

Health news: How alcohol can help prostate problems, the drug that acts fast on heart attacks and fish oil for neck pain

By [Daily Mail Reporter](#)

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Health stories from around the world this week include how drinking two pints a day could help men ward off a common prostate issue. Also, research shows how an anti-clotting drug can reduce the risk of further heart attacks within 30 minutes and a U.S. study suggests that patients could use fish oil supplements to fight neck pain

Glass half full: Drinking alcohol may prevent benign prostatic hyperplasia (BPH) which affects one in three men over the age of 50

Alcohol protects your prostate

A few alcoholic drinks a day might help men ward off a common prostate problem.

Drinking four units, roughly two pints, can cut the risk of benign prostatic hyperplasia (BPH) by more than a third.

BPH affects one in three men over the age of 50. It is an age-related problem, caused by the prostate gland growing, leading to problems with incontinence and frequency of urination.

There had been conflicting evidence about the role of moderate drinking in preventing the condition. To get a clearer picture, U.S. researchers investigated 19 previous studies.

They concluded that drinking around four units (the recommended daily maximum) significantly reduced the risk of BPH. It's thought that alcohol reduces the circulation of testosterone, which may play a part in the condition.

Fast-acting drug for heart victims

An anti-clotting drug that works five times faster than current treatments may reduce the risk of further heart attacks.

The pill works by stopping blood cells, called platelets, from clumping together and forming a potentially fatal blockage. It could be given by paramedics to patients who have collapsed with chest pain due to suspected heart problems.

Around 250,000 Britons a year suffer life-threatening heart attacks.

Because there's a danger of a second attack within hours of the first, paramedics use a drug called clopidogrel to stop platelets clumping to form another clot.

But this can take several hours to be fully effective, leaving the patient at risk.

New research shows the new drug - ticagrelor, which is undergoing clinical trials - works within 30 minutes.

Making waves: Fish oil could be an alternative to anti-inflammatory products

Could fish oil relieve neck pain?

Fish oil supplements could relieve neck pain - and may be an alternative to over-the-counter anti-inflammatories.

Anti-inflammatory drugs can be very effective, but they carry the risk of complications with long-term use, including gastric ulcers.

In a new U.S. study, patients were given a daily dose of 1,200mg of omega-3 fatty acids (extracted from fish oil).

After two months, 59 per cent had stopped taking their prescription medication for pain.

Previous research has identified that a class of fats - resolvins - play a key role in controlling inflammation in the body, stopping inflammatory cells from being switched on.
As well as being found naturally in the body, resolvins are present in omega-3 fatty acids.

Read more: <http://www.dailymail.co.uk/health/article-1233991/Health-news-How-alcohol-help-prostate-problems-drug-acts-fast-heart-attacks-fish-oil-neck-pain.html#ixzz0bfyE25RV>

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