



The Science of Cancer Health Disparities in Racial/Ethnic Minorities and the Medically Underserved Carefree, AZ • February 3-6, 2009

Abstract Deadline: November 17

QUICK SEARCH: [advanced] Author: Keyword(s): Go Year: Vol: Page:

HOME HELP FEEDBACK SUBSCRIPTIONS ARCHIVE SEARCH TABLE OF CONTENTS

American Journal of Clinical Nutrition, Vol. 85, No. 2, 523-529, February 2007 © 2007 American Society for Nutrition

ORIGINAL RESEARCH COMMUNICATION

Fruit and vegetable consumption, intake of micronutrients, and benign prostatic hyperplasia in US men^{1,2,3}

Sabine Rohrmann, Edward Giovannucci, Walter C Willett and Elizabeth A Platz

¹ From the Department of Epidemiology, Johns Hopkins Bloomberg School of Public Health, Baltimore, MD (SR and EAP); the Division of Clinical Epidemiology, German Cancer Research Center, Heidelberg, Germany (SR); the Departments of Nutrition and Epidemiology, Harvard School of Public Health, Boston, MA (WCW and EG); the Channing Laboratory, Department of Medicine, Brigham & Women's Hospital, Boston, MA (WCW and EG); and Harvard Medical School, Boston, MA (WCW and EG)

Background: Nutrients with antioxidant properties or that influence cell growth and differentiation might reduce the risk of benign prostatic hyperplasia (BPH).

Objective: The objective was to evaluate the association of fruit, vegetable, and micronutrient intakes with BPH.

Design: The participants were members of the Health Professionals Follow-Up Study and were aged 46-81 y in 1992. In 1992 and biennially thereafter, the men reported having surgery for an enlarged prostate, and in 1992 and on 3 subsequent questionnaires they completed the American Urological Association symptom index (AUASI). BPH cases were men who reported having surgery or who had an AUASI score of 15-35 (n = 6092). Control

Agricola Articles by Rohrmann, S. Articles by Platz, E. A

subjects were men who had not had surgery and never had an AUASI score >7 (n = 18 373). Men with a score of 8-14 were excluded (n = 7800). Intakes of fruit, vegetables, and antioxidants were assessed with a food-frequency questionnaire in 1986. We calculated odds ratios (ORs) of BPH and 95% CIs using logistic regression.

Results: Vegetable consumption was inversely associated with BPH (fifth compared with first quintile—OR: 0.89; 95% Cl: 0.80, 0.99; P for trend = 0.03), whereas fruit intake was not. Consumption of fruit and vegetables rich in Bcarotene (P for trend = 0.004), lutein (P for trend = 0.0004), or vitamin C (P for trend = 0.05) was inversely related to BPH. With increasing vitamin C intake from foods, men were less likely to have BPH (P for trend = 0.0009). Neither α - nor γ -tocopherol intake from foods was associated with BPH (P for trend = 0.05 and 0.84, respectively).

Conclusion: Our findings are consistent with the hypothesis that a diet rich in vegetables may reduce the occurrence of BPH.

Key Words: Benign prostatic hyperplasia • micronutrients • fruit • vegetables

This article has been cited by other articles:



This Article

- Full Text
- Full Text (PDF)
- Purchase Article
- View Shopping Cart
- Alert me when this article is cited
- Alert me if a correction is posted
- Citation Map

- Similar articles in this journal
- Similar articles in PubMed
- Alert me to new issues of the journal
- Download to citation manager

C Get Permissions

- Citing Articles via HighWire
- Citing Articles via Google Scholar

Google Scholar

- Articles by Rohrmann, S.
- Articles by Platz, E. A
- Search for Related Content

PubMed

- PubMed Citation
- Articles by Rohrmann, S.
- Articles by Platz, E. A

Am. J. Epidemiol., April 15, 2008; 167(8): 925 - 934. [Abstract] [Full Text] [PDF]

HOMEHELPFEEDBACKSUBSCRIPTIONSARCHIVESEARCHTABLE OF CONTENTSCopyright©2007byTheAmericanSocietyforNutrition