



ETERNAL HEALTH

with
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Zinc and Prostate Cancer

Can zinc protect against prostate cancer? Zinc is a mineral with antioxidant properties that is involved with DNA repair and when this is ineffective, it helps to get rid of unrepairable DNA by means of a process known as apoptosis. Zinc helps in the maintenance of the immune system and at moderate concentrations may reduce inflammation and oxidative stress. However too much zinc at a dose of >150mg/day actually depresses the immune system.

Studies on the protective effects of zinc with regard to prostate cancer are inconclusive with some even suggesting an increased risk. An Italian study observed an increased risk for those men who had the highest level of zinc obtained from food. Another study looking at prostate cancer prevention found that the highest intake actually reduced risk. The most often quoted study showed that in Health Professionals a significant association with incidence of advanced prostate cancer only in men consuming >100 mg per day. An American study found a decreased of advanced cancer in men taking 15 mg daily.

So is zinc protective or not and should men be taking supplements to prevent prostate cancer? I'm going to go out on a limb and say that with its capacity to boost immune function, which becomes depressed with ageing, taking 15mg daily, usually equivalent to one zinc supplement is probably a good idea.

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