

## Overview Cancer and vitamin D

### Table of contents

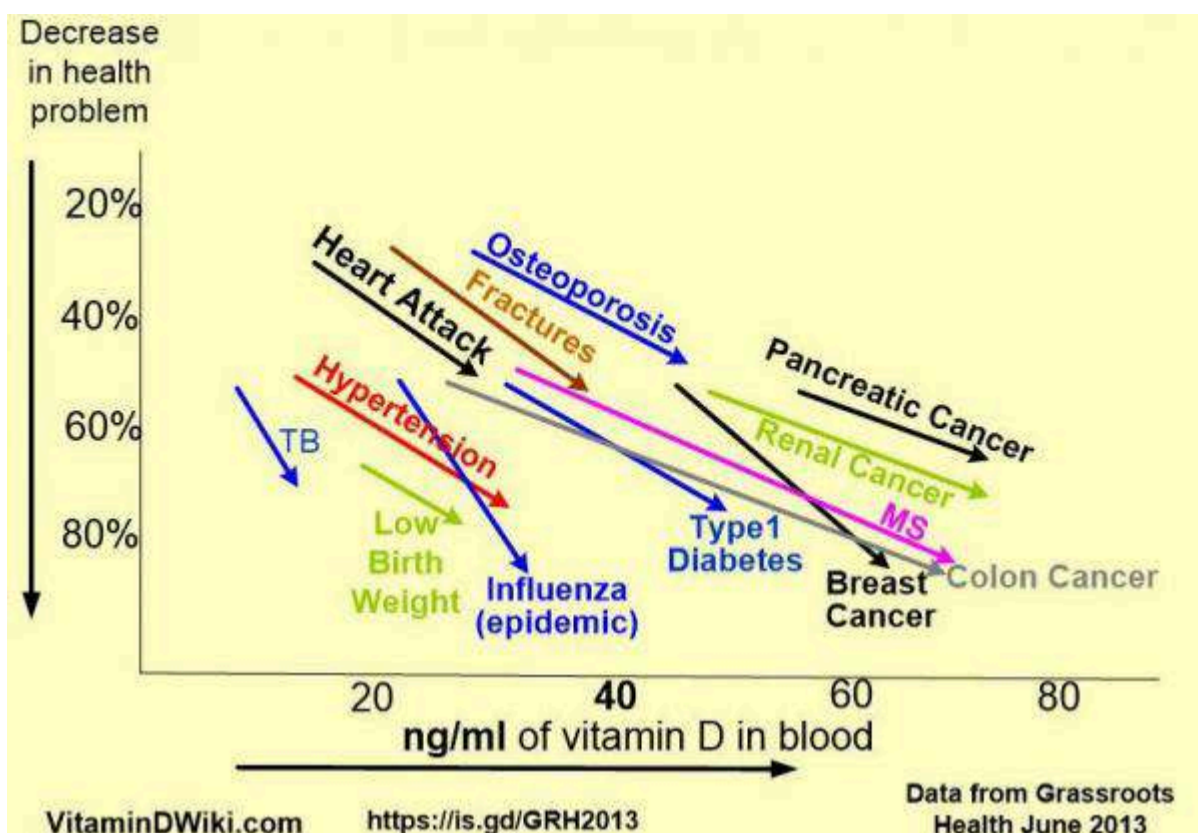
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- [Scores of studies show that Vitamin D prevents many cancers and treats a few cancers](#)
  - [A high percentage of all cancer deaths are prevented by a high enough level of vitamin D in your bloodstream](#)
  - [VitaminDWiki – Cancer category contains](#)
  - [VitaminDWiki has 980+ studies with Cancer etc. in the title](#)
  - [VitaminDWiki - 87+ VDR pages have CANCER in the title](#)
  - [Vitamin D fights cancer in many ways - GrassrootsHealth Sept 2022](#)
  - [499 Cancer Intervention Trials with Vitamin D as of Nov 2024](#)
  - [43+ VitaminDWiki pages have both CANCER AND RCT in the title](#)
  - [55% Cancer increase in young adults in 30 years in middle-income countries - 2023](#)
  - [VitaminDWiki - 15 Infant-Child pages with CANCER in the title](#)
  - [259 Cancer – Breast items](#)
  - [145 Cancer – Colon items](#)
  - [103 Cancer - Prostate items](#)
  - [58 Cancer - Pancreatic items](#)
  - [55 Cancer – Lung items](#)
  - [113 Cancer – After items](#)
  - [121 Cancer – Skin items](#)
  - [26 Cancer – Lymphoma items](#)
  - [295 Cancer – General items](#)
  - [37+ VitaminDWiki Mortality pages have CANCER in the title](#)
  - [Following graph from the CDC August 2010](#)
  - [Colon Cancer Chart: Vitamin D > 40ng is good](#)
  - [Increase in Childhood Cancer in recent decades](#)
  - [Cancer Screening Doesn't Save Lives, 2 Meta-Analyses 2015, 2023](#)
  - [The Impact of Vitamin D in Cancer - book chapter - 2017](#)
  - [Alternative therapies have worse outcomes when cancer therapy is ignored - July 2018](#)
  - [Cancer Treatment 101: A Primer for Non-Oncologists - Aug 2024 \(nothing about vitamin D\)](#)
  - [Cancer Factoids from The Body, by Bill Bryson, 2019](#)
  - [Aloe appears to help with Cancer chemo and radiation therapy - Greger - July 2022](#)
  - [Cancer Incidence in Men and Women, and Vitamin D \(2022\)](#)
- 

### Scores of studies show that Vitamin D prevents many cancers and treats a few cancers

- Prevention results from 2,000 to 5,000 IU of vitamin D  
Prevention really depends on the level of vitamin D in the blood, and some vitamin D-deficient groups need much more
- Treatment needs > 8,000 IU of vitamin D  
But must be careful, as vitamin D makes some Chemotherapy more potent

### A high percentage of all cancer deaths are prevented by a high enough level of vitamin D in your bloodstream



### VitaminDWiki – [Cancer](#) category contains

- [Cancer 295 items Overview Cancer and vitamin D](#)
- [Cancer and Vitamin D - many studies](#)
- [After Cancer Diagnosis 113 items](#)
- [Bladder Cancer 28 items](#)
- [Breast Cancer 259 items Overview Breast Cancer and Vitamin D](#)
- [Colon Cancer 145 items Overview Cancer-Colon and vitamin D](#)
- [Leukemia 19 items](#)
- [Liver Cancer 17 items](#)
- [Lung Cancer 55 items Overview Lung cancer and vitamin D](#)
- [Lymphoma Cancer 26 items](#)
- [Other Cancer 66 items](#)
- [Ovarian Cancer 26 items](#)
- [Pancreatic Cancer 58 items](#)
- [Prostate Cancer 103 items Overview Prostate Cancer and Vitamin D](#)
- [Skin Cancer 121 items Overview Suntan, melanoma and vitamin D](#)
- [Childhood Cancers - Vitamin D can help - many studies](#)
- [Easiest way to treat cancer – take Vitamin D – Nov 2022](#)
- [13 Cancers are helped by Vitamin D – Biobank July 2023](#)
- [2X increase of 14 cancers in non-seniors in 20 years \(low vitamin D\) – Sept 2022](#)
- [Vitamin D prevents and treats cancer in many ways – May 2021](#)
- [Those with recent cancer diagnosis had 7X increased risk of COVID-19 \(more if A-A\)- Dec 2020](#)
- [Deaths from many types of Cancer associated with low vitamin D- review of meta-analyses Sept 2020](#)
- [Cancer incidence and mortality is decreased if 40-60 ng of Vitamin D – April 2019](#)
- [8 ways that Cancer might be prevented by Vitamin D - June 2019](#)
- [Cancer stem cells and Vitamin D - many studies](#)
- [Vitamin D Reduces Cancer Risk - Why Scientists Accept It but Physicians Do Not - Feb 2019](#)
- [Overview of Vitamin D Actions in Cancer – 31 page chapter in a book – 2018](#)
- [Vitamin D prevents breast cancer, reduces BC mortality, and reduces BC chemotherapy problems – Sept 2018](#)
- [Diagnosed with breast cancer – take vitamin D to cut chance of death by half – July 2018](#)
- [Melanoma 25 X more likely if low vitamin D – Feb 2018](#)
- [Better Cancer survival if higher vitamin D a decade earlier \(esp. Melanoma, Kidney, Prostate\)– Aug 2018](#)

### Cancers get less Vitamin D when there is a poor [Vitamin D Receptor](#)

- [Vitamin D Receptor pages in VitaminDWiki with CANCER in title 86 as of July 2023](#)
- [Cancer and the Vitamin D Receptor, a primer – Sept 2017](#)
- [Vitamin D Receptor \(Cancers OR Viruses\) - many studies](#)

- 
- [Risk of Cancer increased if poor Vitamin D Receptor – meta-analysis of 73 studies Jan 2016](#)
  - Cancer (general) and VDR **23 articles**
  - Breast Cancer and VDR **24 articles**
  - Colon Cancer and VDR **13 articles**
  - Prostate Cancer and VDR **7 articles**
  - Skin Cancer and VDR **10 articles**
    - *Note some Health problems, such as some Cancers, protect themselves by actively reducing Receptor activation*

**VitaminDWiki has [980+ studies with Cancer etc. in the title](#)**

**CANCER OR LYMPHOMA OR LEUKEMIA OR MYLENOMA OR Osteosarcoma OR Adenocarcinoma**

**VitaminDWiki - [87+ VDR pages have CANCER in the title](#)**

**Vitamin D fights cancer in many ways - GrassrootsHealth Sept 2022**

**[How Vitamin D Works to Help Prevent Cancer](#)**

- Inhibits cancer cell growth and proliferation
- Reduces cancer metastasis
- Stimulates maturation of healthy cells (differentiation)
- Induces death of cancer cells (apoptosis or programmed cell death)
- Prevents blood vessel growth in tumors (angiogenesis)
- Prevents inflammation associated with cancer
- Reduces the risk of incidence and/or death due to cancer

**See also (VitaminDWiki)**

- [Palliative care is helped by Vitamin D - many studies](#)
- [Chemotherapy and vitamin D - many studies](#)
- Cancer and Cancer therapy often lower vitamin D levels
  - Lower Vitamin D levels increase the risk of many health problems



# Anti-Cancer Effects of Vitamin D

Effect of vitamin D	How vitamin D acts	Details of molecular mechanisms
<b>Stops uncontrolled reproduction of cells (proliferation)</b>	Inhibits proteins and signals that are needed for cells to divide	Inhibits growth factors ( ↓IGF-1, ↑IGF-1 binding protein, ↑TGF-β) - Arrests cell cycle (↑p21, ↑p27, ↓CDKs, ↓cyclins, ↓MYC and ↓RB)
<b>Induces maturation of immature cells</b>	Increases cell-line specific signals for maturation and specialization	Increased expression of differentiation factors (lipids, casein, PSA, E-cadherin)
<b>Kills cells by initiating programmed cell death</b>	Activates process of breaking cell down into small packets that are disposed of by immune cells	Activates internal apoptosis pathway (↑BAX, ↓BCL-2)
<b>Prevents inflammation</b>	Inhibits pro-inflammatory factors and increases anti-inflammatory signals	Inhibits inflammation (↓COX-2, ↓PG receptors, ↓stress kinase, ↓NF-κB, ↑15-PGDH, ↑MAPKP5)
<b>Prevents blood vessels from feeding cancerous cells</b>	Prevents the signals needed for new blood vessels to form	Inhibits angiogenesis (↓VEGF, ↓HIF1-α)
<b>Prevents cancerous cells from spreading</b>	Decreases signals that allow cells to move through tissue and bind other cells	Inhibits invasion and metastasis (↓MMP-9, ↓α6- and β4-integrins, ↓plasminogen activator, ↑TIMP-1, ↑E-cadherin)

BAX, pro-apoptotic protein; BCL-2, apoptosis regulating protein; COX-2, cyclooxygenase 2; IGF-1, insulin-like growth factor-1; CDK, cyclin-dependent kinase; HIF1-α, hypoxia inducible factor 1-α; MAPKP5, mitogen-activated protein kinase phosphatase 5; MMP-9, matrix metalloproteinase 9; MYC, proto-oncogene; p21 and p27, cell cycle checkpoints; PSA, prostate-specific antigen; PG, prostaglandin; 15-PGDH, 15-hydroxyprostaglandin dehydrogenase; RB, tumor-suppressor protein; NF-κB, nuclear factor-κB; TIMP-1, tissue inhibitor of metalloproteinases 1; TGF-β, tumor necrosis factor β; VEGF, vascular endothelial growth factor.

Chart Date 10/15/2020

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Feldman et al, *Nature Reviews Cancer*, 2014.



