

# How to Lower Melanoma Risk

## A supplement may be beneficial

*The incidence of malignant melanoma and other skin cancers has been increasing. Malignant melanoma accounts for the vast majority of skin cancer deaths. Can taking a supplement reduce your risk of malignant melanoma? How about other skin cancers? How much reduction does it provide?*



### Abstract

- There are conflicting results on the role of vitamin D system in cutaneous carcinogenesis. Therefore, it was investigated whether the use of oral vitamin D supplements associates with photoaging, actinic keratoses, pigment cell nevi, and skin cancers. In this cross-sectional study, 498 adults (aged 21–79 years, 253 males, 245 females, 96 with immunosuppression) subjects at risk of any type of skin cancer were examined, and possible confounding factors were evaluated. The subjects were divided into three groups based on their self-reported use of oral vitamin D supplements: non-use, occasional use, or regular use. The serum level of 25-hydroxyvitamin-D3 was analyzed in 260 subjects. In 402 immunocompetent subjects, vitamin D use did not associate with photoaging, actinic keratoses, nevi, basal, and squamous cell carcinoma. In contrast, there were lower percentages of subjects with a history of past or present melanoma (32/177, 18.1% versus 32/99, 32.3%,  $P = 0.021$ ) or any type of skin cancer (110/177, 62.1% versus 74/99, 74.7%,  $P = 0.027$ ) among regular users compared to non-users. In the logistic regression analysis, the odds ratio for melanoma was 0.447 ( $P = 0.016$ , 95% confidence interval, 0.231–0.862) among regular users. Furthermore, the investigator-estimated risk class of skin cancers was significantly lower among regular users. Serum 25-hydroxyvitamin-D3 did not show marked associations with skin-related parameters. The results on 96 immunosuppressed subjects were somewhat similar, although the number of subjects was low. In conclusion, regular use of vitamin D associates with fewer melanoma cases, when compared to non-use, but the causality between them is obscure.

*Skin cancer is the most common of all cancers. Melanoma accounts for only about 1% of skin cancers but is the large majority of skin cancer deaths. The incidence of malignant melanoma has been increasing and in the United States around 98,000 new cases of melanoma will be diagnosed and around 8,000 people are expected to die of melanoma in 2023. Although most cases are in people over age 65, it is also one of the more common cancers in young adults. Anything that can reduce the risk of malignant melanoma would be welcomed. That's why this study caught my eye.*

*This study looked at 500 subjects in a dermatology clinic to investigate whether the use of oral vitamin D supplements was associated with photoaging, actinic keratoses, pigment cell nevi, and skin cancers. The subjects were divided into three groups, non-use, occasional use, and regular use of vitamin D supplements. Vitamin D intake was not associated with photoaging, actinic keratosis, nevi (moles), basal cell carcinoma, and squamous cell carcinoma. However, regular vitamin D users had a 55% decrease in the odds of having a past or present melanoma diagnosis while occasional use had a 46% reduction. While this study can't prove causation over correlation. The numbers are quite compelling. Even the occasional use of a vitamin D supplement cut the risk of melanoma diagnosis nearly in half! Another study found that vitamin D deficiency was associated with worse overall survival in melanoma patients. We have a couple of good reasons to take a vitamin D supplement. Lower risk of developing melanoma and better survival if we do get one. I typically recommend 2000-5000 IU daily in a capsule or gel-cap form. You can pulse dose vitamin D so if you miss a few days, you can take extra to cover yourself or even take it just once weekly.*

*To learn more about melanoma skin cancer including causes, risk factors, and prevention; [click here](#).*

Kanasuo, Emilia; Siiskonen, Hanna; Haimakainen, Salla; Komulainen, Jenni; Harvima, Ilkka T.. Regular use of vitamin D supplement is associated with fewer melanoma cases compared to non-use: a cross-sectional study in 498 adult subjects at risk of skin cancers. Melanoma Research ():CMR.0000000000000870, December 28, 2022. | DOI: 10.1097