

# Cranberries may boost effectiveness of chemo

Fall reminds us of pumpkins, apples and leaves crunching beneath our shoes, but fall is also when cranberries are in their prime. In fact, cranberries deserve more attention now than ever before.

A new study suggests that they may boost the effectiveness of chemotherapy among ovarian cancer patients.

To evaluate the cancer-fighting efficacy of cranberries, researchers collected ovarian cancer cells from patients who had developed resistance to chemotherapy. They exposed some of the cells to cranberry extract, taken from 27 percent pure cranberry juice. Varying amounts of the extract were administered to the cells, which were then treated with chemotherapy.

The cranberry extract made the chemotherapy treatment six times more powerful. It also seemed to reduce the growth and spread of cancer cells.

Cranberries contain antioxidants that are already known to help stave off urinary tract infections, prevent cardiovascular disease, and improve the immune system. Researchers surmise that the antioxidants may also block the activity of cancer-causing proteins in ovarian

cells, making the cells more receptive to chemotherapy treatments. This would be one way of explaining the study's findings.

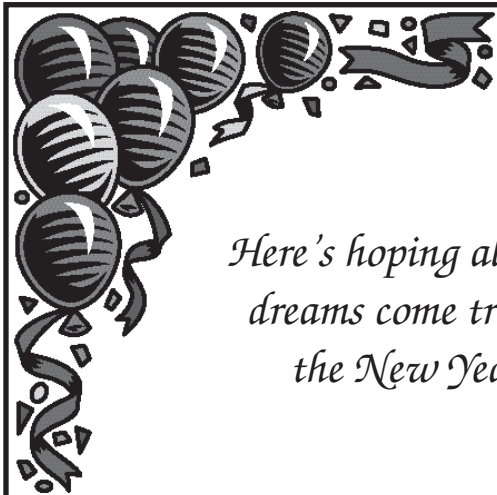
The study suggests promising results for future cancer treatments. Some ovarian cancer patients develop an immunity to chemotherapy drugs, so they need higher doses of it to help fight off the cancer. Unfortunately, when doses are too high, patients are at risk for nerve damage and kidney failure. If the properties of cranberries can facilitate the effectiveness of chemotherapy, immunity to the treatments may be less common.

Ovarian cancer is the seventh most-common cancer in the country, according to the U.S. Centers for Disease Control and Prevention. Cranberries may hold true promise in helping patients who suffer from this disease and who become immune to chemotherapy. Although no one yet knows the necessary dosage of cranberry needed, or exactly how cranberries boost the potency of chemotherapy, cranberries are still considered a nutritious food bearing health benefits.

Source: *The American Institute for Cancer Research*



THOSE PESKY PENGUINS from Cheylin elementary school are waiting to take over the North Pole.



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Happy New Year!