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## 499 Cancer Intervention Trials with Vitamin D as of Nov 2024

[ClinicalTrials.gov](https://clinicaltrials.gov)

### 43+ VitaminDWiki pages have both CANCER AND RCT in the title

*The list is automatically updated*

Items found: 43

Title	Modified
<a href="#">Following Digestive Cancer 2,000 IU of Vitamin D were given. Those whose Omega-3 levels rose had fewer Cancer problems – RCT March 2024</a>	25 Mar, 2024
<a href="#">50,000 IU of Vitamin D weekly greatly decreased bone loss from prostate cancer therapy - RCT March 2024</a>	24 Mar, 2024
<a href="#">Cancers reduced after 2 years of 2000 IU Vitamin D daily (2nd RCT) – RCT Aug</a>	03 Nov, 2023
<a href="#">Breast Cancer survival: 44% with just 10,000 IU of vitamin D per week, 33% with placebo – RCT Dec 2023</a>	13 Aug, 2023
<a href="#">After Colorectal Cancer Surgery the immune system was maintained by Vitamin D (8,000 IU daily) – RCT Jan 2023</a>	03 Jan, 2023
<a href="#">Colorectal Cancer – vitamin D did not help (too small of a response) – RCT Oct 2022</a>	29 Oct, 2022
<a href="#">Magnesium and Vitamin D - pre-colon cancer – RCT Dec 2018</a>	12 Jun, 2022
<a href="#">2.5 X reduced risk of cancer in 70 year-olds by a small amount of Vitamin D, Omega-3 and exercise – RCT April 2022</a>	25 Apr, 2022
<a href="#">Breast Cancer not prevented by 1,000 IU of Vitamin D (no surprise) – RCT Aug 2021</a>	13 Apr, 2022
<a href="#">Rectal Cancer genes down-regulated by Vitamin D (3,200 IU only helped some) – RCT Aug 2021</a>	03 Aug, 2021
<a href="#">Colorectal Cancer treatment aided by omega-3 plus weekly Vitamin D – RCT Sept 2019</a>	25 Jul, 2021

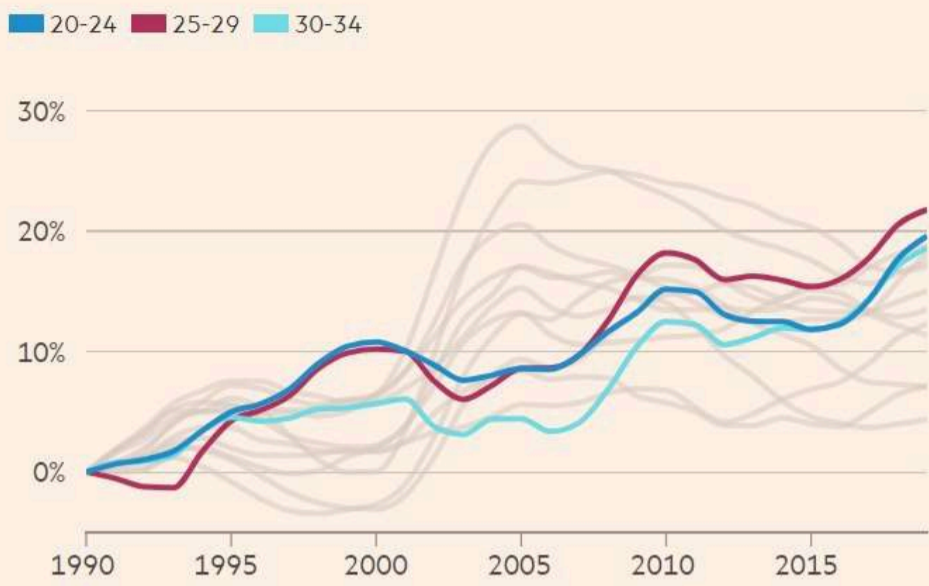
<b>Title</b>	<b>Modified</b>
<a href="#">Digestive Tract Cancer survival increased 3X if 2,000 IU of vitamin D and have high level of PD-L1 – RCT June 2021</a>	29 Jun, 2021
<a href="#">2,000 IU of vitamin D and Omega-3 reduced Cancer death rate by 40% (normal weight) – VITAL RCT Nov 2020</a>	02 Dec, 2020
<a href="#">2 X better survival of digestive cancer if 2,000 IU of Vitamin D plus good VDBP gene – RCT Feb 2020</a>	04 Feb, 2020
<a href="#">Digestive track Cancer (poorly differentiated) death 4X less likely if 2,000 IU of vitamin D – RCT Oct 2019</a>	28 Oct, 2019
<a href="#">People supplemented with Vitamin D had 13 percent fewer Cancer deaths – Meta-analysis of RCT June 2019</a>	04 Jul, 2019
<a href="#">Omega-3 reduced by 4X the interruption of Cervical Cancer chemotherapy due to toxicity – RCT June 2019</a>	18 Jun, 2019
<a href="#">Variety of Vitamin D forms treat Prostate Cancer – RCT Review April 2019</a>	01 May, 2019
<a href="#">Vitamin D does not treat colon cancer (when you only use 1,000 IU) – RCT April 2019</a>	13 Apr, 2019
<a href="#">Digestive tract cancer death rates reduced a bit by a bit of vitamin D – RCT April 2019</a>	10 Apr, 2019
<a href="#">Advanced Colorectal Cancer survival is increased somewhat with 4,000 IU of vitamin D – RCT April 2019</a>	10 Apr, 2019
<a href="#">Esophageal Cancer surgery helped by 300,000 IU of Vitamin D – RCT Sept 2018</a>	18 Sep, 2018
<a href="#">Lung cancer treated by Vitamin D (1200 IU early stage) – RCT July 2018</a>	04 Sep, 2018
<a href="#">Following breast cancer 100K IU Vitamin D doses twice a month helped a lot – RCT July 2016</a>	31 Dec, 2017
<a href="#">Prostate Cancer might be treated by 4,000 IU of vitamin D and aspirin – RCT 2021</a>	28 Nov, 2017
<a href="#">Lymphoid cancer deaths cut in half with 400 IU of vitamin D and 1 gram of Calcium (WHI) – RCT Nov 2017</a>	04 Nov, 2017
<a href="#">Prostate Cancer treatment (Vitamin D, Omega-3, Tumeric) RCT ending Dec 2018</a>	25 Sep, 2017
<a href="#">Advanced Colon Cancer risk is doubled or halved with 1000 IU of Vitamin D, depends on Vitamin D Receptors – RCT May 2017</a>	19 Aug, 2017
<a href="#">Risk of Colon Cancer can be doubled or halved by genes – RCT May 2017</a>	19 Aug, 2017
<a href="#">Breast Density and Cancer not reduced by Vitamin D (only used 3,000 IU) - RCT July 2017</a>	17 Jul, 2017
<a href="#">Modeling Cancer RCTs – including Breast Cancer – April 2017</a>	03 May, 2017
<a href="#">Cancer risk in older women reduced 32 percent by 2,000 IU of Vitamin D plus Calcium – 4 year RCT Oct 2016</a>	12 Oct, 2016
<a href="#">Sunscreens used daily vs discretionary: no difference in skin cancer rate – RCT 2016</a>	06 Aug, 2016
<a href="#">Colon Cancer proven again to not be treated by just 1000 IU of vitamin D – RCT Oct 2015</a>	19 Oct, 2015
<a href="#">2000 IU of vitamin D reduced fatigue of advanced cancer – RCT May 2012</a>	03 Sep, 2015
<a href="#">Breast Cancer medicine pain reduced with 4300 IU vitamin D – RCT June 2012</a>	23 May, 2015
<a href="#">Breast Cancer is prevented by vitamin D – but more RCT are needed to understand why – April 2015</a>	15 Apr, 2015
<a href="#">Prostate cancer reduced when 4000 IU vitamin D was added– Hollis RCT April 2015</a>	02 Apr, 2015
<a href="#">Breast Cancer – review of 2 RCT did not find association with 1000 IU of Vitamin D – July 2013</a>	15 Nov, 2014
<a href="#">Mayo clinic starting Cancer RCT using grossly inadequate 2,000 IU of vitamin D – Sept 2013</a>	03 Dec, 2013
<a href="#">Can take 40,000 IU of vitamin D daily before prostate cancer surgery – RCT March 2013</a>	18 Jun, 2013
<a href="#">Vitamin D Supplementation and Cancer - Review of RCT Jan 2013</a>	05 Dec, 2012
<a href="#">3 weeks of Vitamin D can not help much (Breast Cancer surgery in this case) – RCT Aug 2019</a>	No value for &#039;modification_date_major&#039;

**55% Cancer increase in young adults in 30 years in middle-income countries - 2023**

**The unexplained rise of cancer among millennials**

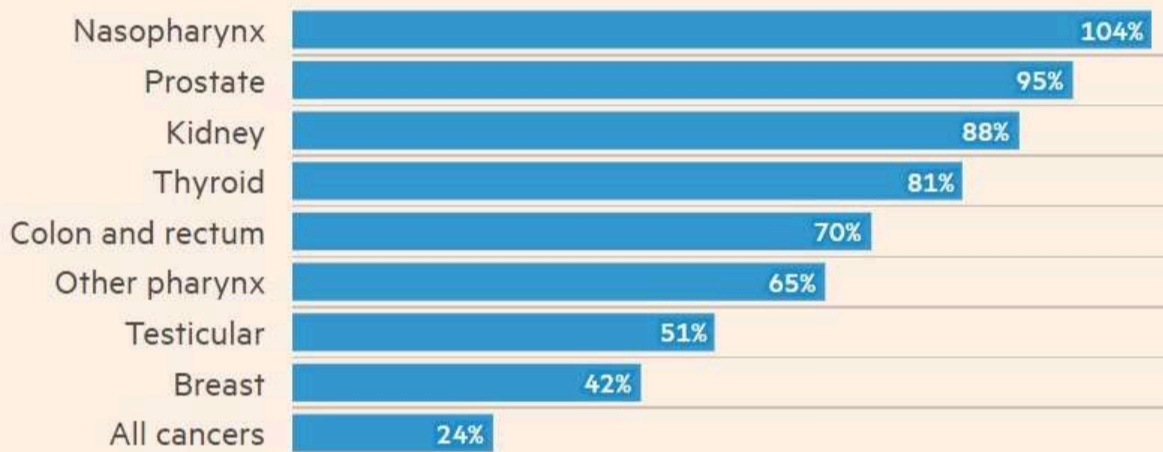
Over the past three decades, cancer rates have risen faster for 25-29 year-olds than any other age group

Rate of cancer incidence growth for G20 countries

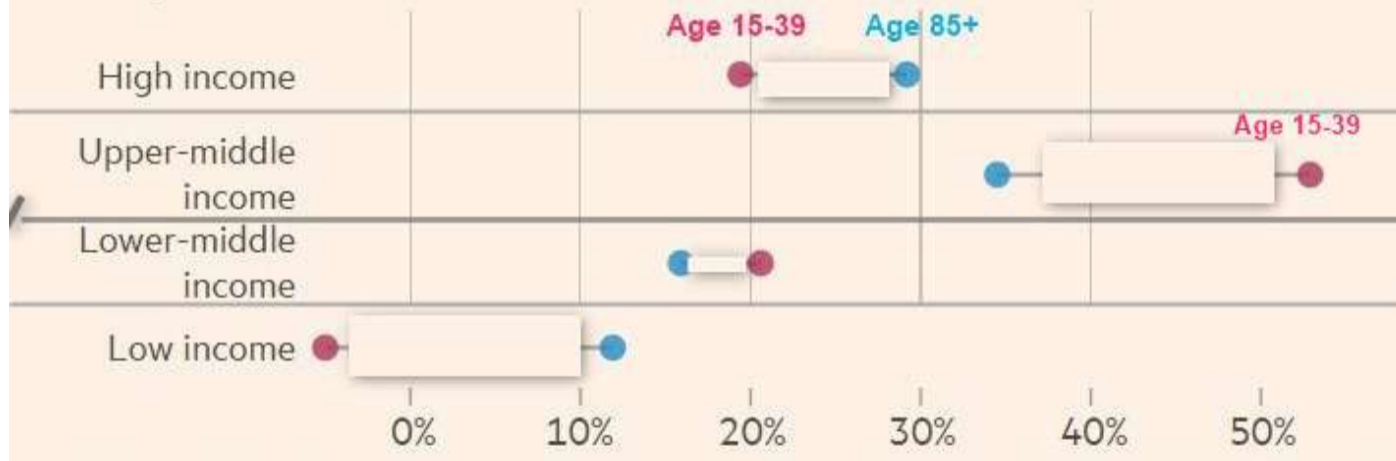


Change in cancer rates for 15- to 39-year-olds in the G20, 1990-2019

**Increase in Deaths by Cancer type**



Change in cancer rates between 1990 and 2019



They suspect the increase is due to Ultra-processed food ==> poor gut biome

VitaminDWiki additionally suspects herbicides & pesticides ==> poor gut biome

**VitaminDWiki - 15 Infant-Child pages with CANCER in the title**

*This list is automatically updated*

Items found: 15

Title	Modified
<a href="#">Childhood Cancers - Vitamin D can help - many studies</a>	20 Jan, 2024
<a href="#">Childhood Cancer Survivors have worse arteries due to anticancer therapy – May 2023</a>	30 May, 2023
<a href="#">Cancer in children (Leukemia) more likely to recur if 20-30 ng of vitamin D – Nov 2022</a>	25 Nov, 2022
<a href="#">Cancer during childhood - many studies</a>	25 Nov, 2022
<a href="#">Poor prognosis of solid childhood cancers 14.7 X more likely with a poor Vitamin D Receptor – July 2022</a>	27 Jul, 2022



