

<http://www.clicrbs.com.br/especial/sc/donnadc/19,380,3316572,Estudo-aponta-que-caffe-reduz-risco-de-cancer-de-prostata.html>

Saúde | 19/05/2011 10h30min

Estudo aponta que café reduz risco de câncer de próstata

Pesquisa da Harvard School of Public Health diz que, para reduzir risco do câncer, quanto mais café, melhor

Homens que bebem seis ou mais xícaras de café por dia apresentaram uma redução de 60% no risco de desenvolver um tipo extremamente letal de câncer de próstata, e uma redução de 20% no risco de sofrer com qualquer tipo de câncer de próstata em relação a homens que não consomem a bebida. Até aqueles que bebem apenas entre uma e três xícaras por dia já se beneficiam com uma queda de 30% do risco de ter o tipo mais letal do câncer de próstata.

— Poucos estudos analisaram especificamente a relação entre o consumo de café e o risco de câncer de próstata letal, a forma mais violenta da doença, que é praticamente impossível de prevenir. Nosso estudo é o maior até hoje a examinar se o café é capaz de reduzir o risco de câncer de próstata letal — destacou Lorelei Mucci, professora de Harvard e principal autora do trabalho.

Segundo os pesquisadores, os efeitos são os mesmos para o café descafeinado, o que leva a crer que o benefício está associado às propriedades antioxidantes e antiinflamatórias do café.

O câncer de próstata é a forma mais comum da doença diagnosticada anualmente entre os americanos, e as estimativas calculam que um em cada seis homens terá câncer de próstata ao longo da vida nos Estados Unidos.

Os principais fatores de risco associados à doença são as dietas ricas em gordura, consumo exacerbado de álcool e a exposição a produtos químicos, além da hereditariedade.

O estudo acompanhou 47.911 homens, que forneceram aos pesquisadores informações sobre seus hábitos de consumo de café entre 1996 e 2008. Ao longo da pesquisa, 5.035 deles desenvolveram câncer de próstata, incluindo 642 casos letais.

<http://www.mizozo.com/health/05/2011/17/more-coffee-a-day-keeps-cancer-away.html>

The study, *Coffee Consumption and Prostate Cancer Risk and Progression in the Health Professionals Follow-up Study*, was published in *Journal of National Cancer Institute* (JNCI).

Background Coffee contains many biologically active compounds, including caffeine and phenolic acids, that have potent antioxidant activity and can affect glucose metabolism and sex hormone levels. Because of these biological activities, coffee may be associated with a reduced risk of prostate cancer.

Methods We conducted a prospective analysis of 47 911 men in the Health Professionals Follow-up Study who reported intake of regular and decaffeinated coffee in 1986 and every 4 years thereafter. From 1986 to 2006, 5035 patients with prostate cancer were identified, including 642 patients with lethal prostate cancers, defined as fatal or metastatic. We used Cox proportional hazards models to assess the association between coffee and prostate cancer, adjusting for potential confounding by smoking, obesity, and other variables. All *P* values were from two-sided tests.

Results The average intake of coffee in 1986 was 1.9 cups per day. Men who consumed six or more cups per day had a lower adjusted relative risk for overall prostate cancer compared with nondrinkers (RR = 0.82, 95% confidence interval [CI] = 0.68 to 0.98, $P_{\text{trend}} = .10$). The association was stronger for lethal prostate cancer (consumers of more than six cups of coffee per day: RR = 0.40, 95% CI = 0.22 to 0.75, $P_{\text{trend}} = .03$). Coffee consumption was not associated with the risk of nonadvanced or low-grade cancers and was only weakly inversely associated with high-grade cancer. The inverse association with lethal cancer was similar for regular and decaffeinated coffee (each one cup per day increment: RR = 0.94, 95% CI = 0.88 to 1.01, $P = .08$ for regular coffee and RR = 0.91, 95% CI = 0.83 to 1.00, $P = .05$ for decaffeinated coffee). The age-adjusted incidence rates for men who had the highest (≥ 6 cups per day) and lowest (no coffee) coffee consumption were 425 and 519 total prostate cancers, respectively, per 100 000 person-years and 34 and 79 lethal prostate cancers, respectively, per 100 000 person-years.

