

## **GRAPEFRUIT CAUTION**

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Medications taken orally are, like foods, absorbed through the lining of the stomach or small intestine. When both are taken together, the food in the digestive tract might raise or lower the absorption of the medication. People who are prescribed with drugs for heart disease should take note of the followings.

For those on certain cholesterol-lowering drugs, like atorvastatin, lovastatin and simvastatin, grapefruit should not be consumed with the drugs since this could raise their potency.

Components in the fruit do prevent the body from breaking down the medication, which would cause the drug to accumulate in high amounts in the body. This can be very dangerous as such health complications as liver damage or rhabdomyolysis may be triggered. The latter is a rare condition in which severe muscle and kidney damage occurs.

It is recognized that grapefruit juice can have an interaction with many medications prescribed to prostate cancer patients (PDE-5 inhibitors Viagra, Levitra, Cialis, etc., Lipitor, ketoconazole, and others), anyone that desires to include grapefruit juice in their diet should discuss such use with their prescribing physician.

For the similar reason, patients prescribed with calcium channel blockers, drugs that help control high blood pressure, should not take their drugs with grapefruits.

More at [http://psa-rising.com/eatingwell/citrus\\_effects.html](http://psa-rising.com/eatingwell/citrus_effects.html)