

## **A Cup of Green Tea Per Day May Help Keep Skin Cancer Away**

*Green tea contains compounds which may inhibit tumor formation. Drinking green tea, in addition to avoiding prolonged sun exposure, the regular and proper use of sunscreen, and regular examinations by a board-certified dermatologist, may help prevent skin cancer.*

Northridge, CA ([PRWEB](#)) June 19, 2006 -- Skin cancer is the most common form of cancer in the United States, and it is estimated that more than 1 million cases of basal and squamous cell cancer will be diagnosed this year according to the Centers for Disease Control.

While avoiding prolonged sun exposure, the regular and proper use of sunscreen, and regular examinations by a board-certified dermatologist are the main actions for preventing skin cancer, green tea may help as well.

"Green tea is reported to have antibacterial, antioxidant, and antitumor properties," says Lawrence Osman, M.D., a board-certified dermatologist practicing in Los Angeles. Polyphenolic antioxidants are derived from the extracts of green tea. Also, the most widely studied component of green tea, (-)-epigallocatechin gallate, may work by inhibiting ultraviolet induced DNA damage. Inhibiting ultraviolet induced DNA damage may be important because many cases of skin cancer are directly related to ultraviolet exposure from the sun or tanning beds.

The constituents of green tea have already proven effective in helping to prevent skin cancer in the lab. Accordingly, drinking green tea, in addition to avoiding prolonged sun exposure, the regular and proper use of sunscreen, and regular examinations by a board-certified dermatologist, may help prevent skin cancer in life.

About Lawrence Osman, M.D., F.A.A.D.

Dr. Lawrence Osman is a board-certified dermatologist practicing comprehensive medical, surgical, and cosmetic dermatology. He attended the Keck/USC School of Medicine and completed his dermatology training at the prestigious Roswell Park Cancer Institute. He has particular expertise in skin cancer surgery, laser surgery, and tumescent liposuction. He was voted as one of the best dermatologists by the readers of the Los Angeles Daily News.

Dr. Osman may be contacted by calling (818) 885-0455 or visiting [www.drosman.com](http://www.drosman.com).

###