As We See It

Prostate cells are especially prone to mutation and malignant transformation. This process accelerates as men age past 50. Interestingly, cells of other tissues in the anatomical region of the prostate almost never become cancerous.

Are there ways to avoid becoming a victim of these grim statistics? We think so. First of all, the human body obviously has control mechanisms that keep isolated groups of malignant prostate cells in check. This is demonstrated by the high detection rate during autopsies of prostate cancer cells in males between the ages of 30 and 40. Men this young are almost never diagnosed with prostate cancer, but many have cancer cells lurking in their prostate glands. By harnessing the growth-control mechanisms of cancer cells, it would be possible to prevent (or delay) isolated cancer cells in the prostate gland from developing into full-blown disease.

Incidences of prostate cancer vary dramatically across the world. It is least common in South and East Asia, more common in Europe (especially northern Europe), and most common in the United States. Comparing prostate cancer rates in different regions of the world provides guidance as to what may be done to reduce risk. For instance, men in Sweden are eight times more likely to die of prostate cancer than men in Hong Kong.

Scientists have identified a number of dietary factors that explain why certain population groups have such low prostate cancer rates. The encouraging news is that most Life Extension members are following at least some of the dietary and supplement guidelines that have been associated with reduced prostate cancer risks.

Are Men Doing Enough to Prevent Prostate Cancer?

A large percentage of men over the age of 70 already have cancer cells present in their prostate glands. The majority of these men, however, will never know they have prostate cancer. The reason is that most of them die of some other cause before prostate cancer manifests as clinical disease.

Life Extension members, on the other hand, are taking extraordinary steps to achieve a very long and healthy life. Instead of needlessly dying from a preventable disease, many male Life Extension members are likely to live long enough to encounter prostate problems.

So while health-conscious males take vitamin E, selenium, vitamin D, lycopene, gamma tocopherol, pomegranate, boron, fish oil, and other nutrients to prevent (or delay) prostate cancer, there is still a critical need to identify how relatively dormant cancer cells in the prostate gland eventually break through the body's protective barrier to become clinically diagnosed prostate cancer.

Novel Mechanism to Impede Progression of Existing Prostate Cancer Cells

Since people are now living longer than ever, delaying the manifestation of prostate cancer is desirable, but may not result in the disease being altogether prevented. The lead article in this month's issue of Life Extension magazine is titled "Eating Your Way to Prostate Cancer." This article describes a little-known pathological mechanism that explains why ingesting the wrong foods increases prostate cancer risk.

Telling knowledgeable members about foods they know cause cancer does not do much good—unless a solution to impede the progression of existing prostate cancer growth is provided. The reason I state this is that many men reading this article have cells in their prostate glands that have mutated and/or have already become cancerous. While improving one's diet at any age is of tremendous value, more has to be done to interfere with the progression of existing cancer cells that remain confined to the prostate gland.

In the breakthrough report you are about to read, we describe a patented plant extract that may provide aging men with additional protection against prostate cancer via a novel mechanism.

Members of the Life Extension Foundation do not have to concern themselves as to whether or not they need to include this patented plant extract in their daily program. It was added several months ago, at no additional cost, to the most popular prostate support formula Foundation members already use.

In the hormone-deficient aging male, the prostate gland too often becomes his Achilles heel. By taking aggressive steps to combat prostate disease, elderly men may enjoy their full complement of youth hormones . . . and still sleep through the night.

How Life Extension Protects Its Members' Lives

Today's apathetic physicians exhibit little in the way of curiosity when it comes to incorporating novel medical findings in their clinical practices. Life Extension researchers, on the other hand, are both personally motivated and have the dedicated time to meticulously...