

Zeit für gute Vorsorge ...



More vitamin D: Protection against breast cancer!

Milk, muesli and sun usually provide enough vitamin D. Especially in women with breast cancer, this does not seem to be enough and: Vitamin D protects against breast cancer. Experts therefore recommend a dietary supplement.



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Women with breast cancer should be given a high dose of vitamin D. This is the conclusion reached by scientists from the University of Rochester, USA. The starting point is the results of a study with 166 women who were treated for breast cancer. The study presented at the Breast Symposium in San Francisco showed that around 70% of the treated women had very low levels of vitamin D in their blood (< 32 ng/ml). Women with advanced disease and women with dark

skin were particularly affected.

Hormone and chemotherapy - this is known - accelerates bone loss in breast cancer patients. Since vitamin D is involved in bone formation through the regulation of calcium levels, a vitamin D deficiency in breast cancer patients additionally exacerbates bone loss. Muscle pain, bone fractures and fatigue can be the result of a lack of vitamin D. "It's important that women and doctors work together to increase vitamin D intake," said Luke Peppone of the University of Rochester Cancer Center. (fah)

Vitamin D also appears to protect against obesity, prostate and colon

cancer by "immuno-modulation" of the cells. Affected patients always have low blood levels!

Other factors to protect the breast are an adequate supply of selenium and undisturbed thyroid function.