

### Two Essential Nutrients For Prostate Health

by Richard Huemer, M.D.

(NAPSA)—One of the United States' leading medical experts tells men how to reduce their risk of prostate cancer.

You can reduce your risk of prostate cancer, which will strike more than one man in nine. All men over forty should have regular digital rectal examinations and a PSA test. Men may also want to consider supplementing their diets with key protective nutrients.

The current epidemic of prostate cancer may have met its match in two of the most important nutritional protectors today for men.

#### New Findings

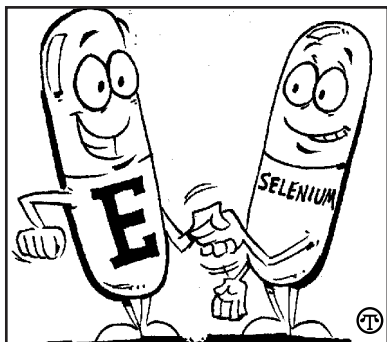
"Selenium and vitamin E may be commonplace, but there is reason to believe they both have the ability to prevent serious prostate disorders," says Dr. Scott Lippman, chairman of clinical cancer prevention at M.D. Anderson Cancer Center in Houston.

So promising do these nutrients appear to be that the federal government has begun to fund a massive clinical trial to investigate their potential for protecting prostate health.

The 12-year government-sponsored study began in 2001 and will eventually involve 32,400 men at about 300 research centers in the United States and Canada. It will be the largest prevention trial ever undertaken using a drug or nutrient.

The study was stimulated by results from earlier clinical trials. A 10-year U.S. trial that began in 1983 found that men taking selenium supplements had 63 percent fewer cases of prostate cancer than those who took only placebo.

At the University of Nebraska,



Dr. Vadim Gladyshev is gaining a broader understanding of how selenium helps protect men from serious prostate problems.

Dr. Gladyshev isolated a new type of selenoprotein, or selenium-containing protein, that seems to play a key role in prostate disorders. The research suggests that men with higher levels of selenoprotein will be less likely to suffer serious prostate problems.

#### Vitamin E May Protect Prostate

Vitamin E is another nutrient that all men should consider taking for prostate health, especially for the prevention of unhealthy prostate cell multiplication. In a recent Finnish study, reported in *The New England Journal of Medicine*, vitamin E was shown to be highly protective against prostate problems.

It's also believed herbs such as saw palmetto, pygeum and nettle can help to reduce men's risk of prostate cancer.

To learn more about selenium, vitamin E and other natural dietary aids to protect against prostate cancer, you can read *The Journal of Natural Health*. For a free subscription, call 800-858-0228, Monday through Friday (except holidays) 8:00 a.m. to 4:30 p.m. Pacific Time, or see <http://www.whitewing.com> on the Web.