

California Table
Grape Commission
**News
Release**

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NEW RESEARCH LINKS GRAPE CONSUMPTION TO CANCER PREVENTION

Findings Released at First International Conference Today in San Francisco

SAN FRANCISCO (April 30, 1998) - Fresh grapes and grape products appear to have significant potential to reduce cancer and other diseases, according to preliminary findings released today at an international symposium on prevention of cancer and heart disease.

Some of the world's leading researchers in the field of chemo-prevention presented studies showing that grapes have previously-undiscovered properties that may help reduce the incidences of breast, colon and liver cancer.

Dr. John Pezzuto, a cancer researcher at the University of Illinois at Chicago, said that grapes contain a component known as resveratrol, which appears to inhibit the growth of tumors.

"Initial studies showed that resveratrol inhibits tumor growth at three different stages - initiation, promotion and progression," said Pezzuto. "Additional studies now under way are to find out more about how resveratrol works. This research holds great promise for expanding our understanding of the cancer-fighting properties of resveratrol in grapes."

Other researchers presenting findings that examined the effects of resveratrol on specific cancers:

Breast cancer. Dr. Andrew Dannenberg of the Cornell University Medical College said that his studies showed that resveratrol was able to inhibit development of an enzyme commonly linked to breast cancer.

Liver cancer. Dr. Jean Rosenbaum, director of France's Liver Research Study Group, said resveratrol appears to play a role in preventing liver cancer by inhibiting the rapid growth of cells as well as by blocking the invasive capacity of tumor cells.

Colon cancer. Dr. Vernon Steele, program director at the National Cancer Institute, said his organization's studies show that resveratrol shows much promise as a cancer chemopreventive agent and is currently being investigated for its effectiveness in preventing colon cancer.

The National Cancer Institute estimates that more than 150,000 cancer deaths a year are related to poor diet. Two-thirds of all deaths are related to what we eat, according to the U.S. Surgeon General's report on nutrition and health.

Researchers at the conference also presented findings on potential benefits of grapes on heart disease. Dr. Edwin Frankel, a researcher at UC Davis, said that studies of antioxidants in grapes known as flavonoids prevent the low-density lipoprotein oxidation that has been linked to the progression of coronary heart disease.

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Grape Symposium 2-2-2

Dr. John Folts, director of coronary research at the University of Wisconsin, presented research showing that flavonoids in purple grape juice appear to exhibit anti-clotting potential that could decrease factors contributing to the development of atherosclerosis, the thickening of the arteries that blocks the flow of blood to the heart.

Bruce Obbink, president of the California Table Grape Commission, said that the study of health properties of grapes and other fresh produce holds great promise for reducing the incidences of cancer and other diseases.

"We've always known that eating fruits and vegetables are an important part of a healthy diet," said Obbink. "But the research that is coming out now on the specific properties in grapes that can help fight cancer and heart disease are very encouraging."

California's \$2 billion grape industry is the state's second-largest agricultural crop. The California Table Grape Commission is the promotion and research organization for the state's approximately 700 table grape farmers, who produce more than 97 percent of the nation's fresh grape crop.

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