

암 III/비만				번호: II - H - 2	
제 목	국문	유제품, 칼슘, 비타민 D 섭취와 유방암 발생 위험도와의 관련성			
	영문	Dairy Products, Calcium, Vitamin D Intake and Risk of Breast Cancer			
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<p>연구목적</p> <p>Laboratory data suggest that calcium and vitamin D, high in dairy products, might reduce breast carcinogenesis. Epidemiological studies regarding dairy products and breast cancer have shown inconsistent results.</p> <p>연구방법</p> <p>We followed 88,691 women in the Nurses' Health Study cohort from 1980 until 1996. Dietary information was collected in 1980 and updated in 1984, 1986, 1990, and 1994. We identified 3, 482 incident invasive breast cancers.</p> <p>연구결과</p> <p>Intakes of dairy products, calcium, and vitamin D were not significantly associated with breast cancer in postmenopausal women. In premenopausal women, however, consumption of dairy products, especially low-fat dairy foods and skim/low-fat milk were inversely associated with the risk of breast cancer. The multivariate relative risks (RRs) comparing highest (>1 serving/day) and lowest (<=3 servings/month) intake categories were 0.68 (95% CI = 0.55-0.86) for low-fat dairy foods and 0.72 (95% CI = 0.56-0.91) for skim/low-fat milk. Dairy calcium (>800 mg/day vs. <=200 mg/day, RR = 0.69, 95% CI = 0.48-0.98) and total vitamin D (>500 IU/day vs. <=150 IU/day, RR = 0.72, 95% CI = 0.55-0.94), and other dairy related nutrients, such as lactose, were also inversely associated with premenopausal breast cancer risk.</p> <p>결론</p> <p>We found no relation between intakes of dairy products and postmenopausal breast cancer. Among premenopausal women, high intake of low-fat dairy foods, especially skim/low-fat milk, may be associated with lower risk of breast cancer. Intakes of calcium and vitamin D showed similar inverse associations, but the high correlation among them makes it very difficult to distinguish their specific roles.</p>					