



Doctors' Choice

N U T R I T I O N

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In the News – Low serum vitamin D reduces survival rates in postmenopausal breast cancer

1. **Metagenics** brand supplements now available on my online store (receive 20% savings) http://www.doctorschoicenutrition.ca/online_store.html
2. 15% coupon no longer available on newsletter
3. Voted WE Best of the City Silver Winner in Best Natural Health Practitioner – THANK YOU!!



Low serum 25-hydroxyvitamin D reduces postmenopausal breast cancer survival

A German prospective cohort study was conducted to assess the impact of post-diagnostic serum 25-hydroxyvitamin D [25(OH)D] concentrations on overall survival in patients with breast cancer. The study involved 1295 postmenopausal patients (aged 50-74 years) diagnosed with breast cancer between 2002 and 2005. These women were followed for a median 5.8 years.

The study results showed a correlation between lower 25(OH)D concentrations with higher risk of death and significantly higher risk of recurrence. The association with overall survival was significant for 25(OH)D levels collected before, but not after, the start of chemotherapy.

The authors concluded that lower serum 25(OH)D concentrations may be associated with poorer rates of survival in postmenopausal breast cancer patients. **Breast Cancer Res. 2011 Jul 26; 13(4):R74. PMID: 21791049**

Advice from Dr. Aaron Hoo

The value of serum vitamin D as a marker for disease, as well as that of vitamin D supplementation has been studied and reported on for many years. The “sunshine vitamin” has been deemed protective for diseases ranging from cancer and bone health, to autoimmune disease. While exposure to sunshine without sunscreen for 10-15 minutes per day is sufficient to provide daily requirements of vitamin D, those of us living in Northern latitudes are at greater risk for vitamin D deficiency, especially with poor lifestyle and dietary habits. In cases such as these, it is absolutely necessary to supplement with additional vitamin D, starting with a daily dose of 2000 IU. Supplemental vitamin D is derived from lanolin found in sheep’s wool; the animals are often not sacrificed for this purpose and as such, vitamin D is even suitable for vegetarians and vegans. For information on vitamin D supplementation, please log onto my online store http://www.doctorschoicenutrition.ca/online_store.html and look up **D3 1000** for its ingredient listing and pricing.

Featured Recipe

Poached Peaches: (serves 4)

Ingredients: 6 oz. unsweetened apple juice (not from concentrate); 1 cup water, 1 tbsp finely grated lemon peel, 1 tsp. vanilla extract, 4 medium size ripe peaches/nectarines (organic); 4 sprigs fresh mint for garnish

In a medium saucepan, mix apple juice, water, lemon peel, and vanilla; bring to a boil and reduce heat. Cover and simmer for 10 minutes. Add peaches and poach, partially covered over low heat for 7-8 minutes. Remove from heat and allow to cool in liquid. When cool, carefully slip skins off peaches, cut in half lengthwise and remove pits. On each plate, arrange 2 peach halves in the center and garnish with mint.

Bon a petit!



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Westend since 2001*

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