



Embargoed for release until:
Monday, October 23, 2006

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New Research Supports Findings that Drinking Red Wine Cuts Risk of Colorectal Cancer

LAS VEGAS, NEVADA, October 23, 2006 – The consumption of more than three glasses of red wine a week reduced the risk for significant colorectal neoplasia (SCRN), or colon cancer, according to research presented at the 71st Annual Scientific Meeting of the American College of Gastroenterology in Las Vegas. Based on the results of this study, researchers suspect the high content of the compound resveratrol in red wine plays a key role. Resveratrol is an anti-fungal chemical that occurs naturally under the skin of red wine grapes.

Joseph C. Anderson, M.D, and his colleagues at Stony Brook University in New York, compared the drinking habits of 360 red and white wine drinkers with similar lifestyles to examine the prevalence of colorectal neoplasia. They found that red wine dramatically reduced the risk of colorectal neoplasia by 68 percent but white wine did not.

The resveratrol content of wine is related to the length of time the grape skins are present during the fermentation process. “The concentration is significantly higher in red wine than in white wine, because the skins are removed earlier during white-wine production, lessening the amount that is extracted,” explained Joseph C. Anderson, M.D. Dr. Anderson says a healthy lifestyle is essential in cutting the risk of colorectal neoplasia, and he does not advocate drinking red wine if you do not drink currently.

Although alcohol consumption increases the risk for colorectal neoplasia, researchers say this study suggests wine may have a protective effect. Further, studies suggest that resveratrol may exert chemopreventive properties on colon cancer cells.

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About the American College of Gastroenterology

The ACG was formed in 1932 to advance the scientific study and medical treatment of disorders of the gastrointestinal (GI) tract. The College promotes the highest standards in medical education and is guided by its commitment to meeting the needs of clinical gastroenterology practitioners. Consumers can get more information on GI diseases through the following ACG-sponsored programs:

- 1-800-978-7666 (free brochures on common GI disorders, including ulcer, colon cancer, gallstones, and liver disease)
- 1-866-IBS-RELIEF and www.ibsrelief.org (free educational materials)
- 1-800-HRT-BURN (free brochure and video on heartburn and GERD)
- www.acg.gi.org (ACG's Web site)

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