Mayo Study Links Increased Vitamin K Intake to Lower Non-Hodgkin Lymphoma Risk

In one of several noteworthy presentations at the 101st Annual Meeting of the American Association for Cancer Research, it was reported that a higher intake of vitamin K is associated with a reduced risk of non-Hodgkin lymphoma.*

James Cerhan, MD, PhD and his colleagues at the Mayo Comprehensive Cancer Center compared 603 non-Hodgkin lymphoma patients to 1,007 men and women who did not have cancer. The investigators found an association between a lower risk of non-Hodgkin lymphoma and increased consumption of vitamin K. For those whose intake of the vitamin was among the top 25% of participants at over 108 micrograms per day, the risk of the disease was 45% lower compared with those whose intake was among the lowest fourth at less than 39 micrograms per day.

“As with all new findings, this will need to be replicated in other studies,” Dr. Cerhan noted.

Editor's note: This study adds evidence to previous research that associates vitamin K intake with cancer protection.

—Dayna Dye

Vitamin, Calcium Supplementation Associated with Reduced Breast Cancer Risk

The American Association for Cancer Research 101st Annual Meeting 2010 was the site of a presentation concerning the finding of a protective effect of vitamin and calcium supplements against breast cancer.*

Jaime Matta, PhD of the Ponce School of Medicine in Puerto Rico and his colleagues compared 268 Puerto Rican women with breast cancer to 457 healthy control subjects. Participants who consumed vitamin supplements were found to have a 30% lower risk of breast cancer compared to those who did not have a history of vitamin supplementation, and those who consumed calcium supplements had a 40% lower risk.

“It is not an immediate effect,” Dr. Matta noted. “You don’t take a vitamin today and your breast cancer risk is reduced tomorrow. However, we did see a long-term effect in terms of breast cancer reduction.”

Editor's note: Since cancer takes years to develop, long-term protective measures are essential.

—Dayna Dye

Reference
