

# Beat Breast Cancer With Extra Virgin Olive Oil - It's Healthy and Safe!

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Sunday, February 08, 2009 at 7:41:51 AM

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Fears of breast cancer may take the backseat once you include extra virgin olive oil into your [diet](#), say Spanish researchers.

Researchers of the Catalonian Institute of Oncology (ICO) and the University of Granada (Spain) have verified the bioactivity of the polyphenols present in extra virgin olive oil in breast cancer cell lines.

The work, carried out by Javier A. Menéndez, of the Catalonian Institute of Oncology (ICO), in collaboration with Professors Alberto Fernández Gutiérrez and Antonio Segura Carretero, of the University of Granada, has been published in the journal 'BMC Cancer'.

The study has proved the anti-HER2 effect of fractions of phenolic compounds directly extracted of extra virgin olive oil in breast cancer cell lines. They have used solid-phase extraction methods of semi-preparative liquid chromatography to isolate fractions of commercial oils and, later, separation techniques (capillary electrophoresis and liquid chromatography connected to mass spectrometry) to check the purity and composition of the fractions.

Such fractions were tested in their anti-cancer capacity both against positive HER2 and negative HER2 breast cancers, using in Vitro models and evaluating the effect of polyphenolic fractions in the expression and activation of HER2 oncoprotein through ELISA specific methods for HER2.

Fractions containing polyphenols such as hydroxytyrosol, tyrosol, elenolic acid, lignans, pinoresinol and acetopinoresinol, and secoiridoids, diacetox oleuropein aglycone, ligustrosid aglycone and oleuropein aglycone were able to induce important tumoricid effects in a range of micromolar and in a selective way against HER2 oncogene.

Therefore, the study confirms the potentiality of polyphenols to inhibit HER2 activity and to promote its degradation.

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Other than skin cancer, breast cancer is the most common type of cancer among women. Breast cancer mostly occurs in women over the age of 50, and the risk is especially high for women over age 60.

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