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ARTICLE # 08-03080 "Changes in prostate gene expression in men undergoing an intensive nutrition and lifestyle intervention," by Dean Ornish, Mark Jesus M. Magbanua, Gerdi Weidner, Vivian Weinberg, Colleen Kemp, Christopher Green, Michael D. Mattie, Ruth Marlin, Jeff Simko, Katsuto Shinohara, Christopher M. Haqq, and Peter R. Carroll

CHANGING LIFESTYLE CHANGES GENES

Getting fit and eating better results in obvious changes physique as well as unseen changes in gene expression. A pilot study by Dean Ornish and colleagues shows that men with low-risk prostate cancers who made improvements in fitness, stress management, and nutrition altered the expression of genes that have a role in tumor progression and other illnesses. The researchers sampled gene expression in prostate biopsies from 30 men diagnosed with low-risk prostate cancer who had decided not to undergo conventional treatment for reasons unrelated to the study. The researchers sampled again three months later, after participants had made significant, prescribed lifestyle changes, and found that gene expression in over 500 genes beneficially affected. Certain disease-preventing genes were upregulated, or turned on, and certain disease-promoting genes, including oncogenes involved in prostate cancer and breast cancer, were downregulated, or turned off. The implications of this study are not limited to men with prostate cancer. Comprehensive lifestyle changes may cause changes in gene expression that could be beneficial to the general population as well as to those with prostate cancer, results that could be confirmed with larger trials.

MEDIA CONTACT: David Fenton, Fenton Communications, New York, NY; tel: 212-584-5000 x311(day), 516-697-0258 (night); e-mail: david@fenton.com