

JOEL FUHRMAN, MD

## Vitamin D, hormones and breast cancer

New research suggests that Vitamin D could oppose estrogen's breast cancer-promoting effects.

Published in the American Journal of Clinical Nutrition, a study of over 57,000 postmenopausal women found that, among women who had ever used hormone therapy, those that were supplementing with vitamin D had a 26 percent reduced risk of breast cancer.

Vitamin D is known to have cellular effects that oppose the development of cancer, such as promoting cell adhesion, inhibiting cancer cell proliferation, and anti-inflammatory effects.

A Cochrane meta-analysis published in 2014 concluded that supplementation with vitamin D3 was associated with a 12 percent lower risk of death from cancer.

The protective effects of vitamin D appear to be quite strong in studies of breast can-

cer patients.

In a 2014 meta-analysis of six studies, higher vitamin D blood levels (above 29.1 ng/ml) were associated with a 42 percent reduction in the risk of death from breast cancer compared to lower levels (lower than 21 ng/ml).

Another meta-analysis reported that breast cancer patients with low vitamin D levels had more than double the risk of recurrence of their cancer.

Furthermore, studies that have shown that an inherited variation in the vitamin D receptor gene increases breast cancer risk.

We know Vitamin D has overall anti-cancer effects, but interestingly the new research suggests that vitamin D may oppose some effects of female hormones, making vitamin D especially helpful for breast cancer prevention.

Experiments carried out in

vitro suggest that the active form of vitamin D suppresses aromatase expression in breast cancer cells, resulting in lower production of estrogen.

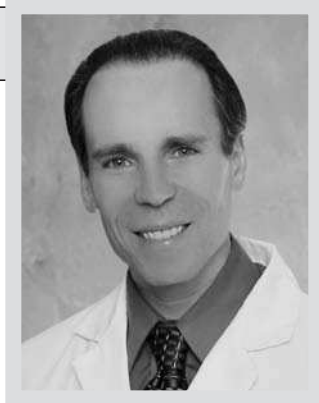
Vitamin D also downregulated the estrogen receptor in breast cancer cells, making the cells less responsive to estrogen's cancer-promoting signals.

This research makes it even more important for women to get their blood vitamin D levels (25(OH)D) tested and supplement to reach the sweet spot of 30-45 ng/ml.

This favorable range has been suggested by much research on cancer, bone fractures and all-cause mortality.

I recommend taking vitamin D3, the more potent form of the vitamin, the form the skin produces when it is exposed to sunlight.

In my experience 2000 IU is an appropriate dose to bring most people into the 30-45



ng/ml range.

However, there are always exceptions and for those whose blood results fall outside of this range taking more or less can be indicated.

Of course, breast cancer protection involves more than Vitamin D.

A nutritarian diet has been designed to maximally protect against breast cancer, and exercise is important too.

*Dr. Fuhrman is a New York Times best-selling author and board certified family physician specializing in lifestyle and nutritional medicine.*

Visit his website at [DrFuhrman.com](http://DrFuhrman.com), or submit questions and comments to [newsquestions@drfuhrman.com](mailto:newsquestions@drfuhrman.com).

## Submit art by Jan. 25 for 'Love of Animals'

The month of February will include the second annual "For the Love of Animals" exhibit at the Florence Events Center (FEC), 715 Quince St.

This highly successful community to support the local Florence Area Humane Society (FAHS).

By renting a rod for \$20 for up to three paintings or photographs, artists can help get the word out about the importance of supporting shelter animals.

Beside each rod will be a photo of an animal up for adoption at the FAHS.

Artists will receive the proceeds of any artwork sold (minus FEC commission).

All proceeds from the exhibit on Friday, Feb. 12, from 10 a.m. to 2 p.m., will be donated to FAHS.

While at the reception, guests can buy raffle tickets to win a voucher for a portrait of

their pet to be painted by well-known local artist John Leasure.

The drawing will be held at 2 p.m.

There will also be a photo booth set up for pet photos, to be developed almost instantly.

Complimentary refreshments will be served to delight pet owners and their pets, and there will be a bin for donations of pet food for the FAHS.

The exhibit will be a win-win for all involved in this annual event.

Artists are encouraged to sign up for a rod by Jan. 25 at the FEC. Three-D items relating to the animal theme are also welcome for the display case, at \$20 for up to three items, space permitting.

Application forms are available weekdays at the FEC office, or on its website at [www.eventcenter.org](http://www.eventcenter.org).

## Van Fans luncheon, card party fundraiser Feb. 17

Get together with friends for a fun day of card games and lunch at the Van Fans fundraiser Wednesday, Feb. 17, at the Florence Events Center, 715 Quince St.

The fun begins at 11:30 a.m. Sign up for a table and choose your game. Ticket price, with or without card games, is \$15 and includes a luncheon.

There will be raffle prizes and other exciting happenings.

The Friends of Florence Van Fans is a non-political organization that sponsors this event.

All proceeds go to support the Van Fans program, which transports cancer patients every weekday to Eugene and Springfield for radiation treatments.

For more information or to sign up for card games, call Karen Lee at 541-997-9669.

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