



spotlight on health

Initial Studies Suggest Mushrooms May Reduce Cancer Risk

(NAPSA)—Women worry about breast cancer, and with good reason. Breast cancer will strike one in eight American women during her lifetime, according to the National Cancer Institute, making it the most common cancer affecting women.

But there's good news on the clinical and research fronts. Early detection and improved therapies are helping save lives, and scientists are exploring other ways to prevent the disease, including diet and lifestyle changes.

According to some estimates, about one-third of all cancer deaths are related to what we eat. For instance, recent laboratory studies conducted at California's City of Hope Cancer Center indicate that mushrooms contain naturally occurring substances that may slow down the production of estrogen, a hormone that can stimulate the growth of breast cancer in post-menopausal women.

"Knowing the substances in mushrooms that slow down the production of estrogen could enable health care providers to make dietary recommendations that have the potential for reducing cancer risk," says Dr. Shiu-an Chen, head of the City of Hope research team. In the meantime, it makes sense to include mushrooms in a well-balanced diet.

Mushrooms are likely to offer health benefits for men, too. Preliminary research suggests that selenium—a mineral found in mushrooms—may protect against prostate cancer, the most prevalent (and feared) cancer afflicting men. In fact, the largest prostate cancer



Scientists are investigating mushrooms as potential disease-fighters.

prevention trial ever conducted in the U.S., involving 32,000 subjects at 400 sites, is investigating how selenium and its antioxidant partner Vitamin E work to protect against prostate cancer.

Though the results so far are promising, some of these scientific studies won't be completed for years. No need to wait for the results, though. There are plenty of other reasons for eating mushrooms in addition to their cancer-fighting potential. Mushrooms are heart healthy—low in calories, free of fat, sodium and cholesterol and a good source of potassium.

Last, but most definitely not least, mushrooms taste absolutely wonderful. For easy and delicious recipes and serving tips, visit www.mushroomcouncil.org or send a self-addressed, stamped envelope to the Mushroom Council, 11875 Dublin Blvd., Suite D 262, Dublin, CA 94568.