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Dietary supplement use by individuals living with and beyond cancer

DECEMBER 20, 2021 - New research indicates that many individuals living with and beyond cancer use dietary supplements, often with the belief that the products will reduce the risk of cancer recurrence. Published by Wiley online in *CANCER*, a peer-reviewed journal of the American Cancer Society, the findings reveal a need for health care professionals to provide advice and clarity to patients about the appropriate use of dietary supplements.

Guidelines for cancer prevention recommend a healthy diet and physical activity but do not recommend dietary supplements, as relevant clinical trials have generally failed to show a benefit and in some cases have demonstrated harm associated with the products.

To explore factors associated with dietary supplement use in cancer survivors, Rana Conway, PhD, RNutr, of University College London (UCL), and her colleagues studied 1,049 adults who had been diagnosed with breast, prostate, or colorectal cancer in the United Kingdom. Individuals who took part in this study were enrolled in the Cancer Research UK-funded Advancing Survival Cancer Outcomes Trial led jointly by Abi Fisher, PhD, of UCL, and Rebecca Beeken, PhD, of the University of Leeds. Participants completed a mailed survey and telephone or online dietary analyses that included questions on dietary supplements.

Full Citation: "Dietary supplement use by individuals living with and beyond breast, prostate, and colorectal cancer: a cross-sectional survey." Rana E. Conway, Freyja V. Rigler, Helen A. Croker, Phillippa J. Lally, Rebecca J. Beeken, and Abi Fisher. CANCER; Published Online: December 20, 2021 (DOI: 10.1002/cncr.34055).

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