

ビタミンDはがん関連死を減少させる (Abstract 1534)

ビタミンDを3年以上摂取することは、がん患者に延命効果をもたらす可能性がある

Vitamin D taken three years or more could help cancer patients live longer

ビタミンDは単に骨の健康に寄与するだけでなく、重要なベネフィットをもたらすようである、と2019 ASCO Annual Meeting で発表された。少なくとも3年間摂取することで、ビタミンDはがん患者の生存期間を延長するのに役立つことが、試験の結果示された。研究者らは、79,000人超(平均年齢68.07歳、女性78.02%)の疾患予防に関するデータを調査した。ビタミンDはプラセボに比べ、がん関連死を有意に減少させた($p=0.05$)。ビタミンDはプラセボに比べ、がん罹患率の有意な減少とは関連がなかった($p=0.46$)。

Full Text

Michigan State University physicians have found that vitamin D, if taken for at least three years, could help cancer patients live longer. The findings suggest that the vitamin carries significant benefits other than just contributing to healthy bones and were presented at the American Society of Clinical Oncology annual meeting on June 3, 2019.

"Vitamin D had a significant effect on lowering the risk of death among those with cancer, but unfortunately it didn't show any proof that it could protect against getting cancer," said Tarek Haykal, a lead author on the study and an internal medicine resident physician at Michigan State University and Hurley Medical Center in Flint, Michigan.

The researchers looked at data related to disease prevention from more than 79,000 patients in multiple studies that randomly compared the use of vitamin D to a placebo over at least a three-year period. Patients had a mean age of 68.07 years and a 78.02% were female. Haykal and his team zeroed in on any information that involved cancer incidence and mortality.

Vitamin D was associated with significant reduction of cancer-related mortality compared with placebo ($P = 0.05$). Compared with placebo, Vitamin D was not associated with significant reduction of cancer incidence ($P = 0.46$).

"The difference in the mortality rate between the vitamin D and placebo groups was statistically significant enough that it showed just how important it might be among the cancer population," Haykal said.

While these findings show promise, Haykal cautioned that the exact amount of the vitamin to take and what levels are needed in the blood are still unknown. He also said that it's unclear how much longer vitamin D extends lifespan and why it has this result.

"There are still many questions and more research is needed," Haykal said. "All we can say is that at least three years of taking the supplement is required to see any effect."

Results show enough promise, however, that Haykal would like to see more doctors, especially oncologists, prescribe vitamin D to patients in general.

"We know it carries benefits with minimal side effects, he said. "There's plenty of potential here."

Other authors on the study included MSU and Hurley resident physicians Varun Samji, Yazan Zayed, Inderdeep Gakhal, Vijaysai Veerapaneni, Michele Obeid, Babikir Kheiri and Sunil Badami. Ghassan Bachuwa, internal medicine residency program director at Hurley, and Rizwan Danish, oncologist at Genesee Cancer and Blood Disease Treatment Center, also contributed to this research.

ASCO2019 特集

[News 01]

閉経前進行乳がんにおける生存率の改善

[News 02]

新たに診断された進行胃がんに対する有望な代替手段

[News 03]

レナリドミドは多発性骨髄腫の発症を遅延させる

[News 04]

小児プレジジョン・メディシンの試験は予測を超える

[News 05]

転移性前立腺がんの新たな治療選択

[News 06]

肝転移において低侵襲がん手術は有効である

[News 07]

ベムプロリズマブは非小細胞肺癌患者の生存率を上昇させる

[News 08]

オラパリブはBRCA変異を有する膵臓がんの増悪を遅延させる

[News 09]

新たな治療法は進行尿路上皮がんに対し有効である

[News 10]

新しいクラスの薬剤は進行前立腺がん患者において有効である

[News 11]

新たなデータは若年乳がん患者における術後補助療法のガイドとなる

[News 12]

ビタミンDはがん関連死を減少させる

[News 13]

リンパ腫の特定の亜型を有する患者は化学療法を回避することができる可能性がある

[News 14]

乳房部分照射によりQOLが向上する

[News 15]

チェックポイント阻害薬は肺がん再発を減少させるのに有望である

[News 16]

HIV患者に対する免疫療法薬は安全であることが示された