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Analysis of new research indicates that increasing vitamin D levels in the U.S. population could prevent thousands of new cases of breast, colorectal, and prostate cancers each year.

INCREASING MINIMUM VITAMIN D LEVELS RESULTS IN LOWER CANCER RATES

Previous research has shown that a higher serum (blood) vitamin D level is associated with substantially lower incidence rates of colon, breast, ovarian, renal, pancreatic, aggressive prostate, and other cancers.

Epidemiological evidence, combined with newly discovered mechanisms, led a group of researchers to develop a new model of cancer development that takes into account the functions and benefits of vitamin D and calcium. It has been projected that raising the minimum year-round serum vitamin D levels from 20 ng/mL to 40 to 60 ng/mL could prevent approximately 58,000 new cases of breast cancer and 49,000 new cases of colorectal cancer each year. In patients with breast, colorectal, or prostate cancer, such intakes are expected to cut fatality rates in half.

Since there are no unreasonable risks from intakes of 2,000 IU per day of vitamin D, or from a minimum blood serum level of 40-60 ng/mL, these researchers strongly advocate a nationally coordinated action to significantly increase vitamin D and calcium intake.

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