Title	Modified
<a href="#">Newly diagnosed Children with Cancer have low vitamin D, especially if black - May 2022</a>	15 Jun, 2022
<a href="#">Cancer of the eye in children: most of the risk factors are associated with low vitamin D – July 2021</a>	26 Dec, 2021
<a href="#">Childhood cancers – give Vitamin D loading dose if low – Oct 2021</a>	27 Oct, 2021
<a href="#">Children's Cancer hospital now testing vitamin D frequently and supplementing weekly – July 2021</a>	21 Jul, 2021
<a href="#">Consensus recommends at least 20 ng of Vitamin D for childhood cancer (not nearly enough) – June 2021</a>	08 Jun, 2021
<a href="#">Childhood Cancer survivors – only 1 in 25 had consumed Vitamin D RDA – Oct 2019</a>	22 Oct, 2019
<a href="#">Children with cancer were deficient in Vitamin D, Vitamin C, and Zinc – July 2019</a>	10 Jul, 2019
<a href="#">Childhood cancer survivors have increased chronic health problems as adults – Sept 2017</a>	13 Oct, 2017
<a href="#">Children with Cancer were 3X more likely to be vitamin D deficient – July 2013</a>	05 Jan, 2014
<a href="#">Vitamin D levels very low for some childhood cancers, then got lower – Sept 2012</a>	29 Sep, 2012

## 259 **Cancer – Breast** items

which includes

- [Overview Breast Cancer and Vitamin D](#)
- [Breast Cancer treatment – Vitamin D was the most-popular supplement – Jan 2023](#)
- [Breast Cancer survivors with high vitamin D were 3.3 X less likely to have metastases – May 2023](#)
- [Breast Cancer risk - meta-analysis of 50 studies - Dec 2019](#)
- [Breast Cancer chance decreased 16 percent for every extra ng of vitamin D – Jan 2013](#)
- [Breast Cancer Mortality reduced 60 percent if more than 60 ng of Vitamin D – meta-analysis June 2017](#)
- [Vitamin D reduced Breast Cancer mortality in 9 out of 9 studies, yet still no consensus – April 2019](#)
- [Breast cancer associated with Vitamin D Receptor \(14th study\) – Oct 2019](#)

## 145 **Cancer – Colon** items

which includes

- [Overview Cancer-Colon and vitamin D](#)
- [Colorectal cancer 25 percent less likely if good level of Vitamin D – 20th meta-analysis – June 2021](#)
- [Colon cancer risk increases 30X if you have the worst vitamin D receptor mutation – Jan 2021](#)
- [Early-Onset Colorectal Cancer 2X less likely if consume more than 450 IU of Vitamin D daily – Aug 2021](#)
- [Death from Colon Cancer 8 X less likely if good level of vitamin D – Nov 2018](#)

## 103 **Cancer - Prostate** items

which includes

- [Overview Prostate Cancer and Vitamin D](#)
- [Prostate cancer patients in Jamaica were 5X more likely to die of PC if low vitamin D - Sept 2022](#)
- [Prostate Cancer PSA reduced by 60 ng of Vitamin D, Vitamin B complex, Omega-3, Curcumin and diet – June 2021](#)
- [Reduce Prostate Cancer Risk: 1.3 X if eat specific plants, 1.7X if add Vitamin D](#)
- [BPH \(PSA\) decreased by Vitamin D \(50,000 IU bi-weekly\) – RCT Nov 2020](#)
- [Prostate cancer risk cut in half by consuming Boron-rich food or water](#)
- [Men with High Omega-3 ratio 3 times less likely to have high grade prostate cancer – July 2019](#)
- [Vitamin D, Sunlight, and the Epidemiology of Prostate Cancer – Jan 2013](#)
- [Advanced prostate cancer 2X more likely if low vitamin D – Sept 2012](#)
- [Prostate cancer reduced when 4000 IU vitamin D was added– Hollis RCT April 2015](#)

## 58 [Cancer - Pancreatic](#) items

### which include

- [People consuming more Vitamin K1 were 40 percent less likely to get Pancreatic Cancer – Oct 2021](#)
- [Pancreatic Cancer – live a year longer if have high vitamin D and good Vitamin D Receptor – Aug 2018](#)
- [Pancreatic Cancer risk increased 24 percent for every 100 mg less of Magnesium intake – Dec 2015](#)
- [Pancreatic cancer 55 percent less likely if optimal vitamin D \(vs low\) – Nov 2017](#)
- [Restoring vitamin D levels to Pancreatic patients required up to 20000 IU daily – May 2012](#)
- [Far fewer Pancreatic Cancer deaths at stage III and IV with more than 20 ng vitamin D – Sept 2013](#)
- [Pancreatic Cancer massively deregulates the local Vitamin D receptors and CPY24A1 – July 2014](#)
- [Pancreatic cancer 30 percent less likely in Australians who got lots of UVB \(vitamin D\) – Dec 2013](#)

## 55 [Cancer – Lung](#) items

### which includes

- [Overview Lung cancer and vitamin D](#)
- [Lung Cancer death 40 percent less likely if high level of Vitamin D – meta-analysis Nov 2020](#)
- [Smoking reduces vitamin D - many studies](#)
- [Lung Cancer is up to 7 X more deadly if poor vitamin D genes – Oct 2021](#)
- [Lung and Vitamin D – Special Issue Dec 2011](#)
- [Vitamin A may hinder vitamin D benefits associated with Lung Cancer – July 2013](#)
- [Lung Cancer risk decreases 5 percent for every 2.5 nanogram increase in Vitamin D – meta-analysis Sept 2015](#)
- [Low vitamin D strongly related to death due to tobacco cancer, but not others – March 2013](#)

## 113 [Cancer – After](#) items

### which includes

- [Radiation therapy, used to treat some cancers, causes less damage if use Vitamin D \(or Melatonin\) – Aug 2022](#)
- [Even after a Cancer diagnosis Vitamin D improves survival – meta-analysis Aug 2022](#)
- [Vitamin D is synergistic with many Cancer therapies \(radiation in this case\) – Aug 2021](#)
- [Vitamin D prevents and treats cancer in many ways – May 2021](#)
- [Cancer patients in ICU with low vitamin D were 3.4 X more likely to die within a year – Dec 2020](#)
- [Cancer deaths of senior women 60 percent more likely if low Vitamin D – March 2015](#)
- [3X less pelvic inflammation from cancer radiation if high level of vitamin D – Feb 2015](#)

## 121 [Cancer – Skin](#) items

### which includes

- [Overview Suntan, melanoma and vitamin D](#)
- [Melanoma might be suppressed by Vitamin D - many studies](#)
- [Cancers reduced by Vitamin D \(Skin cancer in this review\) – Dec 2022](#)
- [Skin Cancer \(SCC\) minimized if get sun time around noon – Nov 2015](#)  
Higher UVB to UVA ratio in the middle of the day
- [Alzheimer disease 5X less likely with nonmelanoma skin cancer \(lots of vitamin D\) – May 2013](#)
- [18X increased destruction of skin cancers if active vitamin D added to photodynamic therapy \(mice\) – March 2015](#)

## 26 [Cancer – Lymphoma](#) items

### which includes



- [Non-Hodgkin's lymphoma associated with poor Vitamin D receptor – Feb 2021](#)
- [Lymphoma, leukemia etc, survival poor if low vitamin D – meta-analysis March 2015](#)
- [Cancer \(colon, breast, lymph\) survival about 2X better with high level vitamin D – meta-analysis July 2014](#)

## 295 [Cancer – General items](#)

### which includes

- [Cancer and Vitamin D - many studies](#)
- [Vitamin D fortification in Europe preventing 27,000 Cancer deaths, could prevent 129,000 – May 2022](#)
- [13 Cancers are helped by Vitamin D – Biobank July 2023](#)
- [2X increase of 14 cancers in non-seniors in 20 years \(low vitamin D\) – Sept 2022](#)
- [Only 1 in 7 cancers are found by screening \(but 2 in 7 are prevented by Vitamin D\) – Dec 2022](#)
- [COVID, Cancer, etc. are Vitamin D low-hanging-fruit – Editorial June 2022](#)
- [Cancer survival 4 percent more likely with just a little more vitamin D \(4 ng\) - meta-analysis July 2014](#)
- [Death of women from cancer 24% less likely if 20 ng more vitamin D – meta-analysis Sept 2013](#)  
Strong hint as to why Vitamin D prevents and treats so many different types of cancer
- [Less Solar Radiation was associated with more Cancer - 1941](#)

