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Broccoli, Found to Protect Man's Sexual Health

It is beneficial against deadly prostate cancer



There are a lot of researches showing that not clearing out too many times the prostate can lead to the nasty prostate cancer. But if you do not enjoy having sex, in this case broccoli and cauliflower could help. An American team has found that the regular consumption of these vegetables decreases the risk of deadly prostate cancer. Besides impairing the life of the patients (who the heck likes going to pee from 5 to 5 minutes!?), surgery is even more tricky: it can leave the individual impotent. Only in UK, the prostate cancer causes the death of one man per hour and 32,000 new cases are registered annually. The research made on a pool of 1,300 subjects revealed they were better than any other vegetable at defending against aggressive tumors. Broccoli and cauliflower were already known to contain anti-cancer chemicals. Researches have revealed a connection between vegetables consumed and a decreased risk of prostate cancer, but none focused on these two and specifically on the deadly forms of the condition. The research team from the US National Cancer Institute and Cancer Care Ontario in Toronto found that generally, eating fruits and vegetables was not linked with lowered prostate cancer risk. But higher intake of dark green and cruciferous vegetables, especially broccoli and cauliflower, was connected with a lowered risk of aggressive prostate cancer. Eating cauliflower once a week was linked with 52% drop in the risk of aggressive disease and similar quantities of broccoli decreased the risk by 45%. Spinach consumption also was linked with a decreased risk of prostate cancer, but not with its deadly form. "Aggressive prostate cancer is biologically virulent and associated with poor prognosis. If the association that we observed is ultimately found to be causal, a possible means to reduce the burden of this disease may be primary prevention through increased consumption of broccoli, cauliflower, and possibly spinach." said study leader Dr Victoria Kirsch, Cancer Care Ontario. "Men eating a lot of broccoli and cauliflower may be more healthy in general." "When it comes to food, there is no one particular 'super' fruit or vegetable that will protect you from cancer. Experts have proven that the best way to reduce your risk of many cancers is to eat a healthy balanced diet. This should include at least five portions a day of a variety of fruit and vegetables including broccoli and cauliflower." said Dr Kat Arney, Cancer Research UK's senior science information officer. "Broccoli and cauliflower have appeared in other studies as being potentially important in defenses against prostate cancer. Whilst waiting for definitive evidence it's clear that men should be eating at least five portions of fruit and vegetables a day." said Chris Hiley, head of policy and research at The Prostate Cancer Charity.