

## SAW PALMETTO - Worthless

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.

This URL explains that purchasing saw-palmetto for BPH is a waste of money

[http://www.youngagain.org/tnpc\\_chapter5.htm](http://www.youngagain.org/tnpc_chapter5.htm)

Among the remarks:

"A typical analysis of saw palmetto shows that it contains a variety of fatty acids (capric, lauric, myristic, palmitic, palmitoleic, stearic, oleic, linoleic, linolenic, arachic, and eicosenoic), and minute traces of sterols and other plant chemicals that are biologically insignificant. Obviously, these herbal formulas just do not contain any effective amounts of active ingredients. That means you would have to eat about a pound of saw palmetto berries to get a basic dose of 330 mg of beta-sitosterol. Even with the most expensive "10x" (ten times) extracts of these herbs, one would still have to eat about two-hundred 500 mg capsules to get the 330 mg of beta-sitosterol! So, it is obvious that these herbs are ineffective, despite their continual promotion by the so-called natural health industry. Please understand that saw palmetto, Pygeum africanum, and other herbs and their extracts are simply biologically irrelevant, because they do not contain enough active ingredient. Even when the label says "85 percent fatty acids and sterols," you can be sure that it really means "nearly all fatty acids and almost no sterols." The saw palmetto products sold in America simply have no value, no matter how much advertising you have read. You won't see any saw palmetto or other herbal prostate product with any significant amount of beta-sitosterol in it."

This URL from the National Institute of Health confirms the above:

<http://nccam.nih.gov/health/palmetto/>

And more:

[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&dopt=Abstract&list\\_uids=16467543](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&dopt=Abstract&list_uids=16467543)

"There was no significant difference between the saw palmetto and placebo groups in the change in AUASI scores (mean difference, 0.04 point; 95 percent confidence interval, -0.93 to 1.01), maximal urinary flow rate (mean difference, 0.43 ml per minute; 95 percent confidence interval, -0.52 to 1.38), prostate size, residual volume after voiding, quality of life, or serum prostate-specific antigen levels during the one-year study. The incidence of side effects was similar in the two groups. CONCLUSIONS: In this study, saw palmetto did not improve symptoms or objective measures of benign prostatic hyperplasia.

And more recently: <http://tinyurl.com/3mbtdj6>

"In the current randomized study, conducted between June 2008 and October 2010, researchers tested 379 men ages 45 and older, and discovered that increasing daily doses of a saw palmetto fruit extract over 72 weeks did not reduce symptoms in the men's lower urinary tract. The scientists also tested the supplement's impact on quality of life issues such as nighttime urination, sexual function, incontinence problems and sleep dysfunction.

"None of them showed any effect whatsoever in contrast to placebo," Dr. Roehrborn said. "These supplements cost about \$30 or more a month, and they obviously don't help."

The study was supported by the National Institutes of Health (NIH), National Institute of Diabetes and Digestive and Kidney Diseases, and the NIH's National Center for Complementary and Alternative Medicine and Office of Dietary Supplements."