## 37+ [VitaminDWiki Mortality pages have CANCER in the title](#)

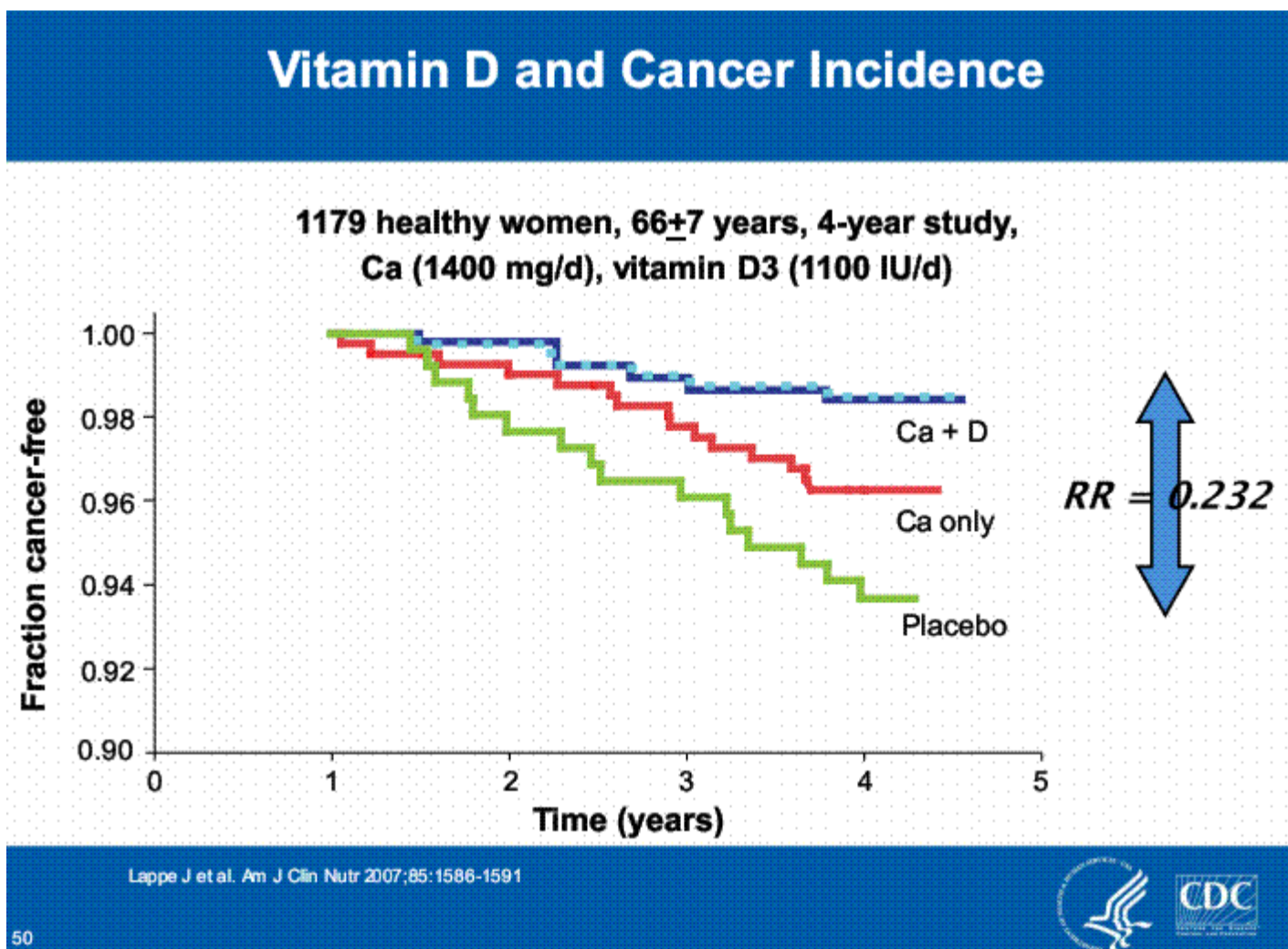
*The list is automatically updated*

Items found: 39

Title	Modified
<a href="#">Pancreatic cancer mortality 28% more likely if low vitamin D – meta-analysis Jan 2024</a>	28 Nov, 2024
<a href="#">3 Cancers have higher mortality if high PTH (which can be lowered by Vitamin D) - Aug 2024</a>	15 Aug, 2024
<a href="#">Fewer deaths (All-cause, Cardiovascular, Cancer) when Vitamin D levels are above 36 ng – April 2024</a>	01 May, 2024
<a href="#">People with Cancer having more than 30 ng of Vitamin D are 40% less likely to die (of any cause) – Nov 2023</a>	23 Nov, 2023
<a href="#">Death of women from cancer 24% less likely if 20 ng more vitamin D – meta-analysis Sept 2013</a>	31 Jul, 2023
<a href="#">Cancer incidence or mortality not changed by small Vitamin D doses: 2021-2023</a>	01 May, 2023
<a href="#">Prostate Cancer death 40 percent less likely if 40 ng level of vitamin D – Meta-analysis Oct 2018</a>	30 Apr, 2023
<a href="#">Cancer mortality reduced 40 pcnt by 2000 IU Vitamin D daily if normal weight – Meta-analysis June 2022</a>	03 Jul, 2022
<a href="#">Cancer incidence and death reduced by both Vitamin D and UVB – Grant Oct 2021</a>	15 Oct, 2021
<a href="#">Cancer mortality not reduced by small vitamin D doses - Sept 2021</a>	21 Sep, 2021
<a href="#">Cancer death (non-skin) 2.3 X more likely if low Vitamin D – Aug 2021</a>	17 Aug, 2021
<a href="#">Deaths after Cancer Surgery higher in blacks (probably low vitamin D) – Dec 2020</a>	10 Jan, 2021
<a href="#">Cancer patients in ICU with low vitamin D were 3.4 X more likely to die within a year – Dec 2020</a>	31 Dec, 2020
<a href="#">Deaths from many types of Cancer associated with low vitamin D- review of meta-analyses Sept 2020</a>	09 Nov, 2020
<a href="#">Cancer is leading cause of death - Vitamin D and Receptor activators help</a>	09 Nov, 2019
<a href="#">Mortality increased: 4X Cancer, 5X Diabetes if eat a lot of meat protein – March 2014</a>	08 Nov, 2019
<a href="#">Vitamin D Supplements Reduce Cancer Mortality – Greger Sept 2019</a>	10 Sep, 2019
<a href="#">Cancer with low Vitamin D increases Mortality by 13 percent – meta-analysis Feb 2019</a>	04 Jul, 2019
<a href="#">People supplemented with Vitamin D had 13 percent fewer Cancer deaths – Meta-analysis of RCT June 2019</a>	04 Jul, 2019
<a href="#">Cancer incidence and mortality is decreased if 40-60 ng of Vitamin D – April 2019</a>	06 May, 2019
<a href="#">Vitamin D reduced Breast Cancer mortality in 9 out of 9 studies, yet still no consensus – April 2019</a>	12 Apr, 2019
<a href="#">Cancer patients 64% less likely to die if have high level of vitamin D – Dec 2011</a>	25 Nov, 2018

Title	Modified
<a href="#">Vitamin D reduces the risk of Breast Cancer, improves treatment, and improves survival</a>	09 Sep, 2018
<a href="#">The "Deadly Breast Cancer Gene" Is A Myth, Lancet Study Confirms – Jan 2018</a>	13 Jan, 2018
<a href="#">Lung Cancer death 60 percent less likely if high level of vitamin D – 2 meta-analysis 2017</a>	28 Dec, 2017
<a href="#">Breast Cancer Mortality reduced 60 percent if more than 60 ng of Vitamin D – meta-analysis June 2017</a>	13 Jun, 2017
<a href="#">Death after Breast Cancer 2 times less likely if take lots of Magnesium – Dec 2015</a>	15 Jun, 2016
<a href="#">Fewer heart attacks, hip fractures and deaths if more skin cancer – Sept 2013</a>	09 Nov, 2014
<a href="#">Colorectal and Breast Cancer – Vitamin D is associated with fewer deaths – meta-analysis Feb 2014</a>	30 Sep, 2014
<a href="#">Cancer incidence not reduced by 1100 IU of vitamin D (proven again) but mortality decreased – June 2014</a>	17 Jun, 2014
<a href="#">Cancer survival 4 percent more likely with just a little more vitamin D (4 ng) - meta-analysis July 2014</a>	12 May, 2014
<a href="#">More survive Breast Cancer if more vitamin D – 2X fewer deaths with just 30 ng -meta-analysis March 2014</a>	08 May, 2014
<a href="#">Death due to breast cancer reduced 40 percent if high vitamin D – meta-analysis April 2014</a>	08 Apr, 2014
<a href="#">Breast Cancer survival 2X more likely if vitamin D sufficient – meta-analysis May 2013</a>	06 Mar, 2014
<a href="#">Vitamin D and Cancer Mortality – review Jan 2013</a>	17 Sep, 2013
<a href="#">Mortality and Cancer varies with latitude in France too – 2010</a>	26 Oct, 2012
<a href="#">More US deaths due to cancer than heart if dark skinned – Sept 2012</a>	18 Sep, 2012
<a href="#">Lack of solar UVB in US is associated with some Cancers - 2006</a>	28 Dec, 2011
<a href="#">Solar radiation, vitamin D and cancer incidence and mortality in Norway</a>	12 Apr, 2010

Following graph from the [CDC August 2010](#)



[CLICK HERE](#) for Original study by Lappe - 2007

[41 minutes good video of Lappe explaining the trial](#)

in which she mentions the next 5-year trial underway with 2,000 IU of vitamin D

#### Breast Cancer details from the study

For years 2-4

Placebo: 8 Breast Cancers out of 266 women

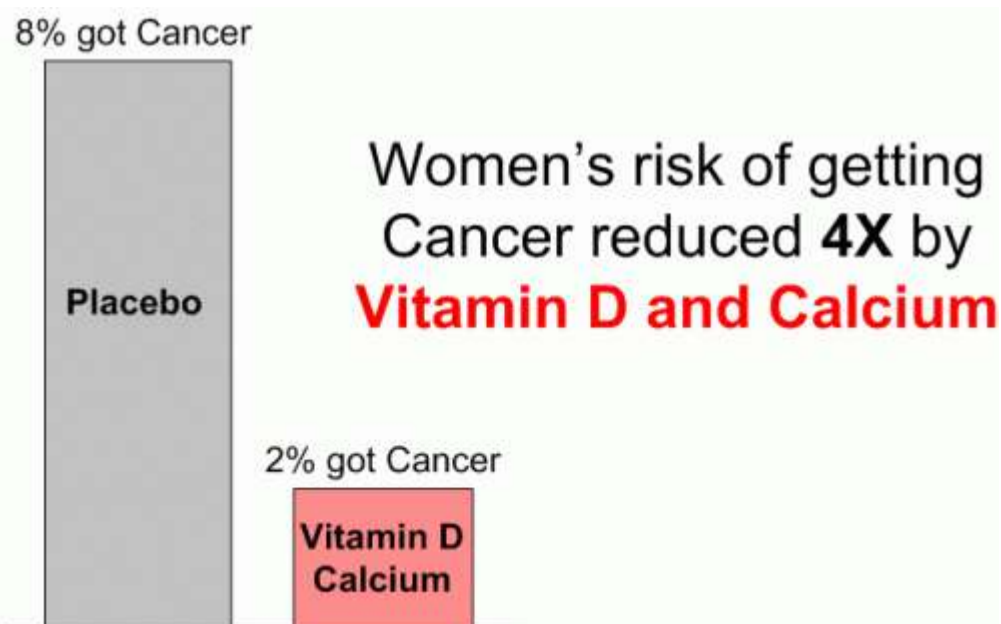
1100 IU vitamin D + Calcium 4 Breast Cancers out of 403 women

That is 8/266 ==> 4/403 with vitamin D

So roughly 3% ==> 1% with 1100 IU of vitamin D

about a 3X reduction for Breast Cancer(vs 4X reduction for all Cancers)

[CLICK HERE](#) for Lappe -2011 slide description of the original study



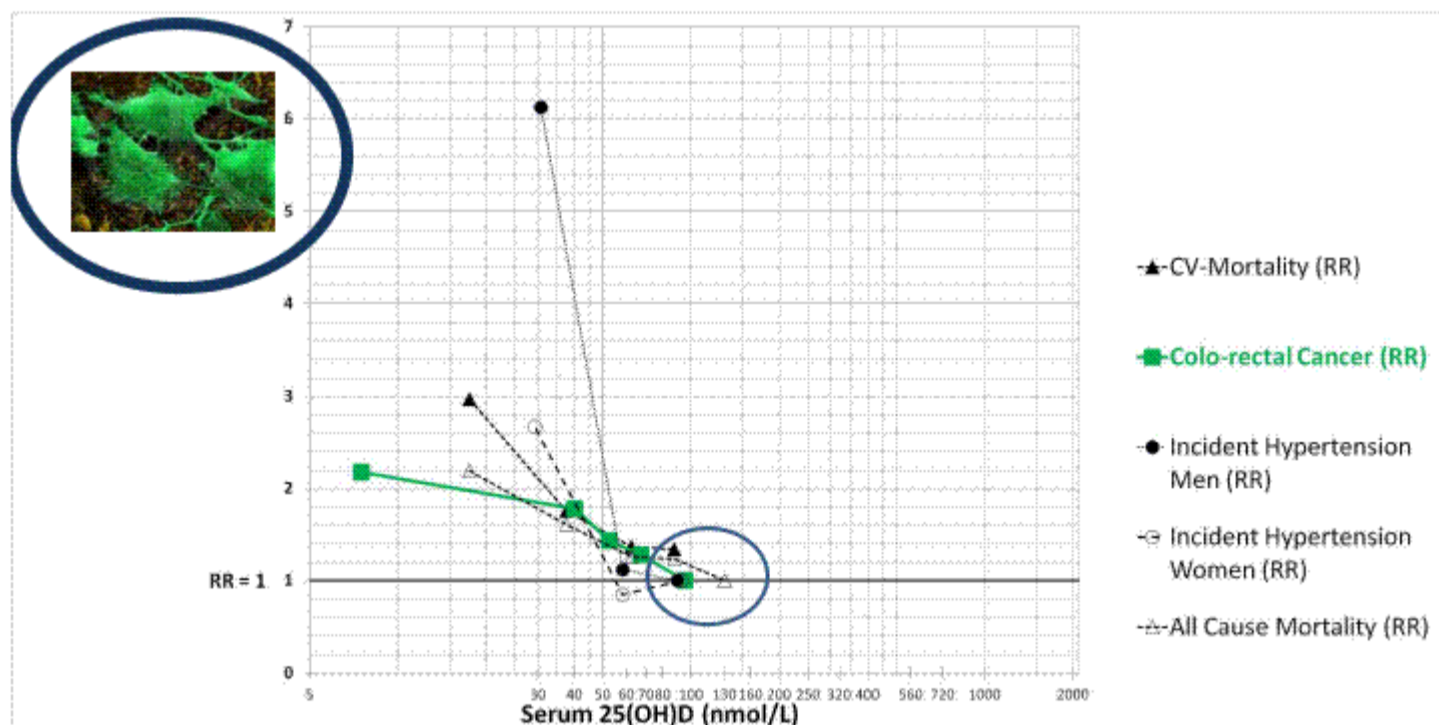
5 year trial started with 1179 Women: 67 years old - avg.

