

# Calcium, Vitamin D, and the Prevention of Colon Cancer



## Calcium, Vitamin D, and Prevention of Colon Cancer

by Evelyn Pullen

★★★★☆ 4.1 out of 5

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Calcium and vitamin D are essential nutrients for maintaining bone health. They may also play a role in preventing colon cancer.

Calcium is a mineral that is found in many foods, including milk, cheese, yogurt, and leafy green vegetables. It is also available in supplement form. Calcium helps to build and maintain strong bones and teeth. It also plays a role in muscle function, nerve transmission, and blood clotting.

Vitamin D is a nutrient that is produced by the body when exposed to sunlight. It is also available in some foods, including fatty fish, eggs, and fortified milk. Vitamin D helps the body absorb calcium and phosphorus. It also plays a role in immune function and cell growth.

There is some evidence to suggest that calcium and vitamin D may help to prevent colon cancer. A number of studies have shown that people who

consume more calcium and vitamin D have a lower risk of developing colon cancer.

One study, published in the journal *Cancer Research*, found that women who took 1,200 mg of calcium per day had a 30% lower risk of developing colon cancer than women who took a placebo. Another study, published in the journal *The American Journal of Clinical Nutrition*, found that men who took 1,000 IU of vitamin D per day had a 20% lower risk of developing colon cancer than men who took a placebo.

The exact mechanism by which calcium and vitamin D may help to prevent colon cancer is not fully understood. However, it is thought that calcium may help to bind to bile acids in the colon, which may help to prevent them from damaging the colon cells. Vitamin D may also help to protect colon cells from damage by free radicals.

If you are interested in using calcium and vitamin D to help prevent colon cancer, you should talk to your doctor. Your doctor can help you determine the appropriate dosage of calcium and vitamin D for you.

### **Other ways to prevent colon cancer**

In addition to getting enough calcium and vitamin D, there are a number of other things you can do to help prevent colon cancer, including:

- Eat a healthy diet that is high in fruits, vegetables, and whole grains.
- Maintain a healthy weight.
- Get regular exercise.
- Avoid smoking.

- Limit alcohol intake.
- Get regular colon cancer screenings starting at age 50.

By following these tips, you can help reduce your risk of developing colon cancer.



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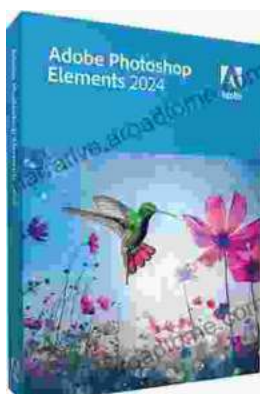
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