



Weekly News from Berry Science

April is Cancer Awareness Month!

Reducing Risk of Cancer with Berries

Part 2 of 3

"Fight cancer: unity is strength,
knowledge is power and attitude is everything."

Live Strong !

Lance Armstrong Foundation

click!

American Cancer Society
Prevention and Early Detection

Add Fruits and Vegetables to Your Diet!

If you live in the Pacific Northwest, join

The Great Ride to Conquer Cancer

June 20-21, 2009

Cycling from Vancouver to Seattle



click!

Other regions in Canada, *click!*

Follow the [Wikipedia](#) links

Berries and Cancer

Let's have a look at recent research developments showing the potential for lowering your risk against cancer by having berries in your diet!

See Part 1 *by clicking here!*



Black raspberries (*Rubus leucodermis*) at different stages of ripening

*March of **Black Raspberry Studies** Toward Human Clinical Trials*

1. Topical application of black raspberry gel alters gene expression, inhibits blood vessel formation and reduces inflammatory protein in human mouth cancer. *click for research abstract!*

Main findings

- black raspberry gel suppressed **gene expression** for tumor growth
- it decreased the amount of inflammatory protein formed (**cyclo-oxygenase-2**)

2. Anthocyanins in black raspberries prevent experimental throat tumors in rats. *click for research abstract!*

Main findings

- black raspberry anthocyanins inhibited experimental tumor formation in the rat **esophagus**
- the treatment inhibited cell proliferation, inflammation, and blood vessel formation and induced **apoptosis** -- all signs of cancer growth

3. Differential effects of black raspberry and strawberry extracts on cancer activation. *click for research abstract!*

Main findings

- black raspberry and strawberry components appear to target cancer onset mechanisms differently

4. Identification of cyanidin glycosides as constituents of freeze-dried black raspberries inhibiting experimental tumor formation. *click for research abstract!*

Main findings

- **cyanidin** in different chemical forms (as **glycosides**) is the main anthocyanidin in black raspberries responsible for anti-cancer activity

Other berries rich in cyanidin glycosides (and so possibly useful as dietary agents against cancer)

- **blackberries**
- **blackcurrants**
- **bilberries** (European blueberries)
- **Saskatoon berries**
- **wild blueberries**
- **red raspberries**

as potential cancer therapeutic agents, [click!](#)



Saskatoon berries (*Amelanchier alnifolia*), rich in cyanidin glycosides

Next!

- More research evidence for the anticancer effects of other berries shown in clinical trials!

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