

## ***HIGHER INTAKE OF DAIRY FOODS ASSOCIATED WITH REDUCED RISK OF AGGRESSIVE PROSTATE CANCER IN HEAVY SMOKERS***

This prospective study investigated the associations of dietary fat, meat, and dairy foods with prostate cancer risk in more than 12,000 male participants ages 50-69 years who were current or former heavy smokers enrolled in the Carotene and Retinol Efficacy Trial (CARET). Intakes of total fat, percent of calories from fat, specific types of fat, dairy foods, and red meat were compared between men who developed prostate cancer and those that didn't (controls). Results showed no associations between intakes of total fat, percent of calories from fat, or specific fats with prostate cancer risk. However, when the analysis was confined to men with a family history of prostate cancer, a high vs. low intake of total polyunsaturated fat and n-6 polyunsaturated fat (i.e., safflower, soybean, corn oil) was associated with a 2.5 increased risk of prostate cancer.

Because dairy foods and meat are important sources of fat in the American diet, the authors hypothesized that a higher vs. lower intake of these foods would be associated with increased risk of prostate cancer. However, contrary to their assumptions, a higher consumption of dairy foods was associated with a significant 41% reduced risk of aggressive (but not non-aggressive) prostate cancer. Men with a family history of the disease who had higher intakes of dairy foods experienced a trend toward a reduced risk of prostate cancer as compared to those who had lower intakes of dairy foods. The authors also state, "Dairy foods were protective for current but not former smokers (30% reduction in risk). For current smokers with aggressive disease, we found a large and statistically significant 58% reduced risk of prostate cancer for the higher quartile of dairy intake." There was no association with red meat intake and prostate cancer risk regardless of whether the analysis included the total population, family history or disease aggressiveness.

Because the study population was comprised of current or former heavy smokers, these results cannot be generalized to all U.S. males. They conclude that because dairy foods contain components that have been associated with both increased (calcium, fat) and decreased (CLA, vitamin D) risk of prostate cancer, "caution should be exercised with regard to promoting or avoiding dairy intake as a prostate cancer preventive measure until further work can be completed." [Neuhouser ML, et al., *J Nutr*, 137: 1821-1827, 2007]