Green Tea Cuts Prostate Cancer Risk, Progression

Green tea polyphenols inhibit markers of prostate cancer risk and progression in an animal model, according to scientists at the University of Wisconsin.*

Epidemiological evidence has found that abundant intake of green tea is associated with reduced risk of prostate cancer. The Wisconsin study findings further elucidate green tea’s protective role. In their study, researchers administered green tea polyphenols to transgenic mice for six months, while monitoring levels of insulin-like growth factor 1 (IGF-1) and IGF binding protein, as well as markers of cancer metastasis (spread) and angiogenesis (new blood vessel formation, which occurs in disease states such as cancer).

Mice receiving the green tea polyphenols demonstrated a substantial reduction in IGF-1 and an increase in IGF binding protein. Elevated levels of IGF-1 and decreased levels of IGF binding protein have been linked with a greater risk of prostate cancer development and progression. Green tea polyphenols also inhibited markers of metastasis and angiogenesis, which are involved in the spread and progression of cancer.

Through modulating numerous markers of cancer risk, progression, and metastasis, green tea polyphenols appear to offer broad-spectrum protection against prostate cancer. The dose of green tea polyphenols used in the mouse study is roughly equivalent to human consumption of six cups of green tea daily.

—Linda M. Smith, RN

Reference

Waist Size Predicts Diabetes Risk in Men

A man’s waist size may be a stronger indicator of diabetes risk than his body mass index (BMI), report researchers from several prominent universities.*

Although excess weight has long been correlated with increased risk for type II diabetes, few studies have compared the influence of central (versus overall) obesity on diabetes risk. This recent study found that abdominal adiposity (belly fat) is a strong, independent risk factor for type II diabetes. Researchers followed 27,270 men for 13 years. During that time, 884 men developed type II diabetes. Compared to men with the smallest waists (29-34 inches), men with larger waists were at least twice as likely to develop diabetes, and those with the largest waists (of 40 inches or greater) were up to 12 times more likely to develop diabetes.

“Both BMI and waist circumference are useful tools to assess health risk,” noted study lead author Dr. Youfa Wang of the Johns Hopkins Bloomberg School of Public Health. “But abdominal fat measured by waist circumference can indicate a strong risk for diabetes whether or not a man is considered overweight or obese according to his BMI.” Wang added that the commonly used 40-inch waist benchmark for diabetes risk should be lowered, as many of the men who developed type II diabetes had waists measuring less than 40 inches.

Abdominal fat is associated with insulin resistance, a condition of aberrant blood sugar metabolism that often precedes diabetes.

—Elizabeth Wagner, ND

Reference
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