

# Multivitamin supplements and cancer prevention

Kenan Cadirci Erzurum

*Regional Training and Research Hospital, Turkey*

The use of dietary multivitamin supplements has increased in developed and developing countries. The most popular belief which largely depends on the observational trials has been that these multivitamin supplements can prevent cancer. Some of these trials show a positive effect or ineffectiveness on the cancer risk while some may even increase the risk. An important point is that specific populations take dietary supplements, compared to the general healthy population. This is a significant bias in most of the large trials. To break down this bias, interventional cohorts can be evaluated. There are a few interventional cohorts on this topic and these interventional trials results show that most of the multivitamin supplements reduce the total cancer risk and mortality, but it is necessary not to forget that these studies were set up in underdeveloped or developing countries, and most of the participants that have malnutrition were dependent on unidirectional nutrition. What is the interaction between these minerals and the dietary supplements? What are the cut-off values for benefit and harm? Are these cut-off values the same for the different nations, lifestyle, gender and ages, even different geographic regions where the soils have the different amounts of minerals? What is the interaction or are there any interactions between the amount of minerals in the soil and these multivitamins supplements? There are so many questions like the ones above. To answer these questions, there is a need for more randomized controlled trials, interventional trials and systematic review and meta-analysis.

doktorcadirci@hotmail.com

Note: This work is partly presented at 8th European Conference on Predictive, Preventive and Personalized Medicine & Molecular Diagnostics, August 20-21, 2018 | Rome, Italy.