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The role that Vitamin D has in Cancer Prevention

Everyone knows vitamin D as the vitamin important for bone health and for preventing rickets in children, but we are now recognizing that the major source of vitamin D is coming from the sun, so by definition vitamin D is really a hormone. Once you make vitamin D in your skin or ingest it from your diet, it goes to your liver, is converted to 25-hydroxy- vitamin D is known as calcidiol, and then to the kidneys to the active form, 1,25-dihydroxy-vitamin D, also known as calcitriol. We are now also recognizing that many cells in the body, separate from the kidneys, can activate vitamin D and there is mounting evidence that that function of vitamin D is to help regulate cellular growth. There are several studies that have related higher blood levels of 25-hydroxy-vitamin D and reduced risk of many deadly cancers including colon, breast, and prostate cancer to name a few. The study presented in this article and some other studies have concluded that there may or may not be any benefit. This is because it is still not clear if the range for calcidiol of 40-60 nanograms per milliliter recommended by the Endocrine Society has that additional health benefit of reducing the risk of many deadly cancers. However, I think the data does suggest that calcidiol helps reduce the risk of deadly cancers. Therefore, I encourage my family and patients to always be vigilant about their Vitamin D levels

Keywords: Vitamin D, Cancer, Calcidiol, Skin, Risk.

Biography:

Dr. Daniela Capdepon, received from Medica at 22 years old and graduated with Honors from the medical school. She completed her Specialty in Clinical Oncology at the Universidad del Salvador, Buenos Aires, Argentina. She became the Medical Director of the Campana Cancer Center at age 32. She has many presentations at international congresses as well as being part of the organizing committee of several international congresses. She also has more than 20 publications and has served as a member of the editorial board of renowned magazines.