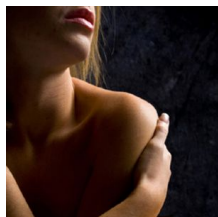


18 October 2006

By: Alexandra Lupu, Health News Editor



Vitamin D Efficient Against Breast Cancer

Women with early breast cancer symptoms have way higher levels of vitamin D in their blood as compared to their peers in an advanced stage of the appalling disease

Medical experts have recently announced that tests taken on breast cancer patients show that women who are in an early phase of the fearful condition present significantly higher levels of vitamin D in their blood than women whose symptoms are more critical. These results led researchers to the conclusion that supplementing breast cancer patients' blood flow with vitamin D could ease the symptoms of the condition and improve its outcomes. It was a small study carried out by researchers at the Imperial College London and its findings were published in the Journal of Clinical Pathology. Leader of the study Carlo Palmieri, M.B., B.S., Ph.D. and his team wrote in their report: "Whatever the cause for the change in vitamin D levels, it can potentially have a marked effect on gene transcription and therefore on cellular phenotype. Lower serum vitamin D levels might therefore have some causative role in the progression from early-stage to advanced disease." Vitamin D is essential for the absorption of calcium and phosphorus in the body, as well as for the development and health of our bones, cartilages and teeth. The vitamin is mainly found in ocean fish, liver and eggs. Vitamin D is also present in some types of whole-cereals or armored cow. However, sunlight and sun rays are critical for enhancing the production of vitamin D in our bodies. Most of the daily necessary amount of this vitamin is absorbed through the skin once with the solar light. That is why it is better for us to eat very much cod, herring or sardines laden with vitamin D. Commenting on the current study, Dr. Jay Brooks, Chairman of Hematology/Oncology at Ochsner Health System in Baton Rouge, La stated: "It's an interesting concept but it's a small study and needs to be done in a large, randomized, controlled fashion." Dr. Carlo Palmieri concluded: "There are no real practical implications as such yet, from a lifestyle point of view, all women (and men) should eat a balanced diet and ensure they are exposed to some sunlight, as this is important in vitamin D synthesis."