



Preventing Prostate Cancer With Diet

According to research presented at a recent conference on men's health fibre, isoflavones found in substances such as soy, lycopene in tomatoes, which are more easily extracted when consumed with extra virgin olive oil, cruciferous vegetables, green tea and pomegranate juice, all contribute to the prevention of prostate cancer. Zinc, vitamin C and optimising vitamin D with adequate exposure to sunlight are also thought to be beneficial, while the evidence for omega-3 fatty acids in fish and fish oil, selenium and vitamin E is not that clear.

Red meat, especially the charred variety, full-fat dairy consumption and high calorie increase risk. A comprehensive review on prostate cancer prevention can be found in my e-Book '[You Have The Power](#)',. An App dealing with prostate cancer prevention strategies will soon be available.

New Treatments For Acne

A bacterium called Propionibacterium acnes is thought to reside at the heart of the development of acne, which is why antibiotics have been used to treat this condition. The problem is that bugs learn to outwit this treatment becoming increasingly resistant. However, there is another way to outsmart the defiant organisms. Lurking just below the surface of the skin are a number miniscule proteins called antimicrobial peptides, that, as their name suggests, contribute in a significant fashion to protecting this area of the body. Recent research suggests that harnessing these substances might provide a whole range of new options for successfully treating acne.

An example of this form of treatment is omiganan, a synthetic antimicrobial peptide derived from bovine sources, that has demonstrated powerful antimicrobial activity and has shown positive results in five clinical trials as a topical solution for the treatment of acne. Omiganan reduced the disease severity and inflammatory lesion in mild to moderate acne.

Bacteriocins are another group of antimicrobial peptides with the potential to treat acne. A lotion containing an Enterococcus faecalis(a bacterium located in our gut)-derived bacteriocin significantly reduced inflammatory acne lesions.

New Treatments For Acne..... Continued

Another intriguing possibility is by utilising vitamin D as it stimulates the extremely potent antimicrobial peptide human cathelicidin LL-37. As vitamin D has already been used to effectively treat psoriasis could its incorporation to defeat acne be far off?

Retinoids found in the medication, roaccutane are another treatment modality undergoing a makeover. There are a number of side effects associated with ingesting roaccutane over a prolonged period of time which reduces its usefulness despite its success. Retinoids used on the skin have also not been without their problems. Now scientists have uncorked a foam that can be used on the skin with considerable benefits. Tazarotene foam, 0.1% was found to be effective in the treatment of moderate to severe acne vulgaris without any significant evidence of skin irritation.

Brazilian research has revealed that when examining the hormone profile of female patients with acne, more than 50% had elevated levels of male hormones with DHEA being the hormone most frequently elevated. Modulating these with male hormone lowering measures might offer another possibility for managing acne in women. Gamma-linolenic acid found in evening primrose oil, a nutrient that has the capacity to reduce dihydrotestosterone, the more potent form of the hormone testosterone, is just such a substance. At a dose of 320mg per day over a 12 week period, gamma-linolenic acid therapy resulted in significant clinical improvement in patients with mild-to-moderate acne.

Research also shows that both topical and oral zinc has some benefit.

An extensive review which looked at studies focusing on the connection of diet with acne indicates that dairy products and high-glycaemic-index foods increase the incidence and severity of acne.

Social Networking

Dr Michael Elstein is on Facebook, Twitter and Linked In. He gives regular updates from the world of Health, Wellness and Anti-ageing.

Be sure to connect with him on Facebook or Twitter by clicking on the links below. You can click on the Linked In Logo to be taken to his Linked In Profile.



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Questions and Answers

QUESTION

I am a 71 year-old woman who takes Cartia (aspirin) & Fish Oil tablets (2) a day as well as Vitamin D tablets & Mycardis & Lipitor. I am wondering if it is OK to take CARTIA & Fish Oil. I tend to bruise quite a lot after a knock on the arm and am wondering if this is due to taking those tablets.

ANSWER

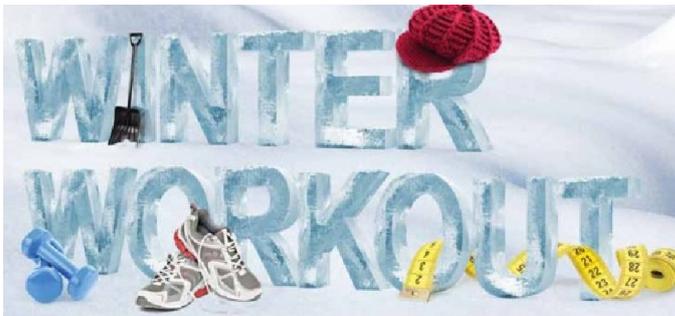
High doses of fish oils can inhibit platelets, the substances which stop you from bleeding excessively. But fish oils might not be as potent as aspirin in inhibiting platelet function. Theoretically, use of fish oil with antiplatelet drugs may increase the risk of bleeding. The good news is that you are on a very modest dose of fish oil. Therefore the risk of bleeding is probably low but not entirely non-existent especially since aspirin can irritate the lining of the stomach. If you start to feel unduly tired or notice that your stools are turning black you should immediately consult your doctor.

QUESTION

Can I get testosterone boosters if my testosterone is low?

ANSWER

Firstly it would be wise to uncover the underlying reason for your low testosterone levels. Stress and excess production of the female hormone oestrogen are prime suspects. Being overweight can lead to increased oestrogen levels. Nutrient deficiencies, especially zinc and protein, might also be implicated. These would need to be investigated by your doctor.



Hibernating during the winter months is definitely the easier option. Most of us tend to eat more and opt for the less healthy “comfort foods”. Our favourite outdoor activities like jogging, swimming, and walking are easier to resist; leading to a loss of motivation as people prefer to stay in and wait for the warmer weather to return.

Don't allow the obvious to slip from your mind. Remember, you can rug up against the cold and still enjoy your favourite activities but don't forget to dress in layers as dressing too warm can negatively impact exercise because your sweat dries faster, making you colder. By dressing in layers, you can remove one layer after another as soon as you start to sweat and then put them back on as needed.

If you're one of those people that really loathes the cold and understands only too well why bears hibernate in winter, then exercise at home. There are many options for inexpensive exercise equipment such as free weights, exercise balls, a skipping rope or resistance bands.

Also, be sure to maintain a healthy and balanced diet. High quality, nutrient-dense foods boost energy levels and reduce stress. Foods high in calories and sugar will slow you down and make you want to stay in.

Don't let this winter get the better of you. Do you have any tips for staying fit during winter? Join the conversation on Twitter with #winterfit