Daily: Placebo or 1100 IU vitamin D3 +1400 mg. Calcium

Lappe-2007 and other Cancers: <http://is.gd/dcancer>

### Colon Cancer Chart: Vitamin D > 40ng is good

#### Large Cohort Studies: Optimal Vitamin D Levels for colo-rectal cancer

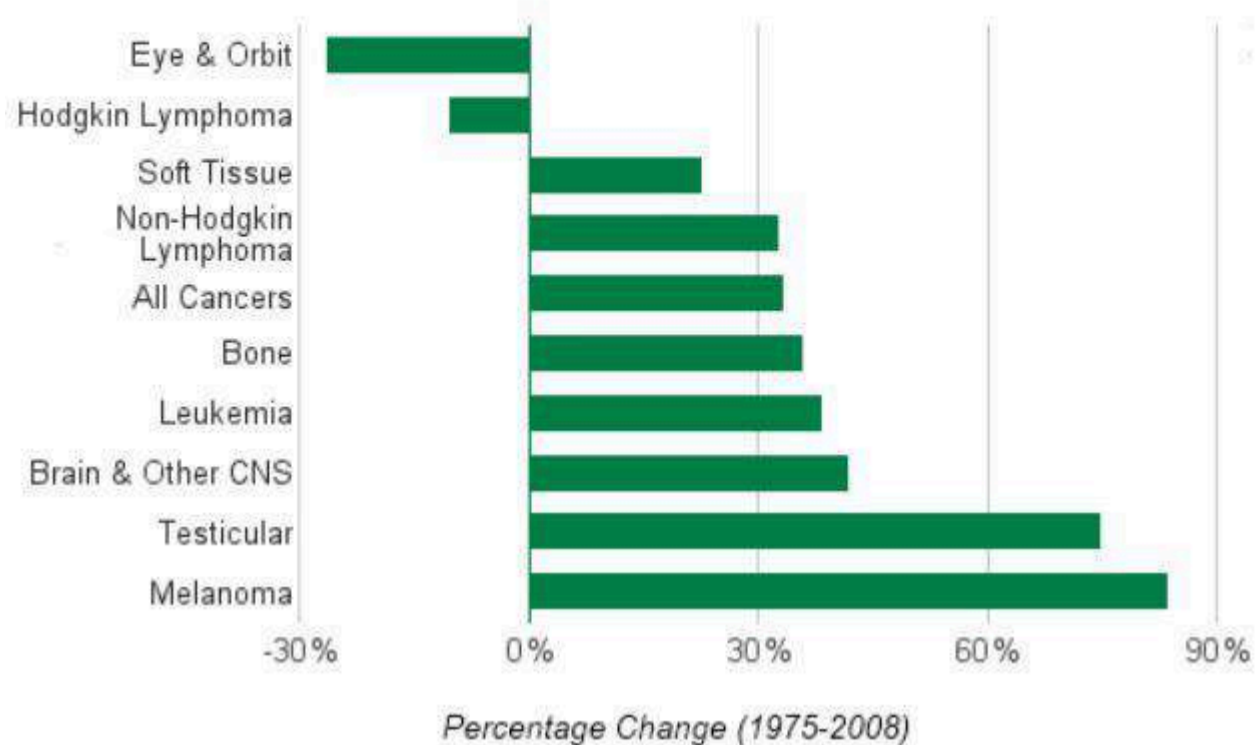


**Colorectal cancer: Goreham ED (a quantitative meta-analysis of 5 studies; Am J Prev. Med. 2007**

*Bischoff-Ferrari HA, Shao A, Dawson-Hughes B, Giovannucci E, Willett WC; Benefit-Risk Assessment of Vitamin D; Osteoporosis International 2009*

### Increase in Childhood Cancer in recent decades

## Change In Rates Of Selected Cancers From 1975 To 2008 Individuals Aged 0-19 Years, USA

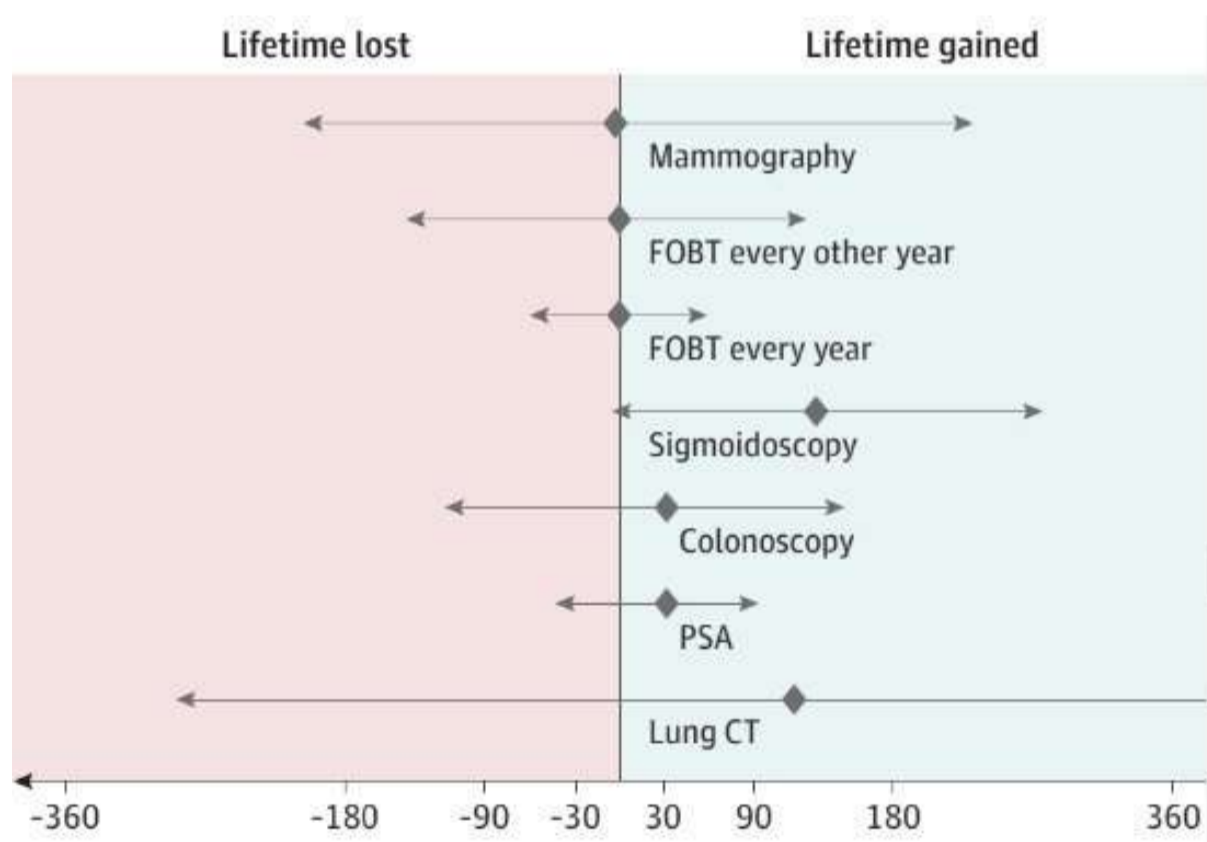


## Cancer Screening Doesn't Save Lives, 2 Meta-Analyses 2015, 2023

[Cancer Screening Doesn't Save Lives, Meta-Study Reveals](#)

The huge problem of false positives/overdiagnosis GreenMedInfo Jan 2015

- Estimated Lifetime Gained With Cancer Screening Tests: A Meta-Analysis of Randomized Clinical Trials - Sept 2015 - doi: 10.1001/jamainternmed.2023.3798
  - "Conclusions and relevance: The findings of this meta-analysis suggest that current evidence does not substantiate the claim that common cancer screening tests save lives by extending lifetime, except possibly for colorectal cancer screening with sigmoidoscopy."
  - [Can be read at DeepDyve](#)



## The Impact of Vitamin D in Cancer - book chapter - 2017

[Download the PDF from VitaminDWiki](#)

## Alternative therapies have worse outcomes when cancer therapy is ignored - July 2018

### Complementary Medicine, Refusal of Conventional Cancer Therapy, and Survival Among Patients With Curable Cancers

Skyler B. Johnson, MD<sup>1</sup>; Henry S. Park, MD, MPH<sup>1</sup>; Cary P. Gross, MD<sup>2</sup>; et al James B. Yu, MD, MHS<sup>1,2</sup>

JAMA Oncol. Published online July 19, 2018. doi:10.1001/jamaoncol.2018.2487

[Download the PDF from VitaminDWiki](#)



**"Vitamin D" does not occur once in the study**

**Note: The study only looks at**

**Cancer treatment, not prevention**

**Cancer mortality, not cancer survival**

## **Cancer Treatment 101: A Primer for Non-Oncologists - Aug 2024 (nothing about vitamin D)**

[MedScape](#)

### **Cancer Factoids from The Body, by Bill Bryson, 2019**

- They (Cancers) have evolved to avoid detection," says Vormoor. "They can hide from drugs. They can develop resistance. (VitaminDWiki also believes that many have also learned to hide.
- Something we have only recently realized is that before cancers metastasize, they are able to prepare the ground for an invasion in distant target organs, probably through some form of chemical signaling. "What this means," Vormoor says, "is that when cancer cells spread to other organs, they don't just turn up and hope for the best. They already have a base camp.
- Viruses and bacteria cause cancers, too. The World Health Organization 2011 estimated that 6 percent of cancers in the developed world but 22 percent in low- and middle-income countries are attributable to viruses alone.
- A significant fraction of childhood cancer deaths come not from the cancer itself but from the treatments for it.

### **Aloe appears to help with Cancer chemo and radiation therapy - Greger - July 2022**

#### [Aloe Is Put to the Test Against Cancer](#)

Also mentions Aloe treating eye cancer in an individual - without any surgery or other treatment.

Note: The wife of the founder of VitaminDWiki used several aloe plants to treat her Breast Cancer radiation therapy burns about 20 years ago.

### **Cancer Incidence in Men and Women, and Vitamin D ( 2022)**

Cancer	Men	Women	Vitamin D
Bladder	1 in 26	1 in 86	<a href="#">D</a>
Colorectal	1 in 24	1 in 25	<a href="#">D</a>
Lung	1 in 16	1 in 17	<a href="#">D</a>
Melanoma	1 in 27	1 in 40	<a href="#">D</a>
Pancreatic	1 in 49	1 in 61	<a href="#">D</a>
Prostate	1 in 8	-	<a href="#">D</a>
Breast	-	1 in 8	<a href="#">D</a>
Uterine	-	1 in 32	
Thyroid	?	1 in 55	<a href="#">D</a>
Ovarian	-	1 in 85	<a href="#">D</a>

TinyURL for this page = <http://is.gd/dcancer>

The original document is available at <https://vitamindwiki.com/Overview+Cancer+and+vitamin+D>

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# Cancer

## see also

- [Cancer 295 items Overview Cancer and vitamin D](#)
- [Cancer and Vitamin D - many studies](#)
- [After Cancer Diagnosis 113 items](#)
- [Bladder Cancer 28 items](#)
- [Breast Cancer 259 items Overview Breast Cancer and Vitamin D](#)
- [Colon Cancer 145 items Overview Cancer-Colon and vitamin D](#)
- [Leukemia 19 items](#)
- [Liver Cancer 17 items](#)
- [Lung Cancer 55 items Overview Lung cancer and vitamin D](#)
- [Lymphoma Cancer 26 items](#)
- [Other Cancer 66 items](#)
- [Ovarian Cancer 26 items](#)
- [Pancreatic Cancer 58 items](#)
- [Prostate Cancer 103 items Overview Prostate Cancer and Vitamin D](#)
- [Skin Cancer 121 items Overview Suntan, melanoma and vitamin D](#)
- [Childhood Cancers - Vitamin D can help - many studies](#)
- [Easiest way to treat cancer – take Vitamin D – Nov 2022](#)
- [13 Cancers are helped by Vitamin D – Biobank July 2023](#)
- [2X increase of 14 cancers in non-seniors in 20 years \(low vitamin D\) – Sept 2022](#)
- [Vitamin D prevents and treats cancer in many ways – May 2021](#)
- [Those with recent cancer diagnosis had 7X increased risk of COVID-19 \(more if A-A\)- Dec 2020](#)
- [Deaths from many types of Cancer associated with low vitamin D- review of meta-analyses Sept 2020](#)
- [Cancer incidence and mortality is decreased if 40-60 ng of Vitamin D – April 2019](#)
- [8 ways that Cancer might be prevented by Vitamin D - June 2019](#)
- [Cancer stem cells and Vitamin D - many studies](#)
- [Vitamin D Reduces Cancer Risk - Why Scientists Accept It but Physicians Do Not - Feb 2019](#)
- [Overview of Vitamin D Actions in Cancer – 31 page chapter in a book – 2018](#)
- [Vitamin D prevents breast cancer, reduces BC mortality, and reduces BC chemotherapy problems – Sept 2018](#)
- [Diagnosed with breast cancer – take vitamin D to cut chance of death by half – July 2018](#)
- [Melanoma 25 X more likely if low vitamin D – Feb 2018](#)
- [Better Cancer survival if higher vitamin D a decade earlier \(esp. Melanoma, Kidney, Prostate\)– Aug 2018](#)

