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## **Could Compound in Red Wine Help Cancer Patients?; Resveratrol Being Tested for Effectiveness in Treatment and Prevention of Cancer**

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For years, consumers and natural health advocates have been convinced of the benefits of resveratrol, the healthy by-product of red-wine grapes, but recently, the National Cancer Institute decided it was time to investigate further.

Teaming with a leading biotech firm, the National Cancer Institute is out to evaluate how derivatives of resveratrol can potentially impede cancer cell development.

"There is an abundance of very well done basic preclinical science to suggest a central role for resveratrol to reduce inflammation and potentially have a role in cancer and heart disease prevention and treatment," said Bryan C. Donohue, M.D., F.A.C.C., Chief, Division of Cardiology, University of Pittsburgh Medical Center - Shadyside Hospital. "The funding by the National Cancer Institute of studies to examine the potential benefits of resveratrol among cancer patients points out the importance of this intriguing molecule. Important early stage clinical trials are now underway examining resveratrol's effectiveness among patients with heart disease, cancer, dementia and a host of other modern plagues."

Meanwhile, many individuals are already benefiting from resveratrol supplementation, according to Dr. Donohue.

"I have had occasion to introduce hundreds of patients to daily resveratrol supplementation, ranging from healthy adults interested in health maintenance and prevention to more elderly individuals with specific health concerns," Dr. Donohue said. "The experience to date has been very gratifying. People have experienced greater energy, increased exercise tolerance, crispness and clarity of thought and a general bounce in their overall level of well-being."

"There are a wide variety of resveratrol products on the market, and many of them include low concentrations of the ingredient or are of poor quality," Dr. Donohue said. "I recommend to my patients resveratrol supplements that have a high concentration of the ingredient. I prefer the product line from Vinomis ([www.vinomis.com](http://www.vinomis.com)), because their products contain a concentration of 98 percent resveratrol plus pure red wine grape concentrate, and their Web site is an outstanding resource for independent studies and scientific information about natural compounds. My feeling is that patients who are well-educated about their health options make better choices."

About Dr. **Bryan Donohue**

Dr. **Bryan Donohue** is the Chief of Cardiology, University of Pittsburgh Medical Center - Shadyside Hospital, President and Founder, Donohue Cardiology Associates and has been a Medical Director at the Cardiac Cath Lab, UPMC.

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