Levemir

**insulin detemir (IDCA origin) injection**

**BY ROBERT FINN**

San Francisco Bureau

**LOS ANGELES** — Finally, some good news for carnivores. Although several recent studies have linked a Western diet—including a high intake of red meat—to an increased risk of prostate cancer, a large prospective cohort study has narrowed the risk to well-done or very well-done meat.

The study, by Stella Koutros of the National Cancer Institute and colleagues, was presented as a poster at the annual meeting of the American Association for Cancer Research.

They found no association between prostate cancer and total consumption of meat, red meat, chicken, bacon, sausage, processed meat, steak, hamburger, pork chops, or ham steaks. There also was no association between prostate cancer and the method used to cook the meat, including barbecuing, pan frying, or broiling.

Subjects in this analysis were enrolled in the Agricultural Health Study, a prospective cohort of 53,966 male pesticide applicators and their spouses in Iowa and North Carolina. After excluding more than 31,000 subjects for whom the investigators had no information on meat-cooking practices and another 1,424 subjects with prevalent cases of cancer, the investigators had 23,080 individuals and 197,017 person-years of follow-up available for analysis.

Among those individuals were 668 cases of prostate cancer, 613 of which were incident cases diagnosed after 1 year of follow-up. Advanced cases, defined as those in disease stage III or IV, numbered 140.

The results of this study may not be applicable to all men because the study was limited to pesticide applicators, all of whom were male. However, the investigators believe the results are likely to be true for all men.

The study was designed to test whether the highest risk of prostate cancer was associated with high-temperature cooking methods, such as broiling or grilling, which may produce carcinogenic compounds called heterocyclic amines (HCAs). The study was not designed to test whether low-temperature cooking methods, such as baking or poaching, were associated with lower risks of prostate cancer.

The investigators believe that the high risk associated with well-done or very well-done meat may be due to the higher content of HCAs in these meats, especially those that have been cooked at high temperatures.

Although high-temperature cooking methods result in the formation of carcinogenic HCAs, the increased risk associated with estimated intake of the three HCAs did not quite reach statistical significance. The researchers suggested that these HCAs may be correlated with the presence of other similar compounds that were not measured and that may be more closely related to prostate cancer risk.

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**Statin Use Tied to Reduced Prostate Cancer Incidence**

**LOS ANGELES** — The use of statins—but not other lipid-lowering drugs—was associated with a substantial decrease in the incidence of prostate cancer in a large study of Finnish men, according to a poster presentation by Teemu Murtola at the annual meeting of the American Association for Cancer Research.

In a group of 23,320 men followed for up to 10 years in the Finnish Prostate Cancer Screening Trial, users of statins had a 4% incidence of prostate cancer, whereas non-users had an 8% incidence, a significant difference, said Mr. Murtola and his colleagues, of the University of Tampere (Finland).

The protective effect of statins was dose dependent. In statin users, men in the lowest quartile of total cumulative dose had a 6.2% incidence, whereas men in the highest quartile had a 1.8% incidence. The trend was statistically significant. Statin use was associated with significantly lower incidences of all categories of prostate cancer stages and grades. The greatest differences in incidence were observed for T2 (2.5% vs. 0.9%) and T3 cancers (0.6% vs. 0.2%).

Use of other cholesterol-lowering drugs, such as fibrates and resins, showed no significant association with prostate cancer incidence, stage, or grade. All categories of prostate cancer stages and grades had a 4% incidence for statin users and a 8% incidence for non-users.

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**Statin Use Tied to Reduced Prostate Cancer Incidence**

**Table 6: Safety Information on Cholesterol Lowering Drugs**

<table>
<thead>
<tr>
<th>Drug</th>
<th>Incidence (X100)</th>
<th>Incidence (X100)</th>
<th>Incidence (X100)</th>
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<td>8.0</td>
<td>8.0</td>
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</tbody>
</table>

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