

Vitamin D Deficiency Common in Pre-menopausal Women with Breast Cancer

Studies are finding pre-menopausal women in early stages of breast cancer also suffer from Vitamin D deficiency, indicating there might be a link. Vitamin D is a booster of the immune system and helps the body fight off a variety of bacterial infections – and possibly more. There's an increasing amount of evidence which shows breast cancer is less likely in women with high levels of Vitamin D.

Researchers at Columbia University reported that in their study of 103 pre-menopausal women with early stage breast cancer, 74 percent of them had a Vitamin D deficiency . This was supported by results of other studies in Toronto, Canada, which showed the same category of women had better treatment outcomes when they had adequate levels of Vitamin D in their blood.

The reports also show these deficiencies may not be corrected with a daily supplement of 400 IU/day (the generally recommended amount) especially during winter months due to lack of sun exposure, a primary source of Vitamin D. Some of this can be made up with safe (limited exposure with UV-B rays) indoor tanning which stimulates production of this valuable vitamin in the skin. New information indicates as much as 1000 to 1500 IU of Vitamin D per day may be the amount required to be effective for breast cancer prevention.

Experts have begun singing the praises of vitamin D, a primary source of which comes from UV-B rays found in sunlight and tanning beds. Many tanning salons have beds with high UV-B ray output, like our SS755 Tanning Bed which makes it ideal for people in cold winter climates who want to not only maintain their tan, but feel good and get a healthy dose of vitamin D.