorinostat, Dr Lisa Butler and Professor Wayne Tilley discovered that the novel drugs obstruct eminent cancer survival pathways. However, if administered by themselves, the drugs are practically ineffective in killing the prostate cancer cells.

A multidisciplinary team led by Professor Chris Sweeney will test the new therapy in advanced prostate cancer patients as all the drugs required for the combination remedy have been clinically examined and approved.

The story has been adapted from study material of the University of Adelaide.