

## Higher Vitamin D Levels May Increase Survival Rates For Breast, Lymphoma, And Colon Cancer Patients

The results of a meta-analysis published in the *Journal of Clinical Endocrinology & Metabolism* revealed that cancer patients with higher baseline vitamin D levels at the time of diagnosis have better survival rates and remain in remission longer than patients who are vitamin D deficient.\*



Hui Wang and colleagues at the Chinese Academy of Sciences in Shanghai reached their conclusion after analyzing the results of 25 different studies that examined vitamin D levels and death rates in 17,332 cancer patients. The study found cancer patients with a **10 nmol/L** increase in 25-hydroxyvitamin D levels in their blood had a **4%** higher survival rate than those with lower levels.

The scientists say the strongest link between vitamin D levels and survival was detected in patients with breast, lymphoma, and colorectal cancer. There was less evidence of a link between vitamin D and survival in lung, gastric, prostate, leukemia, melanoma, and Merkel cell carcinoma patients, but available data were positive.

**Editor's Note:** "Physicians need to pay close attention to vitamin D levels in people who have been diagnosed with cancer," Professor Wang says. "Considering vitamin D deficiency is a widespread issue all over the world, it is important to ensure that everyone has sufficient levels."

—A. Kessler

Reference

\* *J Clin Endocrinol Metab* . 2014 April 29.