

Low Vitamin D Levels Linked to High Risk of Breast Cancer in Young Women

By Sherry Baker, *Natural News*

Over the past several years, *Natural News* has covered research from around the world that shows a lack of vitamin D is somehow associated with breast cancer. Now comes yet another piece to the puzzle. A study by researchers from the *University of California, San Diego School of Medicine* concludes that **low serum vitamin D levels in young women may actually predict there's a high risk that breast cancer will, in fact, be found in upcoming months.**

The researchers looked at the blood levels of 1,200 healthy women and discovered that the women whose serum vitamin D level was low during the three month period just before being diagnosed with breast cancer had a highly elevated risk of the disease - three times higher, in fact - than women in the highest vitamin D group.

"While the mechanisms by which vitamin D could prevent breast cancer are not fully understood, this study suggests that the association with low vitamin D in the blood is strongest late in the development of the cancer," principal investigator Cedric Garland, DrPH, FACE, professor in the Department of Family and Preventive Medicine at *UC San Diego*, said in a media statement. The research was just published online in advance of the print edition of the journal *Cancer Causes and Control*.

Several previous studies have also concluded that low serum levels of vitamin D are linked with a higher risk of premenopausal breast cancer, according to the researchers. They pointed out their new study suggests the possibility there's a relevant window of time critical to the growth of a malignant tumor, about three months, when a lack of vitamin D might be the reason a woman develops breast cancer.

Garland explained in the media statement that this time frame is likely to be the point at which a tumor could be actively recruiting blood vessels needed for a malignancy to grow. "Based on these data, further investigation of the role of vitamin D in reducing incidence of premenopausal breast cancer, particularly during the late phases of its development, is warranted," he said.

An earlier 2011 meta-analysis by Garland and colleagues also found that a serum level of about 50 ng/ml of vitamin D is associated with a 50 percent lower risk of breast cancer. Although there are some variations in how much vitamin D individuals absorb, the researchers pointed out that those who take in about 4000 IU per day of vitamin D from food or a supplement should normally have a serum

level of 50 ng/ml. A consensus of all available data, Garland pointed out in the media release, has shown no known risk associated with this concentration of vitamin D.