

## Prostate cancer prevention miracle blend

With September being observed as Prostate Cancer Awareness Month, men need to understand the importance of screening for this deadly disease, as well as taking necessary precautions to prevent it.

Prostate cancer is the most frequently diagnosed cancer in Jamaica. For the last 17 years prostate cancer has been the leading cause of cancer-related deaths among Jamaican men age 40 years and older. The incidence of prostate cancer in Jamaica is 78.1 per 100,000 men, with the country having the highest prostate cancer mortality rate in the world. As part of the ongoing study to find ways to prevent this killer disease, British researchers have released findings on a superfood blend they believe can do wonders in preventing prostate cancer. the most common cancer in men around the world. They have scientifically proven that the combination of broccoli, turmeric, green tea and pomegranate (known as Pomi-T) can do wonders in helping to fight prostate cancer. Professor Robert Thomas, who works as an oncologist at Bedford Hospital and Addenbrooke's, part of Cambridge University Hospitals, and his team conducted a six-month human study involving 203 adult males, all with prostate cancer. The men were split into two groups - the essence of pomegranate, turmeric, green tea and broccoli group and the placebo group. They all took a capsule each day, with either the target ingredients (called 'Pomi-T') or placebo. After six months, the researchers found that prostate-specific antigen (PSA) levels were 63 per cent lower among those taking capsules containing essence of pomegranate, turmeric, green tea and broccoli. Compared with those in the placebo group. Not only did the Pomi-T capsules significantly control PSA levels, there were also virtually no adverse effects. PSA is a protein produced by prostate cells. A blood test can measure PSA levels, which may help detect early prostate cancer. "Healthy eating and lifestyle is the main way of helping to combat the development of cancer. But men can now also turn to a whole-food supplement which has been shown to work," said Thomas. The pomegranate, green tea, turmeric and broccoli combination has been dried, concentrated and put into a convenient capsule called 'Pomi-T', now available on the market. POMEGRANATE: rich in ellagic acid, inhibits prostate cancer cell proliferation and induces apoptosis in laboratory studies. In breast cancer cell lines, it increases markers of cell adhesion and reduce migration, which are associated with metastasis. BROCCOLI: rich in isothiocyanate and sulforaphane, inhibit growth and promote apoptosis of cancer cells. In humans, regular intake down-regulates genes linked to cancer growth, and up-regulates genes linked to cancer suppression, particularly in the 50 per cent of the population who carry a mutated glutathione S-transferase gene. TURMERIC: with its rich yellow colouring, it slows down the growth of prostate cancer cells by blocking the cell cycle, increasing apoptosis, preventing the invasion and migration of cells. It inhibits tyrosine kinase activity of the EGFR, has cox-I mediated anti-inflammatory properties, and inhibits the growth of stem cells that give rise to breast cancer without harming normal breast cells. GREEN TEA: rich in epigallocatechin gallate (EGCG), has been shown to block ornithine decarboxylase, an enzyme that signals cells to bypass apoptosis. Green tea inhibits breast and prostate cancer cell proliferation, block de-differentiation and angiogenesis. yourhealth@gleanerjm.com