
Subject: Nochmals Lignane/Leinsamen
Posted by [Shady](#) on Sun, 12 Mar 2006 18:02:14 GMT
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Hallo,

ich habe hier eine Internetseite gefunden, die sich nur mit Lignane (ein Stoff im Leinsamen) befasst:

http://www.lignane.de/rsg_flax/digifolderDEUTSCH.nsf/htmlViewDocuments/4C5BB56879B3EDDAC12570AE0056BF7F

Ich glaube, die Seite ist hier im Forum noch nicht erwähnt worden.. hoff ich zumindest. Will euch ja nicht mit alten Infos langweilen.

@Tino: Daß Lignane auch eine Wirkung auf Prostata hat ist mir neu. Könnte darin nicht auch ein Wirkmechanismus auf den Haarwuchs liegen? Die meisten Mittel gegen Prostataerkrankungen werden ja auch bei HA empfohlen.

Subject: Re: Nochmals Lignane/Leinsamen
Posted by [tino](#) on Sun, 12 Mar 2006 22:43:10 GMT
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Hallo Shady

Wegen der Lignane.....ja,ein paar Evidenzen gibt es,..aber auch Studien die meinen herausgefunden zu haben,das es zumindest nicht gegen Prostatakrebs helfen kann.

In contrast, we found no association between dietary intake of total or individual lignans or isoflavonoids and risk of prostate cancer.

Dietary phytoestrogen, serum enterolactone and risk of prostate cancer: the cancer prostate sweden study (sweden).

Hedelin M, Klint A, Chang ET, Bellocco R, Johansson JE, Andersson SO, Heinonen SM, Adlercreutz H, Adami HO, Gronberg H, Balter KA.

Department of Medical Epidemiology and Biostatistics, Karolinska Institutet, Box 281, SE-171 77, Stockholm, Sweden, maria.hedelin@ki.se.

OBJECTIVE: Based on evidence that phytoestrogens may protect against prostate cancer, we evaluated the associations between serum enterolactone concentration or dietary phytoestrogen intake and risk of prostate cancer. METHODS: In our Swedish population-based case-control study, questionnaire-data were available for 1,499 prostate cancer cases and 1,130 controls, with serum enterolactone levels in a sub-group of 209 cases and 214 controls. Unconditional logistic

regression was performed to estimate multivariate odds ratios (ORs) and 95% confidence intervals (CIs) for associations with risk of prostate cancer. RESULTS: High intake of food items rich in phytoestrogens was associated with a decreased risk of prostate cancer. The OR comparing the highest to the lowest quartile of intake was 0.74 (95% CI: 0.57-0.95; p-value for trend: 0.01). In contrast, we found no association between dietary intake of total or individual lignans or isoflavonoids and risk of prostate cancer. Intermediate serum levels of enterolactone were associated with a decreased risk of prostate cancer. The ORs comparing increasing quartiles of serum enterolactone concentration to the lowest quartile were, respectively, 0.28 (95% CI: 0.15-0.55), 0.63 (95% CI: 0.35-1.14) and 0.74 (95% CI: 0.41-1.32). CONCLUSIONS: Our results support the hypothesis that certain foods high in phytoestrogens are associated with a lower risk of prostate cancer.

http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve∓db=pubmed&dopt=Abstract&list_uids=16425095&query_hl=9&itool=pubmed_docsum

Compared with men in the lowest quartile of intake, reduced risks were observed for men in the highest quartile of intake of vitamin C (OR = 0.49; 95% CI = 0.33-0.74), beta-carotene (OR = 0.53; 95% CI = 0.36-0.79), alpha-carotene (OR = 0.67; 95% CI = 0.47-0.97), lutein (OR = 0.55; 95% CI = 0.37-0.81), lycopene (OR = 0.62; 95% CI = 0.42-0.92), total lignan precursors (OR = 0.66; 95% CI = 0.47-0.94), quercetin (OR = 0.64; 95% CI = 0.44-0.92), and total vegetables (OR = 0.53; 95% CI = 0.36-0.79), but weak increased risks were observed for snacks and sweets

http://www.leaonline.com/doi/abs/10.1207/s15327914nc5301_4

Ich,...halte weiterhin nichts von Leinsamen gegen HA,...und kann mir beim Besten Willen keine Wirkung ausmalen.Ich kann mich irren,..tu was du nicht lassen kannst,es kann zumindest nicht schaden.Falls es wirkt,..dann vielleicht über die Lignane.

viel Glück und viele Grüße

Tino
