

Featured Topic: Prostate Cancer (8 slides)

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Men: don't ignore a weak urine flow

- A weak flow of urine (or “stopping and starting”) is almost always a sign of prostate problems
 - Other symptoms: urinary urgency or frequency, dribbling, difficulty emptying the bladder
- Underlying causes of weak urine flow include
 - Prostate infection
 - BPH (benign prostatic hyperplasia)
 - **Prostate cancer**

The two types of prostate cancer

- Most cases of prostate cancer are **harmless**
 - Slow growing and don't spread
- Some prostate cancers are very aggressive and should be treated
- The problem is – it is very hard to tell the two types apart with the tests that are currently available
- The most common screening test used is the PSA – prostate specific antigen – test
 - Substance produced by the prostate gland
 - Higher PSA levels associated with increased risk of prostate cancer
 - “low risk” is PSA of 4 or less
 - “high risk” is PSA of 10 or higher – up to 67% increased risk of cancer

What makes Prostate Cancer dangerous?

Why are some prostate cancers harmless and others so aggressive?

1. Genetics. A new study found that men with the BRCA2 gene (the same gene associated with breast cancer) are **8 times more likely** to experience prostate cancer than men who do not have this gene

2. Inflammation. A new study reports that men with **chronic prostate inflammation were 1.78 times more likely to develop prostate cancer**, and had **2.24 times** the risk of having an aggressive form of this disease

Natural intervention for prostate cancer

- Goals
 - Reduce inflammation
 - Bring down PSA levels
 - Reduce cancer cells ability to respond to hormonal triggers
 - Stop cancer cell replication and spread
- Nutrients to consider: curcumin, grape seed, pomegranate, vitamin D and silybin

Curcumin and Prostate Cancer

- Tumor cells in prostate cancer have been found to produce **inflammation causing compounds**, which is linked to the cancer's ability to spread
- A 2012 study found that curcumin **blocked the ability of prostate cancer cells to release the inflammatory compounds**, and therefore there was less spread of the prostate cancer (called metastasis)
- Curcumin has also been shown to **make prostate cancer cells more sensitive** to conventional chemotherapy drugs
 - Small dosage of the drug is required, so adverse effects are reduced
 - Overall effectiveness is increased

Curcumin and Radiation Therapy

- 40 patients being treated for prostate cancer with external beam radiotherapy (EBRT) and drug therapy to reduce hormone levels
- Curcumin (1,000 mg, 3 times daily) protected against the most common adverse effect experienced with radiotherapy – urinary problems
- The greatest changes were
 - a 50% reduction in numbers of men with daytime urinary frequency
 - 30% reduction in men with sleep disturbances related to urinary issues
 - reductions in pain with urination, urinary leakage, travel restrictions because of urinary urgency, urinary urgency in general, and limitation of daily activities related to urinary problems

Plus....

- **Pomegranate** – shown to kill prostate cancer cells and slow the spread of prostate cancer
 - Researchers looked at how long it took prostate specific antigen (PSA) levels to double, which is a sign of prostate cancer progression (the shorter the doubling time the more aggressive the cancer)
 - Pomegranate quadrupled the doubling time versus the results of the placebo group
 - Note: the use of PSA screening test frequently causes false positives or identifies cancers that don't need treatment; there is some disagreement on its value as a cancer predictor
- **Grape seed** – like curcumin, grape seed blocks inflammatory compounds associated with cancer's spread
 - Researchers found men who used grape seed extract were over 40% less like to develop prostate cancer
 - Those who used grape seed extract long term were over 60% less likely to develop cancer

- Aggressive prostate cancer has also been linked to **vitamin D** deficiency
 - A recent study found that men with low vitamin D levels were 4-5 times more likely to have aggressive prostate cancer than men with normal vitamin D levels
- **Silybin** from milk thistle
 - In cell studies, exposure to silybin and other compounds from milk thistle was associated with up to an 85% reduction in prostate cancer cell death
- Dosage: 1500 IU of vitamin D 3, plus 750 mg of curcumin, grape seed, pomegranate and silybin daily

Don't Forget Your Daily Multiple (2 slides)

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Fill the nutrient gaps

- Researchers collected data from over 10,000 people, including food diaries and use of daily multivitamins
- Results
 - Taking a daily multivitamin was associated with up to a **76% reduction of risk in nutrient deficiency** versus not taking a multiple
 - In particular, women **not taking a multiple** were highly likely to have inadequate/deficient intakes of zinc and the B vitamins (thiamin, riboflavin, niacin, folate, B6 and B12)
- Daily multiple use was extremely effective in closing nutrient gaps

Characteristics of a Good Daily Multiple

- **Dosage is more than one per day**
- Contains a full range of vitamins and minerals at MORE than 100% of the RDA
 - The RDA is what you need to prevent a full-blown nutrient deficiency, not what you need for optimal health
- Nutrients are for everyone – you don't need age or gender-specific formulas
- Nutrients in their optimal forms for absorption and efficacy: active forms of B vitamins and chelated minerals
- Look for a natural formula free of toxic ingredients (BHT), artificial colors and artificial flavors
 - Say “no way” to gummies: frequently contain sugar, high fructose corn syrup, and artificial colors; low on vitamins and *really* low on minerals, especially iron

Herb of the Day: White Willow

(3 slides)

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Nature's aspirin – white willow bark

- Aspirin – or acetylsalicylic acid – is chemically synthesized
 - Daily aspirin use is associated with over 3,000 deaths a year
 - Especially dangerous for older adults – they are 10 times more likely to experience disabling or even fatal GI bleeding than young people
- White willow bark is a source of salicin, the **natural** form of aspirin
 - In addition to salicin, white willow also contains flavonoids and polyphenols that contribute to its anti-inflammatory and pain reducing effects
 - Unlike synthetic aspirin, white willow does NOT cause stomach ulcers and GI bleeding

White Willow – a safe, effective pain reliever

- As effective at relieving back pain as a prescription NSAID (Vioxx) - 60% of patients in each group (white willow or Vioxx) saw significant reductions in pain - but white willow is less expensive and has significantly fewer adverse effects
- In a study of white willow versus other conventional drugs or treatments, **40% of the white willow group was pain free in 4 weeks**, while only 18% of the conventional treatment group was pain free
- 191 patients received low or high dose white willow extract, or placebo, for back pain; **60% of the patients getting white willow were pain free in a month while 6% of the placebo group became pain free**; pain reduction for the white willow group was noticed in the first week

How to use white willow bark

- Combine with DLPA boswellia, curcumin, and devil's claw for pain relief
- Especially good for back pain
- Take 2,325 mg of the combination daily