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NEWS BITES

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HELLO SUNSHINE!

VITAMIN D MAY CUT YOUR BOWEL CANCER RISK

High levels of vitamin D in the blood may be linked to a lower risk of bowel cancer, says a new study. Scientists have found that people with the highest levels of vitamin D in their blood have up to 40 per cent less chance

of developing colorectal cancer compared with those with the lowest levels.

The World Cancer Research Fund (WCRF) study, the largest of its kind on the subject, looked at over 520,000 people from 10 countries in Western Europe. Participants gave blood samples, filled out diet and lifestyle questionnaires and were tracked for several years.

During the follow-up period, 1248 people were diagnosed with colorectal cancer and these participants were compared to a group of the same number who did not have the disease.

"The next step is to carry out clinical trials to confirm whether vitamin D supplementation can reduce the risk of bowel cancer and whether there are any harmful effects of higher levels of vitamin D," says Dr Panagiota Mitrou, science program manager for the WCRF.

Dr Mitrou adds that at this point, the findings don't provide enough evidence to indicate that we should be taking supplements to increase our vitamin D levels.

"The best advice for reducing the risk of bowel cancer is still to stop smoking, maintain a healthy weight, be active, eat more fibre and less red and processed meats and cut down on alcohol," Dr Mitrou says.



[49% The number of Australians who are still using skincare products that are over a year old. Source: Che Skincare **]**