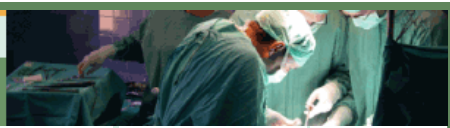




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Beyond the Abstract - Allyl isothiocyanate-rich mustard seed powder inhibits bladder cancer growth and muscle invasion, by Jed W. Fahey, ScD

Friday, 05 November 2010

BERKELEY, CA (UroToday.com) - Well-conceived diet-based approaches to protection against cancer and a variety of other chronic diseases are sensible strategies for westerners to consider, but they may be among the only viable strategies for the billions of medically underserved people in much of the developing world. Thus, the mounting body of evidence suggesting that certain cruciferous plants may be of benefit in this regard should be directly applicable to designing such dietary interventions and/or recommendations.

Mustard seed powder has been used in Chinese traditional medicine, Ayurvedic medicine, and other traditional and folk medicines and cuisines for millennia. Mustard (and the seed of this plant or "mustard seed") is a cruciferous plant, and it is one of the richest known sources of allyl isothiocyanate. Pure allyl isothiocyanate has already been shown in previously published work by these investigators:

- a. to selectively target human bladder cancer cells,
- b. to spare normal human bladder epithelial cells,
- c. to be selectively delivered to bladder cancer tissues via the urine, and
- d. to be a potent inhibitor of bladder cancer development and muscle invasion in an orthotopic rat bladder cancer model.

In light of human bladder tissue's unique exposure environment, bladder cancer may be one of the best candidate tissues for a therapeutic, and perhaps for a preventive approach that employs dietary isothiocyanates. These compounds and their conjugates are excreted in the urine, build to very high concentrations shortly following administration ONLY in the urinary bladder, and therefore are able to exert their selective activity against tumor cells in the bladder epithelium. It was shown in this paper that not only was bladder cancer growth greatly inhibited, but that all muscle invasion was blocked, and VEGF, cyclin B1, and caspase 3 were all significantly modulated by dietary mustard seed powder.

This *might* be the perfect storm for bladder cancer.

Written by:
Jed W. Fahey, ScD as part of *Beyond the Abstract* on UroToday.com. This initiative offers a method of publishing for the professional urology community. Authors are given an opportunity to expand on the circumstances, limitations etc... of their research by referencing the published abstract.

Allyl isothiocyanate-rich mustard seed powder inhibits bladder cancer growth and muscle invasion - Abstract



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