HEALTHY TIPS

Vitamin D Supplement May Help Decrease the Risk of Cancer

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For a long period of time, researchers have been focused on finding the link between cancer and vitamin D.

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Namely, according to epidemiological studies, people who live near the equator, where the exposure to the sun helps them produce more vitamin D; have a lower incidence of death from some cancer types.

And, there have been several animal studies which have proven the ability of this vitamin to slow down the progression of cancer.

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The Role of Vitamin D in Reducing Our Cancer Risk

A trial on vitamin D and omega 3 finished in 2018 discovered that this vitamin didn't lower the overall cancer incidence, but it did hints for a lower risk of cancer-caused deaths.

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In a secondary ongoing analysis of this study, a team with heads from Brigham and Women's Hospital has put in more focus on the link between vitamin D supplements and the risk of detrimental cancer.

Moreover, according to a study published in JAMA Network Open, the team reported that vitamin D was linked with a 17 percent lowered risk of advanced cancer.

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The team looked at the participants with a normal BMI and found a 38 percent reduction of the cancer risk, noting that the BMI may play a role in the link between vitamin D and a lower cancer risk.

According to Paulette Chandler, MD, MPH, and an epidemiologist and primary care physician at the Brigham's Division of Preventive Medicine, this data emphasizes the possibility of vitamin D helping in the reduction of the risk of cancer.

Vitamin D is a readily available supplement, inexpensive, and studied for years.

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