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HEADLINE: Prunes may help stave of bone loss

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By Alex Cukan

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Tallahassee, Jan. 12 (UPI) — Florida researchers are trying to determine if **dried plums** can help reverse bone loss in postmenopausal women with osteoporosis or osteoarthritis.

Previous studies conducted by Bahram H. Arjmandi of Florida State University found that **dried plums** — better known as **prunes** — restored lost bone in animal models of osteoporosis and improved biomarkers linked to bone formation in postmenopausal women.

"During this 12-month investigation, half the women will supplement their daily diets with nine to 10 **dried plums**, totaling 100 grams. The other half will consume a comparable portion of **dried** apples, which also have known health benefits.

Participants in both treatment groups will be required to take 500 milligrams of calcium and 200 units of vitamin D daily; undergo blood and urine testing every three months; and have their bone-mineral density measured at the beginning and end of the study using dual-energy X-ray absorptiometry, or "iDXA," the latest in whole-body scanning technology.

"If the findings of human study are similarly positive and reproducible, they could help researchers isolate the compounds responsible," said Arjmandi.

Highlights: Prunes, dried, plums, prunes