Reduced Vitamin K Intake Associated with Greater Cancer Mortality

An article published in the *American Journal of Clinical Nutrition* reports the finding of German researchers of an association between reduced vitamin K2 intake and an increased risk of dying from cancer.*

The researchers analyzed data from 24,340 participants in the EPIC-Heidelberg study who were aged 35 to 64 upon enrollment between 1994 and 1998. Participants were followed through 2008. Over the follow up period, there were 1,755 cases of cancer, including 458 fatalities. While those whose intake of vitamin K2 was among the top 25% of participants had a 14% reduction in cancer incidence compared with those whose intake was among the lowest fourth, the group with the highest intake experienced a 28% lower risk of dying of the disease. The reduction occurred mainly in men.

“This study showed inverse associations between the dietary intake of menaquinones and both overall cancer incidence and mortality,” the authors conclude.

**Editor’s note:** The authors explain the difference in vitamin K2’s effects on men and women by the fact that the men in the study had cancer sites (prostate, lung) that were likelier to be influenced by vitamin K2.

—Dayna Dye

---

Intentional Weight Loss Helps, Not Harms, Seniors

The outcome of a study appearing in the *Journal of Gerontology: Medical Sciences* contradicts concerns raised by previous studies that deliberate weight loss among older individuals could increase the risk of death.*

Researchers at Wake Forest University Baptist Medical Center analyzed data from 318 arthritic men and women over the age of 60 who participated in a randomized trial that evaluated the effects of dieting and/or exercise on physical function. Those assigned to a weight loss diet lost an average of 10.5 pounds over 18.5 months.

Within 8 years after the trial’s conclusion, 15 deaths occurred among those assigned to weight loss diet interventions, compared with 30 in the remainder of the participants. “This study puts to rest a lot of unfounded concerns about how to address the epidemic of obesity among our older adults,” coauthor Stephen B. Kritchevsky, PhD concluded.

**Editor’s note:** The current findings are in agreement with numerous animal studies that have associated increased life span with calorie restriction.

—Dayna Dye

---

Brisk Walking Reduces Stroke Risk