Dietary Nutrients May Defend Against HPV

BY SHERRY BOSCHERT
San Francisco Bureau

VANCOUVER, B.C. — Women who eat a diet rich in carotenoids may be at lower risk of HPV infection and avoid persistent HPV infection. Carotenoids, which are found in fruits and vegetables, are pigments that give many foods their red, yellow, or orange color. Carotenoids, which include beta-carotene, alpha-tocopherol, lycopene, and lutein, are antioxidants that protect against cellular damage caused by free radicals. Parker J. Cawthon, Ph.D., and coinvestigators, both at the University of California, San Francisco, described how the levels of carotenoids found in the diets of a group of women were associated with lower risk of HPV infection.

The researchers categorized the serum levels of carotenoids found in the sample of 103 women as either high or low. The women were part of the International Papillomavirus Conference, an international gathering of experts on HPV infection. The women were categorized as women with high levels of HPV infection and women with low levels of HPV infection. The researchers found that women with high levels of HPV infection had lower levels of carotenoids in their serum than women with low levels of HPV infection.

The researchers also found that women who had high levels of carotenoids in their serum had a lower risk of developing HPV infection than women with low levels of carotenoids. The researchers concluded that carotenoids may help to prevent HPV infection and may be a useful tool in the prevention of HPV infection.

"We found that women with high levels of carotenoids in their serum had a lower risk of developing HPV infection than women with low levels of carotenoids," said Cawthon. "This suggests that carotenoids may be a useful tool in the prevention of HPV infection."