

## Younger Men With Erectile Dysfunction May be at Increased Risk For Heart Disease

In the February 2009 issue of *Mayo Clinic Proceedings*, Jennifer St. Sauver, PhD, and colleagues report the results of a study that found men between the ages of 40 and 49 who experience erectile dysfunction (ED) have a significantly higher risk of developing heart disease compared with those not affected by the condition.\*

For the investigation, 1,402 men were screened for ED every two years. Cardiac events and coronary angiograms diagnostic of coronary artery disease were tracked and confirmed.

Over the 10-year follow-up, coronary heart disease developed in 11% of the participants, and was 80% more likely to occur in men with ED. Men with ED between the ages of 40 and 49 experienced a 50-fold higher number of new cases of heart disease than men in the same age group who did not report the condition.

"Erectile dysfunction and coronary artery disease may be differing manifestations of a common underlying vascular pathology," the authors concluded.

—Dayna Dye

\* Inman BA, Sauver JL, Jacobson DJ, et al. A population-based, longitudinal study of erectile dysfunction and future coronary artery disease. *Mayo Clin Proc.* 2009 Feb;84(2):108-13.

## Arginine Shows Promise Against Obesity

In a study reported in a recent issue of the *Journal of Nutrition*, scientists at Texas A&M University showed that arginine helps reduce fat gain in rats.\*

Guoyao Wu, PhD, and associates fed 24 rats a high-fat diet and gave 24 animals a low-fat diet for 15 weeks. The animals were then divided to receive drinking water supplemented with L-arginine or L-alanine while maintaining their previous diets.

After 12 weeks, weight gain in the rats on the high-fat diet was 40% lower among those that received arginine compared with the controls, and for rats on the low-fat diet, weight gain was 60% lower. White fat pad weight increased by 98% in animals that received alanine; for animals that received arginine, the increase averaged only 35%.

The researchers concluded that arginine promotes lean tissue growth over fat gain. Dr. Wu stated that future investigations will involve obese children and adults.

—Dayna Dye

\* Jobgen W, Meininger CJ, Jobgen SC, et al. Dietary L-arginine supplementation reduces white fat gain and enhances skeletal muscle and brown fat masses in diet-induced obese rats. *J Nutr.* 2009 Feb;139(2):230-7.



## Higher Vitamin E Levels in Smokers Linked With Reduced Pancreatic Cancer Risk

A recent issue of the *American Journal of Clinical Nutrition* reports an association between higher concentrations of vitamin E and a lower risk of pancreatic cancer in smokers.\*

Rachel Z. Stolzenberg-Solomon, PhD, and colleagues evaluated data from 29,092 men who participated in the Alpha-Tocopherol, Beta-Carotene Cancer Prevention Study, a placebo-controlled trial that sought to determine the effect of vitamin E and beta-carotene supplementation on the prevention of cancers in smokers. During up to 19.4 years of follow-up, 318 cases of pancreatic cancer were diagnosed.

For participants whose serum alpha tocopherol levels at the beginning of the study were among the top 20% of participants, the risk of developing pancreatic cancer was 48% lower than those whose levels were in the lowest fifth.

"Our results support the hypothesis that higher concentrations of serum alpha tocopherol may protect against pancreatic carcinogenesis in smokers," the authors concluded.

—Dayna Dye

\* Stolzenberg-Solomon RZ, Sheffler-Collins S, Weinstein S, et al. Vitamin E intake, alpha-tocopherol status, and pancreatic cancer in a cohort of male smokers. *Am J Clin Nutr.* 2009 Feb;89(2):584-91.

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