

Gaby's Literature Review & Commentary

compounds that exhibit anticancer activity in animal studies or *in vitro*. The amount of isoflavones in Haelan951 is said to be two-to-four times higher than that present in other soy products such as tofu and soy milk.

Klein A, et al. Prolonged stabilization of platinum-resistant ovarian cancer in a single patient consuming a fermented soy therapy. *Gynecol Oncol*. 2006;100:205-209.

Potassium prevents heart disease

Some 1,981 men (mean age, 75 years) living in a retirement home in Taiwan were randomly assigned to receive food prepared with regular salt (control group) or with potassium-enriched salt (49% potassium chloride, 49% sodium chloride, two percent other additives) for approximately 31 months. Patients with impaired renal function were excluded. Age-adjusted cardiovascular mortality was significantly lower by 41% in the group receiving potassium-enriched salt than in the control group. Persons in the potassium group spent significantly less (\$426 per year) on inpatient care for cardiovascular disease than did the control group, after adjustment for age and previous hospitalization expenditures.

Comment: The results of this study indicate that switching from regular salt to potassium-enriched salt decreased cardiovascular disease mortality and health care costs among elderly men. The beneficial effect was probably due mainly to the increase in potassium intake, although the decrease in sodium intake may have contributed as well. Previous studies have shown that increasing potassium intake reduces blood pressure in people with hypertension. Furthermore, observational studies in humans and experimental studies in animals have shown that potassium supplementation reduces the incidence of stroke, independently of any effect on blood pressure. Mechanisms by which potassium may improve cardiovascular disease include inhibition of platelet aggregation, enhancement of myocardial metabolism, and regulation of blood pressure (prevention of both hypertension and hypotension). The high potassium content of fruits and vegetables may explain in part why ingestion of these foods is associated with a reduced risk of developing cardiovascular disease.

Chang HY, et al. Effect of potassium-enriched salt on cardiovascular mortality and medical expenses of elderly men. *Am J Clin Nutr*. 2006;83:1289-1296.

N-acetylcysteine for obsessive-compulsive disorder

A 58-year-old woman with a history of obsessive-compulsive disorder since childhood had a stable but partial response to fluvoxamine (Luvox; a selective serotonin-reuptake inhibitor), which she had been taking for 12 years. N-acetylcysteine (NAC) was added at a dose of 600 mg/day, which was increased progressively over six weeks to 3 g/day for an additional seven weeks. A clear improvement in

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