**In the NEWS**

**Resveratrol Fights Breast Cancer**

A diet that includes grapes, berries, peanuts, and red wine may help prevent and battle breast cancer. Researchers from Kuwait University set out to find the exact molecular mechanisms behind the anti-cancer role exerted by resveratrol, a natural compound that occurs in these foods. The investigators treated human breast cancer cells with resveratrol and measured cell proliferation. They found the natural compound affects multiple pathways related to cancer, such as activating the p53 tumor suppressor protein and promoting apoptosis (programmed cell death).

Their sound conclusion: Utilize resveratrol as a preventive and/or an adjuvant therapeutic agent for breast cancer.

—Cathy Burke


**Does Kiwi Relieve Prostate Symptoms?**

Eating kiwi fruit before bedtime may help relieve urinary frequency and urgency in men with benign prostatic hyperplasia, helping them achieve a more restful night’s sleep, according to anecdotal reports from Life Extension members. As men grow older, they increasingly suffer from sleep-disrupting urinary symptoms due to benign prostatic hyperplasia (BPH). Despite treatment, some men fail to achieve adequate relief.

In recent months, numerous members have contacted Life Extension to report that eating one kiwi fruit prior to retiring for the night relieves their symptoms of nighttime urinary frequency. While there is no current research documenting kiwi’s ability to relieve urinary symptoms, men seeking natural symptom relief may wish to try consuming this delicious tropical fruit.

If you choose to test kiwi fruit for relief of urinary symptoms, please contact Life Extension’s advisory department at 1-800-226-2370 or advisory@lef.org to report your results.

—Ed Weinmann, DC

**Omega-3s, Fish, and Vitamin D Protect Eyes**

Higher intake of omega-3 fatty acids, fish, and vitamin D may reduce the risk of developing vision-robbing macular degeneration, according to two recent studies.\(^1\)\(^2\)

In 4,500 adults aged 60 to 80, higher total dietary omega-3 fatty acid intake decreased the risk of developing neovascular (wet) age-related macular degeneration. Docosahexaenoic acid (DHA) was most protective; fish consumption also reduced risk.\(^1\)

In a study of 7,500 adults, higher blood levels of vitamin D helped prevent early macular degeneration. Those with the highest levels of vitamin D were 36% less likely to develop macular degeneration.\(^2\)

—Marc Ellman, MD

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