## Cancers get less Vitamin D when there is a poor [Vitamin D Receptor](#)

- [Vitamin D Receptor pages in VitaminDWiki with CANCER in title 86 as of July 2023](#)
- [Cancer and the Vitamin D Receptor, a primer – Sept 2017](#)
- [Vitamin D Receptor \(Cancers OR Viruses\) - many studies](#)
- [Risk of Cancer increased if poor Vitamin D Receptor – meta-analysis of 73 studies Jan 2016](#)
- Cancer (general) and VDR **23 articles**
- Breast Cancer and VDR **24 articles**
- Colon Cancer and VDR **13 articles**
- Prostate Cancer and VDR **7 articles**
- Skin Cancer and VDR **10 articles**
  - ***Note some Health problems, such as some Cancers, protect themselves by actively reducing Receptor activation***

## 39+ VitaminDWiki Mortality pages have CANCER in the title

*This list is automatically updated*

Items found: 39

<b>Title</b>	<b>Modified</b>
<a href="#">Pancreatic cancer mortality 28% more likely if low vitamin D – meta-analysis Jan 2024</a>	28 Nov, 2024
<a href="#">3 Cancers have higher mortality if high PTH (which can be lowered by Vitamin D) - Aug 2024</a>	15 Aug, 2024
<a href="#">Fewer deaths (All-cause, Cardiovascular, Cancer) when Vitamin D levels are above 36 ng – April 2024</a>	01 May, 2024
<a href="#">People with Cancer having more than 30 ng of Vitamin D are 40% less likely to die (of any cause) – Nov 2023</a>	23 Nov, 2023
<a href="#">Death of women from cancer 24% less likely if 20 ng more vitamin D – meta-analysis Sept 2013</a>	31 Jul, 2023
<a href="#">Cancer incidence or mortality not changed by small Vitamin D doses: 2021-2023</a>	01 May, 2023
<a href="#">Prostate Cancer death 40 percent less likely if 40 ng level of vitamin D – Meta-analysis Oct 2018</a>	30 Apr, 2023
<a href="#">Cancer mortality reduced 40 pcnt by 2000 IU Vitamin D daily if normal weight – Meta-analysis June 2022</a>	03 Jul, 2022
<a href="#">Cancer incidence and death reduced by both Vitamin D and UVB – Grant Oct 2021</a>	15 Oct, 2021
<a href="#">Cancer mortality not reduced by small vitamin D doses - Sept 2021</a>	21 Sep, 2021
<a href="#">Cancer death (non-skin) 2.3 X more likely if low Vitamin D – Aug 2021</a>	17 Aug, 2021
<a href="#">Deaths after Cancer Surgery higher in blacks (probably low vitamin D) – Dec 2020</a>	10 Jan, 2021
<a href="#">Cancer patients in ICU with low vitamin D were 3.4 X more likely to die within a year – Dec 2020</a>	31 Dec, 2020
<a href="#">Deaths from many types of Cancer associated with low vitamin D- review of meta-analyses Sept 2020</a>	09 Nov, 2020
<a href="#">Cancer is leading cause of death - Vitamin D and Receptor activators help</a>	09 Nov, 2019
<a href="#">Mortality increased: 4X Cancer, 5X Diabetes if eat a lot of meat protein – March 2014</a>	08 Nov, 2019
<a href="#">Vitamin D Supplements Reduce Cancer Mortality – Greger Sept 2019</a>	10 Sep, 2019
<a href="#">Cancer with low Vitamin D increases Mortality by 13 percent – meta-analysis Feb 2019</a>	04 Jul, 2019
<a href="#">People supplemented with Vitamin D had 13 percent fewer Cancer deaths – Meta-analysis of RCT June 2019</a>	04 Jul, 2019
<a href="#">Cancer incidence and mortality is decreased if 40-60 ng of Vitamin D – April 2019</a>	06 May, 2019
<a href="#">Vitamin D reduced Breast Cancer mortality in 9 out of 9 studies, yet still no consensus – April 2019</a>	12 Apr, 2019
<a href="#">Cancer patients 64% less likely to die if have high level of vitamin D – Dec 2011</a>	25 Nov, 2018
<a href="#">Vitamin D reduces the risk of Breast Cancer, improves treatment, and improves survival</a>	09 Sep, 2018
<a href="#">The “Deadly Breast Cancer Gene” Is A Myth, Lancet Study Confirms – Jan 2018</a>	13 Jan, 2018
<a href="#">Lung Cancer death 60 percent less likely if high level of vitamin D – 2 meta-analysis 2017</a>	28 Dec, 2017
<a href="#">Breast Cancer Mortality reduced 60 percent if more than 60 ng of Vitamin D – meta-analysis June 2017</a>	13 Jun, 2017
<a href="#">Death after Breast Cancer 2 times less likely if take lots of Magnesium – Dec 2015</a>	15 Jun, 2016
<a href="#">Fewer heart attacks, hip fractures and deaths if more skin cancer – Sept 2013</a>	09 Nov, 2014
<a href="#">Colorectal and Breast Cancer – Vitamin D is associated with fewer deaths – meta-analysis Feb 2014</a>	30 Sep, 2014
<a href="#">Cancer incidence not reduced by 1100 IU of vitamin D (proven again) but mortality decreased – June 2014</a>	17 Jun, 2014
<a href="#">Cancer survival 4 percent more likely with just a little more vitamin D (4 ng) - meta-analysis July 2014</a>	12 May, 2014
<a href="#">More survive Breast Cancer if more vitamin D – 2X fewer deaths with just 30 ng -meta-analysis March 2014</a>	08 May, 2014
<a href="#">Death due to breast cancer reduced 40 percent if high vitamin D – meta-analysis April 2014</a>	08 Apr, 2014
<a href="#">Breast Cancer survival 2X more likely if vitamin D sufficient – meta-analysis May 2013</a>	06 Mar, 2014
<a href="#">Vitamin D and Cancer Mortality – review Jan 2013</a>	17 Sep, 2013
<a href="#">Mortality and Cancer varies with latitude in France too – 2010</a>	26 Oct, 2012
<a href="#">More US deaths due to cancer than heart if dark skinned – Sept 2012</a>	18 Sep, 2012
<a href="#">Lack of solar UVB in US is associated with some Cancers - 2006</a>	28 Dec, 2011
<a href="#">Solar radiation, vitamin D and cancer incidence and mortality in Norway</a>	12 Apr, 2010



20 Most-visited pages in Cancer (general) category in VitaminDWiki

Id	Page	Hits	Last modification
<a href="#">12600</a>	<a href="#">Cancer during childhood - many studies</a>	171184	25 Nov, 2022 08:11
<a href="#">14802</a>	<a href="#">Much more likely to survive cancer if more than 20 ng of Vitamin D - Oct 2023</a>	140216	31 Oct, 2023 13:58
<a href="#">931</a>	<a href="#">Overview Cancer and vitamin D</a>	133363	29 Dec, 2024 13:25
<a href="#">14713</a>	<a href="#">Multiple COVID vaccinations might increase Cancer Incidence - many studies</a>	125661	01 Nov, 2024 17:35
<a href="#">7430</a>	<a href="#">Cancer risk reduced 65 percent by vitamin D levels greater than 40 nanograms - April 2016</a>	67441	31 Dec, 2022 11:58
<a href="#">3389</a>	<a href="#">Cancer</a>	59834	29 Dec, 2024 13:28
<a href="#">62</a>	<a href="#">Vitamin D decreases incidence of disease</a>	45513	24 Aug, 2018 16:29
<a href="#">14988</a>	<a href="#">Childhood Cancers - Vitamin D can help - many studies</a>	29963	20 Jan, 2024 10:44
<a href="#">15180</a>	<a href="#">Magnesium and Cancer - many studies</a>	28982	18 Oct, 2024 16:56
<a href="#">847</a>	<a href="#">How I Treat Vitamin D Deficiency - for Cancer Mar 2010</a>	28717	17 Mar, 2012 03:42
<a href="#">5322</a>	<a href="#">Cancer survival 4 percent more likely with just a little more vitamin D (4 ng) - meta-analysis July 2014</a>	23270	06 Aug, 2024 10:17
<a href="#">12334</a>	<a href="#">26 health factors increase the risk of COVID-19 – all are proxies for low vitamin D</a>	22691	02 Feb, 2024 05:29
<a href="#">5796</a>	<a href="#">Obesity increases Cancer - perhaps due to low vitamin D - many articles</a>	22365	13 Nov, 2023 08:36
<a href="#">3910</a>	<a href="#">Low vitamin D strongly related to death due to tobacco cancer, but not others - March 2013</a>	19135	24 Jan, 2015 09:42
<a href="#">4983</a>	<a href="#">Vitamin D Receptor role in Autoimmune Diseases and or cancers – Nov 2013</a>	19112	04 Oct, 2021 06:19
<a href="#">2248</a>	<a href="#">Possible ways that vitamin D does its magic</a>	18900	03 Jun, 2014 13:45
<a href="#">9707</a>	<a href="#">Embrace the Sun – benefits of the sun (Nitric Oxide etc.) – book June 2018</a>	18678	05 Aug, 2024 02:40
<a href="#">3842</a>	<a href="#">Vitamin D increasingly associated with inflammation such as RA, TB, Lupus, and cancer – March 2013</a>	18245	13 Jul, 2013 11:41
<a href="#">1504</a>	<a href="#">Vitamin D and Prevention of Cancer — Is it ready for Prime Time – March 2011</a>	14384	26 Mar, 2011 09:45
<a href="#">5830</a>	<a href="#">Cancer, Sunlight, and Vitamin D - Holick Oct 2014</a>	14241	05 Oct, 2014 18:35

Select action to perform with checked... x ▼ **OK**

Here are all 295 of the articles

wiki page:

- [Vitamins fight cancer: 9 of the 10 most cited studies were for Vitamin D - Dec 2024](#)
- [Vitamin D Roles - more than just help the immune system](#)
- [Vitamin D for all senior Germans would cost-effectively prevent 30,000 cancer deaths annually - March 2021](#)
- [Obese person with a cancer is 1.7 X higher risk of subsequent Kidney Cancer \(low vitamin D\) - Oct 2024](#)
- [Cancer prevention starts with 30 ng of Vitamin D – Sept 2024](#)
- [Incidence of many cancers increased 1.5 X in a generation – June 2024](#)
- [Vitamin D might be fighting some cancers by increasing good microbiota – May 2024](#)
- [Cancers take years to develop, but already have 36 COVID vaccination suspected cancers - May 2024](#)
- [Cancers are prevented by Vitamins D etc \(Gynecological Cancer in this case\) – May 2024](#)
- [Fewer deaths \(All-cause, Cardiovascular, Cancer\) when Vitamin D levels are above 36 ng – April 2024](#)
- [More Evidence Showing Vitamin D Combats Cancer - Mercola May 2024](#)
- [23 Cancers in the US are associated with low UVB - Grant April 2024](#)
- [Vitamin D can be inside of a “trojan horse” nanoball made of folate, Cancer cells attract folate – April 2024](#)

