



*Weekly News from Berry Science*

# *April is Cancer Awareness Month!*

## *Reducing Risk of Cancer with Berries*

***Part 3 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!*

## *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](#) on grapes and cranberries *by clicking here!*

[Part 2](#) on black raspberries and berry anthocyanins



Concord grape (*Vitis vinifera*), rich in resveratrol, a promising anti-cancer agent

Follow the [Wikipedia](#) links

## *Berries in Human Clinical Trials*

1. [The Effect of Berries on Lung Cancer Tumors](#) *click for complete research summary!*

[Study Summary](#)

Researchers at the James Graham Brown Cancer Center in Louisville, Kentucky have found that berries affect the **estrogen activity** in lung cancer tumors.

Recent studies in animals have shown that berries, given as a dietary supplement, are highly effective against certain types of cancers. In a study involving mice with lung tumors, mice that had consumed a mixture of berries developed fewer tumors and had less tumor growth than mice that did not consume berries.

The purpose of this study is to determine how berries affect cancer tumors in women with **non-small cell lung cancer**.

The berries used in this study will consist of a mixture of **strawberries, blackberries, black raspberries, and blueberries**.



Strawberries (*Fragaria vesca*) under study as possible cancer fighters

## 2. **Lyophilized Black Raspberries in Adults With Familial Adenomatous Polyps** *click for complete research summary!*

### Study Summary

The study will evaluate the effects of lyophilized black raspberries on polyp burden and biomarkers in subjects with FAP.

## 3. **Topical Application of Black Raspberry Gel in Human Premalignant Oral Cancer.** *click for research abstract!*

### Study Summary

Black raspberry gel application seems to change oral gene expression profiles, reducing inflammation mechanisms that may be part of cancer onset.

## 4. **Resveratrol for Patients With Colon Cancer.** *click for complete research summary!*

### Study Summary

Resveratrol may have cancer preventive activity, especially for [colon cancer](#), though its mechanisms of action are not well defined.

Resveratrol is found in the skin of grapes and has antioxidant and [apoptotic effects](#) on cancer cells in vitro.

The main dietary sources of resveratrol are grapes, grape products, and red wine.

A prior report and compelling preliminary data indicate that [resveratrol modulates a signaling pathway activated in over 85% of colon cancers](#).

### *How might resveratrol work in the body?*

It could be by [mechanisms like this article explains](#), *click!*

Studies will be performed to define actions of resveratrol in a clinical trial in which patients with colon cancer will receive treatment with resveratrol and correlative laboratory studies will examine its effects directly on colon cancer.

These studies will provide data on the mechanisms of resveratrol action and provide a foundation for future prevention trials, correlative studies and therapeutic clinical research with resveratrol.



As research on berries as anti-cancer agents unfolds with growing promise, give yourself a fighting chance -- include berries in your diet now!

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