

## **GRAPEFRUIT CAUTION**

Compiled by Charles (Chuck) Maack – Prostate Cancer Advocate/Activist

Disclaimer: Please recognize that I am not a Medical Doctor. I have been an avid student researching and studying prostate cancer as a survivor and continuing patient since 1992. I have dedicated my retirement years to continued research and study in order to serve as an advocate for prostate cancer awareness, and, from a activist patient's viewpoint, to help patients, caregivers, and others interested develop an understanding of prostate cancer, its treatment options, and the treatment of the side effects that often accompany treatment. Readers of this paper must understand that the comments or recommendations I make are not intended to be the procedure to blindly follow; rather, they are to be reviewed as my opinion, then used for further personal research, study, and subsequent discussion with the medical professional/physician providing prostate cancer care.

Medications taken orally are, like foods, absorbed through the lining of the stomach or small intestine. When both are taken together, the food in the digestive tract might raise or lower the absorption of the medication. People who are prescribed with drugs for heart disease should take note of the followings.

For those on certain cholesterol-lowering drugs, like atorvastatin, lovastatin and simvastatin, grapefruit should not be consumed with the drugs since this could raise their potency.

Components in the fruit do prevent the body from breaking down the medication, which would cause the drug to accumulate in high amounts in the body. This can be very dangerous as such health complications as liver damage or rhabdomyolysis may be triggered. The latter is a rare condition in which severe muscle and kidney damage occurs.

It is recognized that grapefruit juice can have an interaction with many medications prescribed to prostate cancer patients (PDE-5 inhibitors Viagra, Levitra, Cialis, etc., Lipitor, ketoconazole, and others), anyone that desires to include grapefruit juice in their diet should discuss such use with their prescribing physician.

For the similar reason, patients prescribed with calcium channel blockers, drugs that help control high blood pressure, should not take their drugs with grapefruits.

More at [http://psa-rising.com/eatingwell/citrus\\_effects.html](http://psa-rising.com/eatingwell/citrus_effects.html)