

عنوان مقاله:

Role of Vitamin D in Breast Cancer

محل انتشار:

همایش علمی دانشجویان علوم تغذیه (سال: 1395)

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خلاصه مقاله:

Introduction: Annually breast cancer rate in Iran is 6 to 7 thousands of patients and based on data one women out of three will develop cancer in their lifetime. Hence, after the events and cardiovascular disease, breast cancer is the most common cause of death in women in general. Studies show efficacy of vitamin D in the prevention and treatment of cancer. This paper examines the hypothesis. **Methods:** This study was a library based study by using published study in the databases of PubMed and SID in the period of the last ten years. **Results:** Series of studies have shown that the active form of vitamin D [1,25 (OH)₂ D₃] the growth of cancer cells, stimulation of cancer cell maturation and inhibits apoptosis and angiogenesis of cancer cells. The articles show that living in latitudes higher risk of developing and dying of cancer, including breast cancer increases because of reduced exposure to sunlight. Experiments suggest that calcium and vitamin D in the diet harmful changes in the mammary gland stimulation, while resulting in a lot of calcium and vitamin D in the diet reversed previous results perception. Studies also could not reveal a significant association between vitamin D and reduced risk of breast cancer. So until definite conclusions adequate amounts of vitamin D (600 D units a day for women younger than 71 years old and 800 IU for women 71 years and older) and plasma Calcidiol maintain concentration in the range of 30-49 ng / ml and Evaluation Routine vitamin D status in patients with breast cancer and supplementation if necessary, seems reasonable. **Conclusion:** Although most studies on the role of vitamin D in reducing the risk of breast cancer but more studies are needed to reach a definitive conclusion.

کلمات کلیدی:

Vitamin D, Calcidiol, Breast cancer

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