

# Hemp and Cancer: Exploring the Potential Benefits

## New Study Explores Impact of Dietary Fibers on Prostate Cancer Growth

A new study by the Rowett Institute investigates whether adding specific dietary fibers to the diets of prostate cancer patients could slow or even shrink tumor growth. This research has the potential to revolutionize future treatments.

### Research Team and Funding

Led by Professor Anne Kiltie, the study has received over £90,000 in funding from NHS Grampian Charity. The team includes Dr. Aliu Moomin, Dr. Madi Neascu, and Dr. Sylvia Duncan.

### Focus on Dietary Fibers

The research focuses on various dietary fibers, including inulin, pectin, and hemp hull. These fibers will be studied for their effects on gut bacteria and the resulting beneficial metabolites, as well as their impact on tumour growth.

### Potential Benefits

Professor Kiltie highlights the potential benefits of fiber supplementation in improving tumour control and protecting the bowel from radiotherapy damage. The study aims to explore how different fibers interact with gut microbiota to delay disease progression and enhance patient quality of life.

### Significance of Hemp Hull

Hemp hull, a whole fibre rich in beneficial phytochemicals, is a key focus due to its sustainable and locally produced nature. The study will investigate its specific effects on prostate cancer progression.

### Future Clinical Trials

The research could lead to large randomized clinical trials in the UK, particularly for men on active surveillance for prostate cancer. Successful outcomes could reduce the need for active treatments, significantly improving patient outcomes.

### Support and Anticipation

Dr. Simon Dunmore of NHS Grampian Charity emphasizes the importance of the intestinal microbiome in cancer development. The study promises to provide crucial evidence for the role of a beneficial gut microbiome in reducing prostate cancer aggressiveness, potentially transforming clinical knowledge and

treatment.

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