

## Düzenli Vitamin Kullanmak Kanseri Riskini Azaltır mı?

- ✓ D vitamini düşükliği ile çok sayıda kanser arasında ilişki olduğuna dair yayınlar yayınlanmaya devam ediyor.
- ✓ Fakat burada ki en büyük handikap, vitamin eksikliğine bağlı olarak kanserin daha agresifleştiğini, ya da agresif tümörlerde D vitamini daha eksik bulunduğu mu?
- ✓ D vitaminin kanserli hastalarda düşük bulunması nedeniyle, kanser gelişimini önlemek amacıyla D vitaminin rutin kullanılmasını önerenler olmuştur.
- ✓ Fakat şimdiye kadar yapılan hiçbir çalışmada(perspektife) D vitamini almanın kanseri azalttığına dair veri yoktu.
- ✓ Saygın tıp dergisi **The New England Journal of Medicine** dergisinin yayınlanan büyük bir çalışma, aklımızda ki soruya cevap verme niteliği taşıyor.
- ✓ Bu çalışmaya 25.871, 55 yaş üstü kadın ve 50 yaş erkek sağlıklı bireyi katmışlar.
- ✓ 5 yıl boyunca çalışmaya katılanlara düzenli 2000 ünite D vitamini verilmiş, kardiyovasküler olaylar ve kanser oluşma riski kontrol grubuyla karşılaştırılmış
- ✓ Bu büyük randomize çalışma normal ve sağlıklı bireylere D vitamini desteği yapmanın kanser gelişimini ve kardiyak olay durumunu etkilemediğini gösterdi.

**SONUÇ:** Sağlıklı bireylerin destek amaçlı vitamin kullanırken bu sonuçları göz önünde almalıdır. Sağlıklı ve doğal yollarla beslenmenin önemi bir daha ortaya çıkmış oldu

## Vitamin D Supplementation and Cancer Risk

### Key Points

- Use of vitamin D supplementation did not reduce risk of invasive cancer vs placebo over 5 years.
- No difference in death from cancer was observed over 5 years.

In a trial reported in [The New England Journal of Medicine](#) by Manson et al, vitamin D supplementation was found to have no benefit in reducing risk of invasive cancer vs placebo over 5 years of follow-up.

### Study Details

The trial was a randomized, placebo-controlled trial, with a two-by-two factorial design, of vitamin D<sub>3</sub> and marine n-3 fatty acids in the primary prevention of cardiovascular disease and cancer among men 50 years of age or older and women 55 years of age or older. A total of 25,871 participants were randomly assigned between November 2011 and March 2014 to vitamin D<sub>3</sub> (cholecalciferol) at a dose of 2000 IU/d (n = 12,927) or placebo (n = 12,944). The primary endpoint was the incidence of invasive cancer of any type.

### Risk of Cancer

Median follow-up was 5.3 years. Invasive cancer was diagnosed in 793 participants in the vitamin D group vs 824 in the placebo group (hazard ratio [HR] = 0.96, *P* = .47). No significant differences between groups were observed in the incidence of breast cancer (124 vs 122 participants, HR = 1.02, 95% confidence interval [CI] = 0.79–1.31), prostate cancer (192 vs 219, HR = 0.88, 95% CI = 0.72–1.07), or colorectal cancer (51 vs 47, HR = 1.09, 95% CI = 0.73–1.62). Death from cancer occurred in 154 vs 187 participants (HR = 0.83, 95% CI = 0.67–1.02).

In post hoc analysis excluding the first 2 years of follow-up, there was no significant difference in incidence of invasive cancer of any type (490 vs 522, HR = 0.94, 95% CI = 0.83–1.06), but a potential reduction in risk of death from cancer in the vitamin D group (112 vs 149, HR = 0.75, 95% CI = 0.59–0.96).

With regard to cardiovascular endpoints, there were no differences in the incidence of major cardiovascular events (HR = 0.97, *P* = .69) or death from cardiovascular causes (HR = 1.11, 95% CI = 0.88–1.40).

The investigators concluded, “Supplementation with vitamin D did not result in a lower incidence of invasive cancer or cardiovascular events than placebo.”

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