- [Keytruda \(175,000 dollars per year\) fights some cancers, Vitamin D reduces how much Keytruda is needed](#)
- [Magnesium and Cancer - many studies](#)
- [The Science of Magnesium and Its Role in Aging and Disease - Patrick March 2024](#)
- [Most Common Cancers per country](#)
- [Increased risk of early-onset Solid Cancer if family member had one: 7.3X if black, 3 X if white – June 2021](#)
- [30% increase in early-onset cancers expected in a decade – March 2023](#)
- [Calcium often reduces the risk of health problems such as Colorectal Cancer – March 2024](#)
- [Vitamin D: Viral infections, Infectious diseases, EBV and MS, Virus and Cancers – Grant March 2024](#)
- [Predicted US Cancer statistics for 2024 - Feb 2024](#)
- [Vitamin D and Cancer - Jan 2024](#)
- [Vitamin D and Cancer \(portions of a book chapter\) - Jan 2024](#)
- [Childhood Cancers - Vitamin D can help - many studies](#)
- [79% increase in cancer under age 50 in 3 decades - Sept 2023](#)
- [People with Cancer having more than 30 ng of Vitamin D are 40% less likely to die \(of any cause\) – Nov 2023](#)
- [Cancers reduced after 2 years of 2000 IU Vitamin D daily \(2nd RCT\) – RCT Aug](#)
- [Much more likely to survive cancer if more than 20 ng of Vitamin D - Oct 2023](#)
- [Cancer Metabolism might be fought by many things – such as vitamin D – Oct 2023](#)
- [Multiple COVID vaccinations might increase Cancer Incidence - many studies](#)
- [Vitamin D fortification in Europe preventing 27,000 Cancer deaths, could prevent 129,000 – May 2022](#)
- [Vitamin D restricts new capillary growth \(angiogenesis\) in fat and cancers](#)
- [13 Cancers are helped by Vitamin D – Biobank July 2023](#)
- [Global burden of brain disorders surpasses cardiovascular disease and cancer - July 2023](#)
- [Cancer Treatments - vitamin D is one of the 30 alternatives - June 2023](#)
- [Inflammation associated with Cancer reduced by Vitamin D – meta-analysis May 2023](#)
- [11 cancers fought by Vitamin D - mini review April 2023](#)
- [Vitamin K2 fights Breast and some other cancers - many studies](#)
- [100 years since the discovery of Vitamin D - 23 studies - 2022, 2023](#)
- [Restore your Vitamin D levels before surgery \(Gastric Cancer in this case\) - Jan 2023](#)
- [Only 1 in 7 cancers are found by screening \(but 2 in 7 are prevented by Vitamin D\) – Dec 2022](#)
- [Cancers fought by Garlic, Onion, and Sulfur - several studies](#)
- [Cancer incidence or mortality not changed by small Vitamin D doses: 2021-2023](#)
- [Cancer and Vitamin D - many studies](#)
- [3,200 IU of daily not help much in population already having 30 ng of Vitamin D – RCT Jan 2022](#)
- [2X increase of 14 cancers in non-seniors in 20 years \(low vitamin D\) – Sept 2022](#)
- [USPSTF says no evidence that Vitamins prevent CVD or Cancer \(data disagrees\) Aug 2022](#)
- [Cancers are associated with low vitamin D, poor vaccination response and perhaps poor VDR – July 2022](#)
- [Poor prognosis of solid childhood cancers 14.7 X more likely with a poor Vitamin D Receptor – July 2022](#)
- [500 IU of vitamin D does not reduce the risk of Obesity-related Cancers – June 2022](#)
- [COVID, Cancer, etc. are Vitamin D low-hanging-fruit – Editorial June 2022](#)
- [Cancer mortality reduced 40 pcnt by 2000 IU Vitamin D daily if normal weight – Meta-analysis June 2022](#)
- [Vitamin K2-7 helps bone, blood vessels, cancer, diabetes, etc. – June 2022](#)
- [Interview with transcript of Dr. Grant on Vitamin D and Cancer by Dr. Moss - June 2022](#)
- [Newly diagnosed Children with Cancer have low vitamin D, especially if black - May 2022](#)

- [Changes in CYP3A4 gene affects Vitamin D, health, reactions to some drugs, etc - June 2022](#)
- [Vitamin D fortification could eliminate 1 in 10 Cancer deaths in the EU – May 2022](#)
- [Many cancers reduce oxygen to protect themselves in 6 ways. Vitamin D stops all 6 ways – March 2022](#)
- [23 Cancers if little sun, 12 of which have been associated with low vitamin D – March 2022](#)
- [Cancer of the eye in children: most of the risk factors are associated with low vitamin D – July 2021](#)
- [Vitamin D probably has a Role in Cancer, CVD, and COVID - video and transcript Dec 1, 2021](#)
- [Cancers and Vitamin D Receptors, including change with race – Feb 2021](#)
- [Needing a high level of vitamin D is a good clue that the Vitamin D Receptor is deactivated](#)
- [Cancer incidence and death reduced by both Vitamin D and UVB – Grant Oct 2021](#)
- [Cancer mortality not reduced by small vitamin D doses - Sept 2021](#)
- [Virus cause some cancers](#)
- [Cancer death \(non-skin\) 2.3 X more likely if low Vitamin D – Aug 2021](#)
- [Children's Cancer hospital now testing vitamin D frequently and supplementing weekly – July 2021](#)
- [Consensus recommends at least 20 ng of Vitamin D for childhood cancer \(not nearly enough\) – June 2021](#)
- [Cancer during childhood - many studies](#)
- [Vitamin D prevents and treats cancer in many ways – May 2021](#)
- [Increased cancer risk from night shift \(and many others- low vitamin D\) - April 2021](#)
- [Some cancer rates are reduced when live at high altitude, but other cancers increase after a few generations – March 2021](#)
- [2,000 IU of Vitamin D daily to German Seniors would save 30,000 lives a year – March 2021](#)
- [Vitamin D appears to reduce energy to cancer cells in several ways – March 2021](#)
- [26 health factors increase the risk of COVID-19 – all are proxies for low vitamin D](#)
- [Those with recent cancer diagnosis had 7X increased risk of COVID-19 \(more if A-A \)- Dec 2020](#)
- [Vitamin D Receptor \(Cancers OR Viruses\) - many studies](#)
- [Book: Sunlight, UV, Vitamin D and Receptor, Skin and other Cancers - Dec 2020](#)
- [2,000 IU of vitamin D and Omega-3 reduced Cancer death rate by 40% \(normal weight\) – VITAL RCT Nov 2020](#)
- [Deaths from many types of Cancer associated with low vitamin D- review of meta-analyses Sept 2020](#)
- [Vitamin D fights 13 cancers – review of 35 meta-analyses – Oct 2020](#)
- [Live 7 years longer free of major disease if eat well, not smoke, not obese, moderate drink and exercise \(100,000 people\) – Jan 2020](#)
- [How cancer is fought by Vitamin D \(Ovarian this time\) – Feb 2020](#)
- [More Cancer if less sun – model adding climate helps \(need additional factors\) – Nov 2019](#)
- [8 ways that Cancer might be prevented by Vitamin D - June 2019](#)
- [Cancer is leading cause of death - Vitamin D and Receptor activators help](#)
- [Childhood Cancer survivors – only 1 in 25 had consumed Vitamin D RDA – Oct 2019](#)
- [Vitamin D Supplements Reduce Cancer Mortality – Greger Sept 2019](#)
- [Exercise reduces cancer deaths, Magnesium RDA reduces deaths even more – Aug 2019](#)
- [The Vitamin That Cuts Cancer Risk 13 Percent - July 2019](#)
- [Children with cancer were deficient in Vitamin D, Vitamin C, and Zinc – July 2019](#)
- [Mortality increased: 4X Cancer, 5X Diabetes if eat a lot of meat protein – March 2014](#)
- [People supplemented with Vitamin D had 13 percent fewer Cancer deaths – Meta-analysis of RCT June 2019](#)
- [Women with diabetes 60 percent more likely to get Cancer \(perhaps low vitamin D\) – May 2019](#)
- [Cancer incidence and mortality is decreased if 40-60 ng of Vitamin D – April 2019](#)
- [The sun appears to generate Co-Q10 in our bodies when we eat our greens – Greger April 2016](#)
- [Omega-3 reduces side effects of Cancer treatments – April 2019](#)

- [Non-Hodgkin Lymphoma 20 percent more likely if low UV – meta-analysis April 2019](#)
- [The Role of Resveratrol in Cancer Therapy – Dec 2017](#)
- [Cancer stem cells and Vitamin D - many studies](#)
- [A poor Vitamin D Receptor is associated with many cancers \(oral cancer in this case\) – Jan 2019](#)
- [Overview of Vitamin D Actions in Cancer – 31 page chapter in a book – 2018](#)
- [Increased incidence of 7 cancers if live far from equator \(if not take vitamin D\) – March 2019](#)
- [Cancer with low Vitamin D increases Mortality by 13 percent – meta-analysis Feb 2019](#)
- [Vitamin D Reduces Cancer Risk - Why Scientists Accept It but Physicians Do Not - Feb 2019](#)
- [Rates of some newly diagnosed Cancers increased with higher Vitamin D \(217,000 Danes\) – Jan 2019](#)
- [Better Cancer survival if higher vitamin D a decade earlier \(esp. Melanoma, Kidney, Prostate\)– Aug 2018](#)
- [Cancer treatment by Vitamin D sometimes is restricted by genes – Oct 2018](#)
- [Fight Cancer with more than cut, burn, and poison – Nobel prize for T-Cell – Oct 2018](#)
- [Importance of Vitamin K – Pizzorno – July 2018](#)
- [Active Vitamin D level should not be used for Prospective Studies of Cancer – Aug 2018](#)
- [Both Vitamin D and Vitamin C fight cancers and aid anticancer drugs – May 2018](#)
- [Embrace the Sun – benefits of the sun \(Nitric Oxide etc.\) – book June 2018](#)
- [Active vitamin D appears to treat cancer – more studies needed – June 2018](#)
- [Vitamin D receptor is essential for both normal and cancerous cells in the lab – June 2018](#)
- [Vitamin K2 appears to treat some cancers – April 2018](#)
- [Muscle pain \(Low Magnesium\) plus Low Vitamin D associated with 10X more Cancer, etc \(San Francisco\) – Aug 2017](#)
- [Cancer not treated by Vitamin D when ignore dose size, type, and length of trial – meta-analysis April 2018](#)
- [Active Vitamin D reduces Ovarian Cancer stem cells growth by 4X \(via Vitamin D receptor in lab rat\) – March 2018](#)
- [Half of dogs now get cancer, it used to be just 1 percent \(probably low Vitamin D\)](#)
- [Evidence that Vitamin D prevents Cancer – Grant Feb 2018](#)
- [Oral Contraceptives \(which increase Vitamin D\) reduce the risk of some cancers – Jan 2018](#)
- [Bone fractures 2.8 X more likely among cancer survivors \(perhaps low vitamin D\) – Dec 2017](#)
- [Childhood cancer survivors have increased chronic health problems as adults – Sept 2017](#)
- [Cancer and the Vitamin D Receptor, a primer – Sept 2017](#)
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- [Dogs with Cancer have low vitamin D, same as humans – Sept 2017](#)
- [Omega-3 prevents and treats several cancers – Sept 2017](#)
- [Cancer risks and Vitamin D Receptors – association is unclear – 2017](#)
- [Modeling Cancer RCTs – including Breast Cancer – April 2017](#)
- [Cancer 4 times more likely if low vitamin D \(in dogs\) – 2016](#)
- [Ethical challenge – giving vitamin D to only half of Cancer \(etc\) patients – Jan 2017](#)
- [Vitamin D, Vitamin D Receptor and Cancer – Nov 2016](#)
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- [Cancer – will 4,000 IU of vitamin D daily help in one month \(no\) – VIDAFAC Dec 2014](#)
- [Cancer and active Vitamin D – in Spanish – Nov 2014](#)
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**file gallery:**

- [Cancer General and other](#)

**89+ Cancer Meta-analyses in VitaminDWiki**

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<a href="#">Non-cancer colon growths 7 % less likely per 10 ng increase in Vitamin D – Oct 2011</a>	08 Dec, 2024
<a href="#">Graphs of Vitamin D and Cancer – meta-analysis Dec 2011</a>	08 Dec, 2024
<a href="#">Pancreatic cancer mortality 28% more likely if low vitamin D – meta-analysis Jan 2024</a>	28 Nov, 2024
<a href="#">Analysis of 280 Breast Cancer meta-analyses: having low vitamin D was highly suggestive – umbrella July 2024</a>	28 Jul, 2024
<a href="#">Bladder cancer in muscles 2.7 times more-likely if vitamin D less than 20 ng -meta-analysis May 2024</a>	23 May, 2024
<a href="#">1.5X more likely to die of Prostate Cancer if low vitamin D when initially diagnosed – meta-analysis March 2024</a>	13 Mar, 2024



