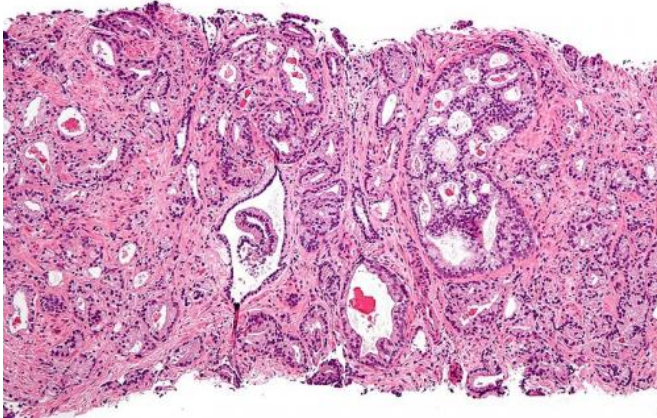


Eating mushrooms may help lower prostate cancer risk

5 September 2019



Micrograph showing prostatic acinar adenocarcinoma (the most common form of prostate cancer) Credit: Wikipedia

on prostate cancer remains uncertain," said lead author Shu Zhang, Ph.D., of the Tohoku University School of Public Health, in Japan.

More information: Shu Zhang et al, Mushroom consumption and incident risk of prostate cancer in Japan: A pooled analysis of the Miyagi Cohort Study and the Ohsaki Cohort Study, *International Journal of Cancer* (2019). [DOI: 10.1002/ijc.32591](https://doi.org/10.1002/ijc.32591)

Provided by Wiley

A new study published in the *International Journal of Cancer* found an inverse relationship between mushroom consumption and the development of prostate cancer among middle-aged and elderly Japanese men, suggesting that regular mushroom intake might help to prevent prostate cancer.

A total of 36,499 men, aged 40 to 79 years who participated in the Miyagi Cohort Study in 1990 and in the Ohsaki Cohort Study in 1994 were followed for a median of 13.2 years. During follow-up, 3.3% of participants developed [prostate cancer](#). Compared with mushroom consumption of less than once per week, consumption once or twice a week was associated with an 8% lower risk of prostate cancer and consumption three or more times per week was associated with a 17% [lower risk](#).

"Since information on mushroom species was not collected, it is difficult to know which specific mushroom(s) contributed to our findings. Also, the mechanism of the beneficial effects of mushrooms

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