

# Healthy Living

Your daily dose of health

## Slow growth of prostate cancer cells by fish oil supplemented diet

Christine Stomes · Saturday, October 29th, 2011



**Fish oil** is an oil derived from the tissues of oily fish. Fish oils contain the omega-3 fatty acids eicosapentaenoic acid (EPA), and docosahexaenoic acid (DHA), precursors of eicosanoids that are known to reduce inflammation throughout the body and are thought to have many health benefits. Fish do not actually produce omega-3 fatty acids, but instead accumulate them by consuming

either microalgae or prey fish that have accumulated omega-3 fatty acids from microalgae. A study revealed that fish oil is beneficial in slowing down the growth rate of prostate cancer.

Fatty predatory fish like sharks, sword fish, tilefish, and albacore tuna may be high in omega-3 fatty acids, but due to their position at the top of the food chain, these species can also accumulate toxic substances. For this reason, the U.S. Food and Drug Administration recommends limiting consumption of certain (predatory) fish species (e.g. albacore tuna, shark, king mackerel, tilefish and swordfish) due to high levels of toxic contaminants such as mercury, dioxin, PCBs and chlordanes.

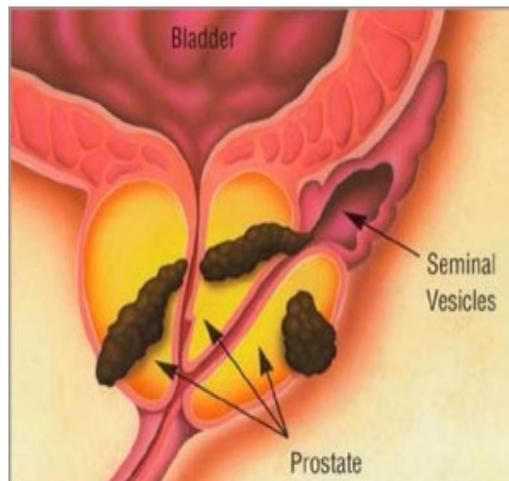
The omega-3 fatty acids in fish oil are thought to be beneficial in treating hypertriglyceridemia, and possibly beneficial in preventing heart disease. Although, fish oil has many health benefits, there are also some studies that revealed that fish oil consumed during pregnancy, [may not be beneficial for mental growth](#) of child as thought.

### **Prostate cancer**

**Prostate cancer** is a form of cancer that develops in the prostate, a gland in male reproductive system. Most prostate cancers are slow growing; however, there are cases of aggressive prostate cancers. The cancer cells may metastasize (spread) from the prostate to other parts of the body, particularly the bones and lymph nodes. Prostate cancer may cause pain, difficulty in urinating, problems during sexual intercourse, or erectile dysfunction. Independent studies showed increased risk of prostate cancer by consuming [vitamin E supplements](#) and [eggs](#).

### **Fish oil supplements can slow growth of prostate cancer**

Professor William Aronson and his team from the University of California at Los Angeles, studied and showed that ***low-fat diet with fish oil supplements can slow down the growth of prostate cancer***. They made the discovery after testing prostate tissue samples taken from men with the disease. They found that just four to six weeks on the diet was enough to reduce the growth of cancer cells. The same effect was not seen in persons who took a regular western diet with no fish oil supplements.



Researchers said, “The finding that the low-fat, fish oil diet reduced the number of rapidly dividing cells in the prostate cancer tissue is important because the rate at which the cells are dividing can be predictive of future cancer progression. The lower the rate of proliferation, the lesser the chances that the cancer will spread outside the prostate where it is much harder to treat.”

The scientists tested blood samples before and after the diet commenced, and examined tissue from surgically removed prostate glands. “Preclinical studies suggest that lowering dietary omega-6 fatty acids from corn oil and increasing omega-3 fatty acids from fish oil decreases the risk of prostate cancer development and progression,” the scientists concluded.

The research team is now planning a larger study with 100 men with prostate cancers who were not being actively treated but receiving regular biopsies and check-ups.

Via

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