

ビタミンDと乳がん

乳がん診断時にビタミンDが欠乏していた女性は転移および死亡のリスクが有意に高いようである

Women with vitamin D deficiency at the time of diagnosis with breast cancer appear to be at significantly higher risk for metastases and death

乳がん診断時にビタミンDが欠乏していた女性は転移および死亡のリスクが有意に高いようである、とAmerican Society of Clinical Oncology学会で発表された。研究者らは512人の女性において血中のビタミンDレベル、乳がん転移の発現および全生存期間を調査した。患者は2006年まで前向きに追跡された（追跡期間中央値11.6年）。診断時のビタミンDレベルが十分であったのは患者のうちわずか24%であった。ビタミンDが欠乏（ $< 50\text{nmol/L}$ ）している女性は、より高悪性度のがんを有する傾向にあった。10年後ビタミンDレベルが十分（ $> 72\text{nmol/L}$ ）であった女性の83%に転移はなく85%が生きていたのに対し、ビタミンD欠乏症の女性におけるそれぞれの割合は69%および74%であった。ビタミンD欠乏症の女性における最も多い死因は乳がんであった。この相関関係を確認するスタディが始まっている。

Full Text

Women with vitamin D deficiency when their breast cancer is diagnosed appear to be at significantly higher risk for metastases and death compared with women who have adequate blood levels, according to a presentation at the annual meeting of the American Society of Clinical Oncology.

Specifically, women with vitamin D deficiency were 94 percent more likely to develop metastatic disease and 73 percent more likely to die. The significance of low vitamin D levels was compounded by the finding that more than a third (37.5 percent) of women with breast cancer had vitamin D levels that were classified as deficient and another 38.5 percent were classified as having insufficient levels of vitamin D).

"We were concerned to find that vitamin D deficiency was so common in women diagnosed with breast cancer and that very low vitamin D levels adversely affected patient outcome. Our results need to be replicated in other clinical studies," explained lead author Pamela Goodwin, MD, professor of medicine at the University of Toronto and holder of the Marvella Koffler Chair in Breast Research at the Samuel Lunenfeld Research Institute, Mount Sinai Hospital.

"These data indicate an association between vitamin D and breast cancer outcome, but we can't say at this time if it is causal."

In the current study, Goodwin and her Canadian colleagues examined the relationship between vitamin D levels in the blood, incidence of breast cancer metastases and overall survival in 512 women diagnosed with breast cancer between 1989 and 1995. Women were prospectively followed until 2006, for a median follow-up of 11.6 years.

Researchers found that only 24 percent of patients had adequate levels of vitamin D when diagnosed with cancer. Women deficient in vitamin D (less than 50nmol/L) were more likely to have high-grade cancers. After 10 years, 83 percent of women with adequate levels (more than 72nmol/L) remained free of metastases and 85 percent were still alive, compared with only 69 percent and 74 percent, respectively, of women with vitamin D deficiency. Most of these deaths were attributed to breast cancer.

If these observations are confirmed in a second, similar study including other women with breast cancer, which is already ongoing, Goodwin recommends a new randomized clinical trial examining the effects of raising blood levels of vitamin D on outcomes in women with breast cancer.

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