DHEA Inhibits Endothelial Inflammation

Scientists have shown that dehydroepiandrosterone-sulfate (DHEA-S) inhibits inflammation in human endothelial cells.* Inflammation and endothelial dysfunction are intimately connected with atherosclerosis, the root cause of cardiovascular disease.

Investigators hypothesized that DHEA-S reduces inflammation in the vascular endothelium (cells lining blood vessels). They incubated endothelial cells from human aortas with DHEA-S for 48 hours and then exposed the cells to tumor necrosis factor-alpha (TNF-alpha), a known instigator of inflammation. DHEA-S significantly inhibited the subsequent production of inflammatory proteins ordinarily triggered by TNF-alpha.

The results demonstrated the ability of DHEA-S to "directly inhibit the inflammatory process," and showed "a potential direct effect of DHEA-S on vascular inflammation that has implications for the development of atherosclerotic cardiovascular disease," investigators concluded. —Dale Kiefer


Vitamin K2 May Protect Against Prostate Cancer

A new European study published in the American Journal of Clinical Nutrition suggests that men with the highest intakes of vitamin K2 have the lowest risk of prostate cancer.*

Intakes of vitamins K1 and K2 were statistically compared with the incidence of total and advanced prostate cancer cases in more than 11,000 men participating in the ongoing European Prospective Investigation into Cancer and Nutrition trial. Investigators compared estimated dietary intakes of vitamin K1 and vitamin K2 with the incidence of total and advanced prostate cancer. Subjects were followed for an average of 8.6 years.

Men who consumed the highest levels of vitamin K2 (but not vitamin K1) demonstrated a modestly lower incidence of prostate cancer. Higher vitamin K2 intake was particularly protective against advanced prostate cancer.

"Further studies of dietary vitamin K and prostate cancer are warranted," the authors concluded. —Dale Kiefer
