6X Breast Cancer Risk for Saudi Arabian Women with Low Vitamin D

The Vitamin D Society wants to make the public aware of a recent study reporting that women in Saudi Arabia who have low vitamin D levels have six times the risk of having breast cancer than women with higher levels.

Woodstock, ON (PRWEB) June 26, 2013 -- The Vitamin D Society wants to make the public aware of a recent study published in the American Journal of Clinical Nutrition, reporting that women in Saudi Arabia who have low vitamin D levels have six times the risk of having breast cancer than women with higher levels (1). The case-control study analyzed data from 120 breast cancer cases and an equal amount of controls. The study found that Saudi Arabian women in the lowest vitamin D category, less than 25 nmol/L (10 ng/ml), had six times the risk for evasive breast cancer as people in the highest category of vitamin D status, greater than 50 nmol/L (20 ng/ml). Women in Saudi Arabia, even though they reside in a high UV sunlight exposure area, have very low levels of vitamin D. This is due to a modern indoor lifestyle, darker skin types, cultural practices of dress and the fact that the food supply is not fortified with vitamin D like it is in Canada and the USA.

“These results are not surprising” says Dr. Cedric Garland, a Professor from the UCSD Department of Family and Preventive Medicine. “There are numerous studies supporting that women need vitamin D levels exceeding the Institute of Medicine (IOM) guideline of 50 nmol/L (20 ng/ml) to help prevent breast cancer.”

“Our study, published in the Annals of Epidemiology in July 2009, reported that raising women’s 25(OH)D blood serum level to 100-150 nmol/L (40-60 ng/ml) would prevent 58,000 new cases of breast cancer and three quarters of deaths from these diseases in the US and Canada (2).” added Dr. Garland. “We need help and support from the medical community especially family doctors to communicate this to their patients and put the vitamin D breast cancer prevention opportunity into daily practice to save lives”

“Optimal levels of vitamin D have the potential to drastically reduce breast cancer cases in Canada and the USA” said Perry Holman, Executive Director for the Vitamin D Society. “The Vitamin D Society recommend that people have their 25(OH)D level tested either through their family doctor or by purchasing a home test kit through health suppliers such as GrassrootsHealth. If your vitamin D test score is low, below 100 nmol/L Canada or 40 ng/ml USA, take immediate action to increase your vitamin D intake.”

Dr. John Cannell from the Vitamin D Council recommends sunlight, sunbed or D3 supplementation to increase your vitamin D blood levels.

The Scientists Call to D*action, a document published by a group of prominent vitamin D doctors, researchers and scientists, recommend that people achieve optimal vitamin D blood serum levels of between 100-150 nmol/L (Can) or 40-60 ng/ml (USA) for best overall health and disease prevention (3). Vitamin D deficiency has been associated with an increased risk for many serious diseases including bone disease, various cancers, infections, autoimmune diseases, cardiovascular diseases and adverse pregnancy outcomes.

About the Vitamin D Society:
The Vitamin D Society is a Canadian non-profit group organized to: increase awareness of the many health conditions strongly linked to vitamin D deficiency; encourage people to be proactive in protecting their health and have their vitamin D levels tested annually; and help fund valuable vitamin D research. The Vitamin D Society recommends people achieve and maintain optimal 25(OH)D blood levels between 100 – 150 nmol/L
(Can) or 40-60 ng/ml (USA).

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References:


3. GrassrootsHealth – Scientists’ Call to D*action
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