

Re: Study: Statins Lower Advanced Prostate Cancer Risk

Source: <http://sci.tech-archive.net/Archive/sci.med.cardiology/2005-04/msg00697.html>

- *From:* "elgoog" <bjdefend-newsgroups@xxxxxxxxxx>
 - *Date:* 20 Apr 2005 17:19:11 -0700
-

William Wagner wrote:

> In article <1114023320.267759.50520@xxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxx>,
> "elgoog" <bjdefend-newsgroups@xxxxxxxxxx> wrote:
>
>> Jim Chinnis wrote:
>>> "elgoog" <bjdefend-newsgroups@xxxxxxxxxx> wrote in part:
>>>>
>>>> Jim Chinnis wrote:
>>>>> "Juhana Harju" <shantigiri@xxxxxxxxxxxxxxxxxx> wrote in part:
>>>>>>
>>>>>> listener wrote:
>>>>>>>: "Juhana Harju" <shantigiri@xxxxxxxxxxxxxxxxxx> wrote in
>>>>>>>: news:3cl274F6imrpjU1@xxxxxxxxxxxxxxxxxx:
>>>>>>>:
>>>>>>>: listener wrote:
>>>>>>>: LOS ANGELES (Reuters) – Cholesterol-lowering drugs
known as
>>>>>>>: statins may slash a man's risk of advanced prostate
cancer,
>>>>>>>: according to research presented Monday.
>>>>>>>:
>>>>>>>: A study that followed more than 34,000 men over 10
years
>> found
>>>>>>>: that men who used statins had half the risk of advanced
>>>>>prostate
>>>>>>>: cancer and one-third the risk of fatal prostate
cancer,
>>>>compared
>>>>>>>: with men who did not use the drugs.
>>>>>>>:
>>>>>>>: Statins — which include Pfizer Inc.'s \$10
billion-a-year
>>>>Lipitor,
>>>>>>>: [...]
>>>>>>>:

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>>>>>::: There are definitely healthier and cheaper means to reduce
>>>>prostate
>>>>>::: cancer risk than the use of statins.
>>>>>:::
>>>>>>::: OK. Please show us some studies using something other than
a
>>>>statin
>>>>>>::: that show tens of thousands of men over a multi-year
period
>>>>halving
>>>>>>::: their risk of advanced prostate cancer and lowering by
>> one-third
>>>>>>::: their risk of *fatal* prostate cancer. I would be curious
to
>> read
>>>>>>::: any legitimate studies you can offer. Really.
>>>>>>>
>>>>>>>There is perhaps no singular way to reduce prostate cancer
risk
>> as
>>>>>much. But
>>>>>>>it is possible to reduce the risk at least as much by combing
>> some
>>>>>dietary
>>>>>>>means: reducing animal protein intake, taking care of
adequate
>>>>>vitamin D
>>>>>>>intake, by drinking red wine, using certain spices, fish oils
>> etc.
>>>>>>>
>>>>>>> I don't see the kinds of evidence of the kinds of benefits
>>>>>>> listener asked about. A nice dietary preventive would be
terrific,
>>>>>>> but the evidence remains unclear. Besides, I get my veggies
>>>>>>> already, including tomatoes (lycopene) and nuts (selenium).
>>>>>>> Despite that, I figure my absolute PCa risk is quite a bit
higher
>>>>>>> than my absolute risk of an MI or stroke. So I'd be quite
happy to
>>>>>>> learn that statins reduce mortality from the primary lethal
cancer
>>>>>>> in non-smoking men such as myself by one-third!
>>>>>>> --
>>>>>>> Jim Chinnis Warrenton, Virginia, USA
>>>>>
>>>>>>>I think statins serve a medicinal purpose. I think its up to
each of
>> us
>>>>>>>to avoid the need for drugs as best we can by making the best
>> choices