Conclusions We observed a strong inverse association between coffee consumption and risk of lethal prostate cancer. The association appears to be related to non-caffeine components of coffee.

Coffee tied to lower prostate cancer risk

More evidence of health benefits in cup(s) of joe

By Marge Dwyer / HSPH Communications

Tuesday, May 17, 2011



File photo by Kris Snibbe/Harvard Staff Photographer

“Few studies have specifically studied the association of coffee intake and the risk of lethal prostate cancer, the form of the disease that is the most critical to prevent. Our study is the largest to date to examine whether coffee could lower the risk of lethal prostate cancer,” said senior author Lorelei Mucci, associate professor of epidemiology at the Harvard School of Public Health.

Men who regularly drink coffee appear to have a lower risk of developing a lethal form of prostate cancer, according to a new study led by Harvard School of Public Health (HSPH) researchers. The lower risk was evident among men who drank regular or decaffeinated coffee.

The study was published May 17 in an online edition of the Journal of the National Cancer Institute.

“Few studies have specifically studied the association of coffee intake and the risk of lethal prostate cancer, the form of the disease that is the most critical to prevent. Our study is the largest to date to examine whether coffee could lower the risk of lethal prostate cancer,” said senior author Lorelei Mucci, associate professor of epidemiology at HSPH.

Lethal prostate cancer is cancer that causes death or spreads to the bones. Prostate cancer is the most frequently diagnosed form of cancer and the second leading cause of cancer death among U.S. men, affecting one in six men during their lifetime. More than 2 million men in the United States and 16 million men worldwide are prostate cancer survivors.

“At present we lack an understanding of risk factors that can be changed or controlled to lower the risk of lethal prostate cancer. If our findings are validated, coffee could represent one modifiable factor that may lower the risk of developing the most harmful form of prostate cancer,” said lead author Kathryn Wilson, a research fellow in epidemiology at HSPH.

The researchers chose to study coffee because it contains many beneficial compounds that act as antioxidants, reduce inflammation, and regulate insulin, all of which may influence prostate cancer. Coffee has been associated in prior studies with a lower risk of Parkinson’s disease, type 2 diabetes, gallstone disease, and liver cancer.

The study examined the association between coffee consumption and the risk of prostate cancer, particularly the risk for aggressive prostate cancer, among 47,911 U.S. men in the Health Professionals Follow-Up Study who reported their coffee consumption every four years from 1986 to 2008. During the study period, 5,035 cases of prostate cancer were reported, including 642 fatal or metastatic cases.

Among the findings:

- Men who consumed the most coffee (six or more cups daily) had nearly a 20 percent lower risk of developing any form of prostate cancer.
- The inverse association with coffee was even stronger for aggressive prostate cancer. Men who drank the most coffee had a 60 percent lower risk of developing lethal prostate cancer.
- The reduction in risk was seen whether the men drank decaffeinated or regular coffee, and does not appear to be due to caffeine.
- Drinking one to three cups of coffee per day was associated with a 30 percent lower risk of lethal prostate cancer.

Coffee drinkers were more likely to smoke and less likely to exercise, behaviors that may increase advanced prostate cancer risk. These and other lifestyle factors were controlled for in the study.

The results need to be validated in additional populations that have a range of coffee exposure and a large number of lethal prostate cancer cases. If confirmed, the data would add to the list of other potential health benefits of coffee. The authors are planning additional studies to understand specific mechanisms by which coffee may lower the risk of lethal prostate cancer.

Other HSPH researchers who participated in the study: Edward Giovannucci and Meir Stampfer, professors of nutrition and epidemiology; Julie L. Kasperzyk, postdoctoral research fellow; Stacey Kenfield, research associate; Jennifer Stark, research fellow; and Rob van Dam, adjunct assistant professor in the Department of Nutrition.

The study was supported by the National Cancer Institute at the National Institutes of Health, the American Institute for Cancer Research, and the Prostate Cancer Foundation.