

Monthly vitamin D supplement may not cut cancer risk

July 24 2018



(HealthDay)—Monthly high-dose vitamin D supplementation may not

prevent the risk of cancer among adults aged 50 to 84 years, according to a study published online July 19 in *JAMA Oncology*.

Robert Scragg, M.B.B.S., Ph.D., from the University of Auckland in New Zealand, and colleagues conducted a post-hoc analysis of data from the Vitamin D Assessment study, which recruited participants from family practices and community groups. A total of 5,110 participants aged 50 to 84 years were randomized to receive vitamin D₃ (2,558 adults; initial bolus dose of 200,000 IU followed by monthly doses of 100,000 IU) or placebo (2,552 adults) for a median of 3.3 years; 5,108 were included in the primary analysis.

The researchers found that the mean follow-up 25-hydroxyvitamin D concentration was consistently more than 20 ng/mL higher in the vitamin D versus the placebo group in a random sample of 438 participants. The primary outcome of [cancer](#) (328 total cases of cancer) occurred in 6.5 and 6.4 percent of participants in the vitamin D and placebo groups, respectively, for an adjusted hazard ratio of 1.01 (95 percent confidence interval, 0.81 to 1.25; P = 0.95).

"High-dose vitamin D supplementation prescribed monthly for up to four years without calcium may not prevent cancer," the authors write. "This study suggests that daily or weekly dosing for a longer period may require further study."

More information: [Abstract/Full Text \(subscription or payment may be required\)](#)

Copyright © 2018 [HealthDay](#). All rights reserved.

Citation: Monthly vitamin D supplement may not cut cancer risk (2018, July 24) retrieved 27 December 2022 from <https://medicalxpress.com/news/2018-07-monthly-vitamin-d-supplement->

[cancer.html](#)

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.