

Resveratrol – a possible weapon in the fight against breast cancer?

Submitted by: Natural Health Wellbeing

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Breast cancer affects 46,000 women in the UK each year and is the most common form of cancer in women. The biggest risk factor is age. The risk gets higher the older a woman gets, with over 80% of breast cancer occurring in women over 50. But there is a new weapon in the fight against breast cancer that may work to prevent this disease – Resveratrol.

Nature's protective compound

Resveratrol (<http://www.biotivia.co.uk/resveratrol.html>) is a naturally occurring chemical compound found in many plants. It acts as a natural defence against bacteria and fungal infections. It can be found in red grapes in both the skins and the flesh. Resveratrol can also be found in peanuts, blueberries, raspberries and Japanese Knotweed. Often used for its antioxidant properties, Resveratrol has been shown to trigger the same protective enzymes in mammals as are triggered on certain calorie-restricted diets. These enzymes work to reduce cellular damage and even prevent damage to cells.

It is this ability to prevent cellular damage that is leading researchers to study the effects of Resveratrol on preventing certain cancers, including breast cancer. And the results are startling.

Recent laboratory studies have shown that the natural dietary supplement Resveratrol (<http://www.biotivia.com/resveratrol.html>) suppresses abnormal cell formation that leads to most forms of breast cancer. It does this by inhibiting cancer cell proliferation whether oestrogen receptors are positive or negative. It also slowed or prevented cancer cell progression and growth into other stages.

Scientists studying Resveratrol's potential in the battle against breast cancer are excited with the results so far. They believe that it correlates with previous findings showing the beneficial health promoting effects of Resveratrol.

Resveratrol has been known to have the ability to reduce or prevent the signs of aging for some time. However, the latest research into its ability to prevent cancer cells from forming could be particularly good news for women over the age of 50. The risk of breast cancer goes up so dramatically in women as they age. Resveratrol may provide a natural prevention option for women in the fight against breast cancer, stopping its initial development and growth.

Stopping breast cancer formation at its source

Breast cancer develops over multiple steps and its formation in breast tissue depends on several factors including genetics. Researchers have found that growth of certain breast cancers is stimulated by increased oestrogen. The oestrogen reacts with DNA in the breast tissue, damaging it and forming what is called a DNA adduct. This is the beginning of cancer formation.

The research found that Resveratrol actually prevented the DNA adducts from developing, essentially stopping the primary step in breast cancer's formation. This is an important finding for women on hormone replacement therapy, as breast cancer is a potential side effect of the treatment. Investigations are

ongoing into whether Resveratrol's phytoestrogens could act as an alternative to chemically produced oestrogen, giving women the choice of a more natural form of hormone replacement therapy, and one that doesn't suffer from the added side effect of possible breast cancer development.

The more scientists learn about the protective and preventative actions of Resveratrol, the more beneficial it appears to be. The latest research into its actions as a potential chemopreventative has only enhanced Resveratrol's reputation as a compound that is worthy of continued and detailed research. There may be other beneficial properties that remain undiscovered, and there are now several dedicated research studies across the globe that are focusing on unlocking more of Resveratrol's secrets.

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<http://naturalhealthwellbeing.blogspot.com>

The Northumbria Study: <http://www.biotivia.com/company/news/Bioforte-Increased-Cerebral-Blood-flow-in-New-Human-Clinical-Trial.html>