

Correlations: Red Wine for Robust Prostates

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Men who drink red wine regularly appear to have a reduced risk of prostate cancer, a new study reports.

The study, which appears online in *The International Journal of Cancer*, found that a glass of wine a day appeared to cut the risk of the cancer in half.

But the researchers, led by Dr. Janet L. Stanford of the Fred Hutchinson Cancer Research Center in Seattle, said they were reluctant to endorse alcohol use, given the other health problems it can cause. And the risks of too much alcohol consumption, they said, probably outweighs the benefits.

Still, the study suggested a clear association between red wine and reduced cancer risk, with the risk dropping by 50 percent among men who reported drinking four or more glasses each week.

White wine and other alcoholic drinks did not show a benefit, leading the researchers to theorize that an antioxidant in red wine, resveratrol, may be playing a role. The compound may fight cancer in several ways, they said, including helping rid the body of free radicals, preventing inflammation and holding down cell growth.

The findings were based on a study of about 750 Seattle area men, ages 40 to 64, whose prostate cancer had recently been diagnosed.

They were interviewed about their alcohol consumption, and their answers were compared with those from a control group of 703 healthy men.

When the researchers studied data from a local cancer registry, they found that when it came to more aggressive cancers, red wine consumption appeared especially beneficial.