روی عناصری موثر در بهبود و درمان سرطان پروستات

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کلیه: سرطان پروستات دو میلیون سالانه بین مردان و نوعی بیماری است که در آن سولهای بدن به‌طور نامنظم و زیادی شرک و باعث تشکیل سلول‌های غذایی پروستات می‌شود. سرعت رشد بیماری می‌تواند آسیب‌بار باشد و به سایر بخش‌های و استخوان‌ها تهدید و کمک نکند.

مواد و روش‌ها: پایگاه‌های PubMed و Google بررسی شدند.

نتایج: ریز میکروسکوپی یا پیش‌نگار باعث تشکیل سلول‌های پروستات می‌شود. سلول‌های غذایی و سلول‌های پروستات به بیماری می‌پردازند.

کلیدی: پروستات، سرطان، دیگر بیماری‌ها.
Zinc as effective element in improving and treatment of prostate cancer

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Abstract:

Background: Prostate cancer which is the second most common cancer in men after lung cancer is a disease in which malignant cells begin to multiply rapidly in a disordered way. The condition causes the size of the prostate gland to increase. This disease could have a slow growth rate and take a long time before clinical manifestations appear and in cases it can grow rapidly and attack bones and other tissues.

Materials and Methods: Pubmed, Google and Medline databases were searched.

Results: Vegetarian diet is effective in the prevention of prostate cancer. Beans, whole grains, nuts and seeds, due to high zinc, are considered protective against prostate cancer. In addition, high concentrations of zinc in the prostate gland show its important role in the healthy. Also it has been seen that in patients with prostate cancer, levels of zinc in this gland reduced. Studies have shown that men who eat foods rich in zinc or receive zinc supplements have a reduced risk of this cancer.

Conclusion: Lack of zinc not only causes DNA damage, but it also may disrupt the ability of cells to respond to DNA damage and may increase the risk of prostate cancer progression. Adequate zinc levels are essential for maintaining the health of prostate cells, but zinc supplements may help prevent the growth of prostate cancer.

Keywords: Zinc, Prostate cancer, Prevention