YÜKSEK DOZ D VİTAMİNİ KANSER GELİŞİMİNİ ÖNLERMİ

- ✓ Çok sayıda kanser türünde d vitamin düzeyi normal popülasyona göre düşük saptandı.
- ✓ Aynı zamanda çok sayıda kanser türünde D vitamin düzeyi düşük olan kanserli olgularda hastalık daha kötü seyrediyor.
- ✓ Bu veriler ışığında, D vitamini desteği ile kanser seyri, yada gelişiminin öncelenebileceği öne sürüldü.
- ✓ Benim kişisel gölsem ve deneyim, D vitamin eksikliğinin kanser saldırganlığının bir göstergesi yönündeydi. Yani insan D vitamini eksik olduğu için kanser olmaz, kanser saldırgan ve kötü huylu olduğu için D vitamini eksikliği yapar.
- ✓ Yıllarca insanlara hiçbir bilmesel kanıt olmadan yüksek doz D vitamini verildi. Buna bağlı çok sayıda yan etkiler gelişti.
- ✓ Tıp bilimi maalesef matematik bilimi gibi değil; toplama ve çıkarmalarla fayda ve zarar öngörülemez. Çok kompleksi, kendi içinde dinamiği olan ve mutlaka büyük gözlemsel çalışmalarla kanıta ihtiyaç duyar
- ✓ Yenizelanda yapılan bir çalışma, aklımızda ki önemli bir soruya cevap verdi
- ✓ Aylık yüksek doz D vitamini damar yolunda vermekle kanser oranı azaltılabilinir mi?

- ✓ *JAMA Oncology* dergisinde yayınlanan bu çalışmaya göre, 5,110 sağlıklı birey çalışmaya alınmış, ilk doz 200.000 sonrası 100.000 IU, 4 haftada bir uygulanmış
- ✓ Bireyler 4 yıl boyunca izlenmiş ve herhangi bir kanser durumu not edilmiş.
- ✓ Yüksek doz damardan D vitamini verilen ve verilmeyen grup arasında, kanser gelişimi açısında'' cilt kanseri(melanom), prostat, bağırsak, hematolojik kanserler'' hiçbir fark bulunmamış.

SONUÇ: YÜKSEK DOZ D VİTAMİNİ KANSER GELİŞİMİNİ ÖNLEMEMKLE BERABER, İHTİYACI OLMAYAN, SAĞLIKLI BİREYLERE VERMEK İLE ÇOK SAYIDA YAN ETKİYE NEDEN OLABİLİR

Kaynak

Monthly High-Dose Vitamin D and Cancer Risk

Key Points

- High-dose monthly vitamin D supplementation without calcium was not associated with a reduced risk of cancer.
- No reduction in cancer risk was observed in men or women.

In a study reported in *JAMA Oncology*, Scragg et al found that monthly high-dose vitamin D supplementation, without calcium, was not associated with a reduced risk of developing cancer.

Study Details

The current analysis is a post hoc analysis of the Vitamin D Assessment (ViDA) study, which assessed the effect of vitamin D supplementation on the incidence of cardiovascular disease. In the double-blind study, 5,110 participants (aged 50 to 84 years) from family practices and community groups in Auckland were randomized between April 2011 and November 2012 to receive vitamin D_3 (n = 2,558) or placebo (n = 2,552). Oral vitamin D_3 was given in an initial bolus dose of 200,000 IU followed by monthly doses of

100,000 IU, with study treatment continuing for a median of 3.3 years (range = 2.5–4.2 years). Study medication was discontinued in July 2015, and follow-up was completed in December 2015. The post hoc primary outcome was the number of all primary invasive and in situ malignant neoplasms (excluding nonmelanoma skin cancers). Participants had a mean age of 65.9 years, 58% were male, and 83% were of European or another race/ethnicity (96% European ancestry), with the remainder being Polynesian or South Asian.

Cancer Outcomes

At baseline, the mean deseasonalized 25-hydroxyvitamin D (25[OH]D) concentration was 26.5 ng/mL. In a random sample of 438 participants, the mean 25(OH)D concentration during follow-up was consistently > 20 ng/mL higher in the vitamin D group than in the placebo group. A total of 328 cancers were reported, with the most common being melanoma in situ (n = 71) and malignant melanoma (n = 55), followed by prostate (n = 64), colorectal (n = 38), breast (n = 36), and lymphoid and hematopoietic cancers (n = 36).

Cancers occurred in 165 participants (6.5%) in the vitamin D group vs 163 (6.4%) in the placebo group (hazard ratio [HR] = 1.01, *P* = .95). Results were similar in men (HR = 0.96, 95% CI = 0.74–1.25) and women (HR = 1.09, 95% CI = 0.75–1.59) in the 2 groups, as well as in participants with 25(OH)D < 20 ng/mL (HR = 1.01, 95% CI = 0.65–1.58) or ≥ 20 ng/mL (HR = 1.04, 95% CI = 0.81–1.33).

The investigators concluded, “High-dose vitamin D supplementation prescribed monthly for up to 4 years without calcium may not prevent cancer. This study suggests that daily or weekly dosing for a longer period may require further study.”

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Robert Scragg, MBBS, PhD, of the School of Population Health, University of Auckland, is the corresponding author of the *JAMA Oncology* article.