Title	Modified
<a href="#">Pancreatic Cancer survival 2.3 X more likely if good level of Vitamin D – meta-analysis Sept 2023</a>	15 Sep, 2023
<a href="#">Thyroid Cancer 1.4 X higher risk if low vitamin D– meta-analysis Feb 2018</a>	29 Aug, 2023
<a href="#">Death of women from cancer 24% less likely if 20 ng more vitamin D – meta-analysis Sept 2013</a>	31 Jul, 2023
<a href="#">16 factors increase the risk of early-onset colorectal cancer, only vitamin D decreases the risk – meta-analysis May 2023</a>	22 May, 2023
<a href="#">Melanoma is 1.4X more-likely if low Vitamin D – meta-analysis May 2023</a>	18 May, 2023
<a href="#">Breast Cancer not prevented by vitamin D when use small doses or for just a short time – Meta-analysis April 2023</a>	11 May, 2023
<a href="#">Prostate Cancer death 40 percent less likely if 40 ng level of vitamin D – Meta-analysis Oct 2018</a>	30 Apr, 2023
<a href="#">Breast Cancer risk - meta-analysis of 50 studies - Dec 2019</a>	24 Mar, 2023
<a href="#">Ovarian Cancer 37 percent less likely if high vitamin D – meta-analysis March 2023</a>	20 Mar, 2023
<a href="#">Colorectal Cancer 10 percent more likely if poor Vitamin D Receptor – meta-analysis Jan 2023</a>	08 Jan, 2023
<a href="#">Melanoma might be suppressed by Vitamin D - many studies</a>	25 Nov, 2022
<a href="#">Colorectal cancer 14 percent less likely if 10 ng more Vitamin D – 22nd meta-analysis – Sept 2022</a>	13 Sep, 2022
<a href="#">USPSTF says no evidence that Vitamins prevent CVD or Cancer (data disagrees) Aug 2022</a>	05 Sep, 2022
<a href="#">Even after a Cancer diagnosis Vitamin D improves survival – meta-analysis Aug 2022</a>	19 Aug, 2022
<a href="#">Colorectal cancer 40 percent less likely if 1000 IU more Vitamin D – 21st meta-analysis – Oct 2021</a>	28 Oct, 2021
<a href="#">Colorectal cancer 25 percent less likely if good level of Vitamin D – 20th meta-analysis – June 2021</a>	02 Jul, 2021
<a href="#">Lung Cancer death 40 percent less likely if high level of Vitamin D – meta-analysis Nov 2020</a>	24 Nov, 2020
<a href="#">Deaths from many types of Cancer associated with low vitamin D- review of meta-analyses Sept 2020</a>	09 Nov, 2020
<a href="#">Vitamin D fights 13 cancers – review of 35 meta-analyses – Oct 2020</a>	06 Oct, 2020
<a href="#">Breast Cancer again associated with low vitamin D – 15th meta-analysis Sept 2020</a>	02 Oct, 2020
<a href="#">Colorectal cancer treated by Vitamin D – 19th meta-analysis – Sept 2020</a>	17 Sep, 2020
<a href="#">3X less risk of Liver cancer if more than 30 ng of vitamin D – meta-analysis July 2020</a>	28 Jul, 2020
<a href="#">Liver Cancer 8 percent less likely for every 4 ng higher level of vitamin D – Meta-analysis April 2020</a>	02 Apr, 2020
<a href="#">Melanoma 2.1 X more likely if low vitamin D – meta-analysis Jan 2020</a>	11 Jan, 2020
<a href="#">Breast Cancer risk reduced 17 percent by 1 hour of daily summer sun – meta-analysis Jan 2020</a>	07 Jan, 2020
<a href="#">Liver Cancer – higher risk if poor genes (Vitamin D receptor etc) – meta-analysis Dec 2019</a>	14 Dec, 2019
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<a href="#">Cancer with low Vitamin D increases Mortality by 13 percent – meta-analysis Feb 2019</a>	04 Jul, 2019
<a href="#">People supplemented with Vitamin D had 13 percent fewer Cancer deaths – Meta-analysis of RCT June 2019</a>	04 Jul, 2019
<a href="#">Breast Cancer rate reduced by 40 percent with Omega-3 – meta-analysis June 2013</a>	16 Jun, 2019
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<a href="#">16 percent less Prostate Cancer sometimes for each 10 ng vitamin D increase - meta-analysis Jan 2011</a>	13 Oct, 2018
<a href="#">Lung Cancer risk decreased 2.4 percent with every 100 IU Vitamin D extra intake – meta-analysis Sept 2018</a>	15 Sep, 2018
<a href="#">Colorectal cancer is associated with Vitamin D (17 meta-analyses so far) – July 2018</a>	18 Jul, 2018
<a href="#">Thyroid Cancer 1.3X higher risk if low vitamin D (yet again) – meta-analysis June 2018</a>	02 Jun, 2018
<a href="#">Cancer not treated by Vitamin D when ignore dose size, type, and length of trial – meta-analysis April 2018</a>	09 Apr, 2018

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<a href="#">Pancreatic cancer risk reduced 25 percent by just 10 micrograms of Vitamin D or Vitamin B12 – meta-analysis March 2018</a>	30 Mar, 2018
<a href="#">Prostate cancer risk increase with Vitamin D (other studies disagree) – meta-analysis Jan 2018</a>	11 Jan, 2018
<a href="#">Lung Cancer death 60 percent less likely if high level of vitamin D – 2 meta-analysis 2017</a>	28 Dec, 2017
<a href="#">Ovarian Cancer in Asia is 1.5 X more likely if poor Vitamin D receptor – meta-analysis Dec 2017</a>	14 Dec, 2017
<a href="#">Lung Cancer patients were 2.4 times more likely to have a poor Vitamin D Receptor gene – July 2017</a>	27 Jul, 2017
<a href="#">Lymphoma, leukemia etc, survival poor if low vitamin D – meta-analysis March 2015</a>	06 Jul, 2017
<a href="#">Lung Cancer less likely if vitamin D (higher level or supplement) – meta-analysis May 2015</a>	06 Jul, 2017
<a href="#">Breast Cancer Mortality reduced 60 percent if more than 60 ng of Vitamin D – meta-analysis June 2017</a>	13 Jun, 2017
<a href="#">Lung Cancer risk decreases 5 percent for every 2.5 nanogram increase in Vitamin D – meta-analysis Sept 2015</a>	21 Feb, 2017
<a href="#">Colorectal cancer 60 percent less likely: high vs low Vitamin D level – meta-analysis Dec 2016</a>	22 Dec, 2016
<a href="#">Colorectal Cancer recurrence not prevented by 1,000 IU of vitamin D – meta-analysis Dec 2016</a>	08 Dec, 2016
<a href="#">Bladder cancer modifiable risk factors include low vitamin D – meta-analysis March 2016</a>	08 Dec, 2016
<a href="#">Bladder cancer 60 percent less likely if have high vitamin D – meta-analysis Dec 2015</a>	08 Dec, 2016
<a href="#">Vitamin D receptor polymorphisms are risk factors for various cancers – meta-analysis Jan 2014</a>	12 Nov, 2016
<a href="#">10 percent of colon cancer linked to Vitamin D Receptor – meta-analysis April 2012</a>	23 Sep, 2016
<a href="#">Kidney cancer 22 percent less likely if high vitamin D – meta-analysis Nov 2015</a>	30 Mar, 2016
<a href="#">Bladder cancer 25 percent less likely if have high vitamin D – meta-analysis April 2015</a>	24 Dec, 2015
<a href="#">Bladder cancer 25 percent less likely if have high vitamin D – meta-analysis Oct 2014</a>	24 Dec, 2015
<a href="#">Cancer risk weakly associated with vitamin D-binding protein – meta-analysis Sept 2015</a>	14 Oct, 2015
<a href="#">Colon cancer 30 percent more likely if low vitamin D – 12th meta-analysis Aug 2015</a>	14 Aug, 2015
<a href="#">Obesity causes 20 percent of all cancer, low vitamin D may be the connection – meta-analysis - Sept 2014</a>	31 May, 2015
<a href="#">Increased risk of some female cancers if low vitamin D (due to genes) – meta-analysis June 2015</a>	03 May, 2015
<a href="#">Colon cancer risk reduced by many vitamins – 13 percent reduction by Vitamin D – meta-analysis Jan 2015</a>	11 Dec, 2014
<a href="#">Breast Cancer – review of 2 RCT did not find association with 1000 IU of Vitamin D – July 2013</a>	15 Nov, 2014
<a href="#">Cancer (colon, breast, lymph) survival about 2X better with high level vitamin D – meta-analysis July 2014</a>	30 Sep, 2014
<a href="#">Colorectal and Breast Cancer – Vitamin D is associated with fewer deaths – meta-analysis Feb 2014</a>	30 Sep, 2014
<a href="#">Cancer survival 4 percent more likely with just a little more vitamin D (4 ng) - meta-analysis July 2014</a>	12 May, 2014
<a href="#">More survive Breast Cancer if more vitamin D – 2X fewer deaths with just 30 ng -meta-analysis March 2014</a>	08 May, 2014
<a href="#">Death due to breast cancer reduced 40 percent if high vitamin D – meta-analysis April 2014</a>	08 Apr, 2014
<a href="#">Breast Cancer survival 2X more likely if vitamin D sufficient – meta-analysis May 2013</a>	06 Mar, 2014
<a href="#">Breast Cancer post menopause down 12 percent for every 5 ng of vitamin D – meta-analysis May 2013</a>	28 Oct, 2013
<a href="#">Probably need more than 1000 IU of vitamin D to prevent cancer – meta-analysis Aug 2013</a>	19 Aug, 2013
<a href="#">3.2 percent less Breast Cancer for 2.4 ng more vitamin D – meta-analysis June 2013</a>	07 Jul, 2013
<a href="#">Colorectal cancer 26 percent less likely for every 10 ng of vitamin D – meta-analysis Aug 2011</a>	10 Nov, 2012
<a href="#">Breast cancer association with low vitamin D suggested by Meta-analysis -April 2010</a>	19 Jul, 2012
<a href="#">Colon cancer probability increases with decreased vitamin D – Meta-analysis July 2011</a>	22 Jun, 2012
<a href="#">Vitamin D has a complex relationship with Cancer – meta-analysis July 2011</a>	30 Sep, 2011
<a href="#">Meta-analysis of 3 cancers - 10 ng more vitamin D decrease colorectal by 15 percent– May 2010</a>	31 Aug, 2011
<a href="#">Risk of Prostate Cancer weakly associated with vitamin D - meta-analysis March 2011</a>	11 Aug, 2011
<a href="#">Meta-analysis found vitamin D association with colon but not prostate nor breast cancer May 2010</a>	17 Jan, 2011

Title	Modified
<a href="#">Meta-analysis not find low vitamin D years before breast cancer – Aug 2010</a>	10 Sep, 2010
<a href="#">Meta-analysis confirmed that vitamin D and calcium prevents breast cancer – June 2010</a>	30 Aug, 2010
<a href="#">Meta-analysis did not find strong association between vitamin D and breast cancer risk -April 2010</a>	12 May, 2010

## See also web

- [Phrases associated with cancer](#) NYT Jan 2015

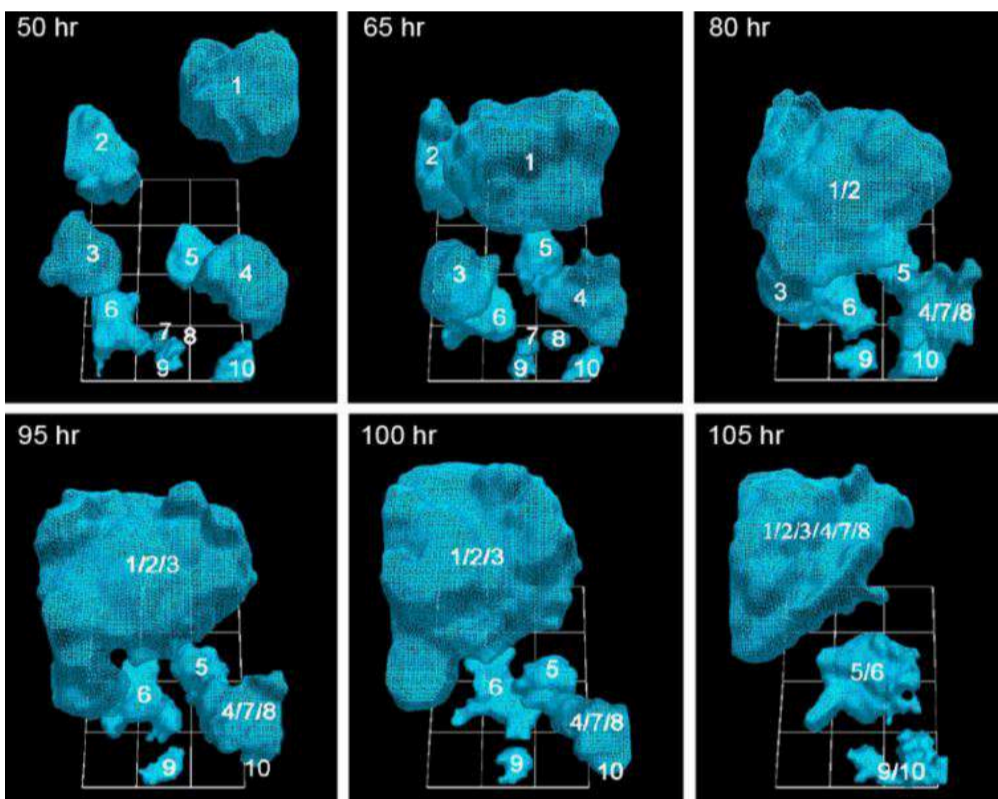
“failed tamoxifen”, “platinum resistant” or “refractory” patient, “relapsed” scans which are “clean,” “positive” or “advancing” spells trouble nodes have been “harvested”; a tumor is “indolent, “minimal or acceptable side effects,” scanxiety, Nothing about vitamin D

- [How cancer cells form tumors by reaching out with ‘cables’ and grabbing cells](#) Jan 2016 (nothing about vitamin D)

"Surprisingly, as little as five percent of cancerous cells are needed to form the tumors, a ratio previously unknown."

"It's that these cells go out and actively recruit. It's complicated stuff, and it's not passive. No one had a clue that there were specialized cells in this process, and that it's a small number that pulls all the rest in."

Images from the movie



The original document is available at <https://vitamindwiki.com/Cancer>

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