

Food Fight: Morsels That Take a Bite Out of Cancer



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A delightfully sweet black raspberry confection that literally coats your mouth with intense, fruity flavor and just a hint of rich, creamy chocolate... and fights cancer?

Don't scoff. Not only is it possible, it's in the works right now.

Researchers at the OSUCCC - James are testing this all-natural, lab-created treat and other food concoctions to capitalize on their ability to help fight cancer.

"Certain foods are packed with something called bioactives," said Dr. Steven Clinton, leader of The Molecular Carcinogenesis and Chemoprevention Program at the OSUCCC - James, "These all-natural substances, found particularly in fruits and vegetables, have built-in, anticancer properties that will actually impact cancer's ability to develop."

Researchers across the medical technology, agriculture, horticulture and food science fields at Ohio State are combining their expertise and brain power to create promising "super foods" — foods pumped up with extra naturally occurring nutrients.

"The foods we're developing for clinical trials at the OSUCCC - James may come in many forms," said Dr. Clinton. "Not only are we studying the black raspberry confection and other nectars for oral and esophageal cancer, but we also have a really tasty, high-fiber soy bread that targets colon cancer, and a soy tomato juice now in clinical trials for prostate cancer patients."

Food Fighters	Cancers
Black raspberries	Colon, oral, esophageal, skin (squamous cell carcinomas)
Red raspberries	Esophageal
Strawberries	Esophageal, oral
Blueberries	Esophageal
Noni, acai, wolfberries	Esophageal
Grapes	Oral
Avocado	Oral
Tomatoes	Prostate
Soy	Prostate, colon
Curcumin (spice)	Multiple cancers
Fish	Breast
Hops	Prostate
Broccoli, cauliflower, cabbage and brussels sprouts	Bladder, prostate and other cancers

Prostate Cancer: How to Save Your Life

"Anyone who's ever had cancer knows that there is nothing routine about it," said Dr. Ronney Abaza, director of Robotic Urological Surgery at The James. "That's why it's so important to be screened and to get treatment from the experts."

The most common cancer (and the second-leading cause of cancer deaths) in American men, prostate cancer can lead to high anxiety, but it's actually one of the most treatable cancers when caught early.

"Men are typically not the best at going for any kind of screening," said Dr. Abaza, "but the most important thing in treating prostate cancer is to catch it early, so screening is vital. If we catch it and treat it early, it creates the best possible chance for curing it."

Prostate cancer doesn't have symptoms until it reaches more advanced stages, so screening for early detection becomes even more critical. "If somebody has symptoms, it's usually too late," Dr. Abaza said. "We know from national and international data that screening does save lives."

Annual screening should begin at age 50. For African-American men, in whom prostate cancer is more common, screening should begin at age 40. Men with a family history of prostate cancer should also begin screening at age 40.

Treatment options depend largely on how early the cancer is detected. Options can include radiation or surgery for cancers that have not spread beyond the prostate. Robotic surgery, a minimally invasive approach, is highly successful in curing prostate cancer. The surgeon puts tiny, pen-sized robotic instruments through small keyhole incisions, and the results are often even better than more invasive surgeries, plus the patient experiences less pain, quicker recovery and less blood loss.

More advanced prostate cancers are treated with hormonal therapy and sometimes chemotherapy in addition to radiation and/or surgery.

Because there's no such thing as a routine cancer, "There's no routine, cookbook answer for treatment," said Dr. Abaza, "so we have to personalize treatment to each patient — to their cancer, their beliefs, their personal feelings, and their risks and benefits."

Detecting Lung Cancer: A New Screening

The good news: lung cancer rates in the United States are on a steady decline. The bad news: lung cancer continues to be the biggest reason for cancer-related deaths among American men and women alike.

For those at high risk of developing lung cancer — including current smokers with a significant smoking history and ex-smokers who have quit within the past 15 years — The James now offers lung cancer screenings every other Monday from 4-6 p.m.

The screenings involve an annual low-dose CT scan for three years and are at the Martha Morehouse Medical Pavilion, 2050 Kenny Road, 2nd Floor.

Each scan costs \$99.

To qualify for the screenings, you must be 55-74 years old, a current smoker with a history of smoking two packs per day for 15 years or one pack per day for 30 years, or be an ex-smoker who has quit within the past 15 years.

To schedule a screening, call The James Line at **614-293-5066 or 800-293-5066**.