

Can Vitamin D help prevent Cancer?

A low Vitamin D level is associated with an increased risk of breast, colon, prostate, ovarian, and pancreatic cancer. Recent research supports the thought that Vitamin D promotes a reduced risk for in these cancers. This research is very interesting but it is too early to recommend vitamin D supplements to help prevent cancer; however it is all the more reason to ensure that you get enough vitamin D from diet and sun exposure. The best source of vitamin D comes from the sun. UV-B rays from the sun stimulate vitamin D synthesis in the skin, providing 80% to 90% of the body's vitamin D. It is important to realize that short periods of unprotected sun exposure are not harmful. Fifteen minutes of sun exposure 2 to 3 times a week will meet the body's vitamin D needs. Any prolonged amount of time in the sun will require a sunscreen with at least a SPF of 15 or greater.