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>>> >possible. As more information becomes available, we can adjust our
>>> >habits accordingly – always applying a healthy skepticism and
>> provided
>>> >adequate research. ;-)
>>>>
>>>> >Here's another study that shows the benefits of green tea in
>> reducing
>>> >prostate cancer risk,
>>>>
>>>> >Green Tea May Curb Prostate Cancer in Men at Risk
>>>
>>
>>> >http://story.news.yahoo.com/news?tmpl=story&cid=571&e=13&u=/nm/cancer_greente
>>> >a_dc
>>>> <snip>
>>>>
>>>> >Taking 3 to 4 gallons a day of green tea isn't exactly necessarily
>>> any safer than taking a statin. Green tea has some potential
>>> risks—at least those due to its interference with folate and RNA
>>> transcription. Methotrexate might halt the progression to PCa as
>>> well....
>>>
>>>> >I like randomized trials, though. So much of the work that gets
>>>> cited is based on observational studies where no amount of
>>>> tweaking can ever clarify which variables had an effect on
others.
>>>> --
>>>> >Jim Chinnis Warrenton, Virginia, USA
>>>>
>>>> >16 Cups = 1 Gallon(US), so 12–15 cups would be less than one
gallon,
>>>> >but more green tea than I care to drink in a day.
>>>>
>>>> >I prefer the more moderate approach. I drink 2–3 cups of green tea
per
>>>> >day (decaffeinated with the do-it-yourself method). At any rate,
they
>>>> >were using green tea catechins as supplements and not drinking it.
>>>>
>>>> >If you are using green tea supplements, you may be getting very
high
>>>> >doses; but, I am not aware of health dangers associated to natural
>>>> >green tea. Hypokalemia has been linked to regular daily consumption
of
>>>> >more than 14 cups of black and oolong (fermented) teas in elderly
>>>> >people.** But, that makes sense because the caffeine content in
>>>> >fermented teas is much higher.
>>>>
>>>> >Anyway, a properly prepared and decaffeinated cup of green tea is

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- >> delicious and soothing. There are many purported health benefits of
- >> green tea, but these are secondary to the enjoyment.
- >>
- >> ref.
- >> ** Aizaki T, Osaka M, Hara H, et al. Hypokalemia with syncope caused by
- >> habitual drinking of oolong tea. Intern Med. 1999;38(3):252–256
- >
- > Something to peruse with your tea.
- >
- > The Book of Tea Kakuzo Okakura
- >
- > isbn 0–486–20070–1
- >
- >
- > A review from Amazon
- >
- > The Tempest in Tea Cup, July 28, 2000
- > Reviewer:
- > "eido" (Ithaca, NY) – See all my reviews
- > I haphazardly discovered this book when I had undertaken the task of
- > better acquainting myself with tea. Totally ignorant, I opened the book
- > half expecting to find dry writing on types of tea leaves. Instead I
- > discovered something deeply beautiful. This book does indeed teach the
- > history of tea and its preparation, but it also provides an eloquent
- > introduction to Teatism and other aspects of Japanese culture. Okakura

- > wavers most delicately between prose and poetry, between the educational
- > and the spiritual. The words linger with you long after you have
- > finished, and tea, once an ordinary beverage, acquires a soul— a source
- > of peace.
- >
- > "Teatism is a cult founded on the adoration of the beautiful among the

- > sordid facts of everyday existence. It inculcates purity and harmony,

- > the mystery of mutual charity, the romanticism of the social order. It
- > is essentially a worship of the Imperfect, as it is a tender attempt to
- > accomplish something possible in this impossible thing we know as life."
- >
- > (Chapter One, The Cup of Humanity)
- >
- > ---
- > Zone 5 S Jersey USA Shade garden in a Japanese manner

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- > Vision problems? <http://www.ocutech.com/> we own two.
- > Tell folks where to get your files FREE at <http://www.DropLoad.com>
- > "oeuf têt pique " Lover

Thanks for the suggestion. I have heard of it, but have not yet picked it up.

• **References:**

- ◆ **Study: Statins Lower Advanced Prostate Cancer Risk**
◇ From: listener
 - ◆ **Re: Study: Statins Lower Advanced Prostate Cancer Risk**
◇ From: Juhana Harju
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◇ From: William Wagner
- Prev by Date: **Re: Low cholesterol worries**
 - Next by Date: **Re: I'm going to take a break..see you in 5 maybe.**
 - Previous by thread: **Re: Study: Statins Lower Advanced Prostate Cancer Risk**
 - Next by thread: **Re: Study: Statins Lower Advanced Prostate Cancer Risk**
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