

September 5th, 2012

New research shows that diets providing high levels of magnesium are associated with a reduced risk of colorectal tumors.

MAGNESIUM INTAKE IS ASSOCIATED WITH LOWER COLO-RECTAL TUMOR RISK

In a new study published in the *American Journal of Clinical Nutrition*, researchers evaluated the hypothesis that higher intakes of dietary magnesium may be associated with lower risk of colorectal tumors. It is thought that dietary magnesium may be related to reduced tumor risk through its roles in cellular metabolism, systemic inflammation and insulin resistance.

The newly published research included a case-control study on colorectal adenomas and a meta-analysis of colorectal adenomas and carcinomas. Dietary magnesium intake was estimated from food-frequency questionnaires in both the case-control study and the meta-analyses.

The case-control study showed an inverse association between dietary magnesium intake and risk of colorectal adenomas, primarily in subject with BMI greater than 25, older than 55 years, and for advanced adenomas. In the meta-analysis, for every 100 mg/day increase in magnesium intake there was a 13% reduction in the risk of colorectal adenomas and a 12% reduction in the risk of colorectal cancer.

The results of the current study support the idea that higher intakes of dietary magnesium are associated with a lower risk of colorectal tumors, and that a diet high in magnesium-rich foods may be an important strategy in the prevention of these common cancers in adults.

Petra A Wark et al. Magnesium intake and colorectal tumor risk: a case-control study and meta-analysis. Am J Clin Nutr September 2012 vol. 96 no. 3 622-631.