

SHORT COMMUNICATION

Pharmacological prevention of prostate cancer

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Prostate cancer seems to be an ideal disease for pharmacological prevention. Both, its dependence on male sexual hormones and the relationship between its incidence and dietetic factors define together the paths that have to be ventured in order to prevent this most frequent malignant disease. A recent large randomized placebo-controlled clinical trial with finasterid once daily for several years concludes that finasterid, which is an inhibitor of 5-alpha reductase, i.e. the enzyme responsible for changing testosterone into the effective intraprostatic hormone - dihydrotestosterone (DHT), reduces the incidence of prostate cancer at least by 25 % when compared with placebo. However an increase in high-grade prostate cancer was seen in the finasterid

group. Selenium and vitamin E in small-randomized trials showed to have decreased the incidence of prostate cancer down to 2/3. Similar results are attributed to lycopenes, COX2 inhibitors and vitamin D. Further large randomized trials are expected to confirm the effects of the latter substances in prevention of prostate cancer.*

Received July 15, 2005.
Accepted October 27, 2005.

*This work was presented on the Society of the Slovak Physicians in Slovak Medical Society on the May 9, 2005.