

# Retinol supplementation may lower melanoma risk

March 5 2012

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(HealthDay) -- Retinol supplementation is associated with a lower risk of melanoma, according to research published online March 1 in the *Journal of Investigative Dermatology*.

Maryam M. Asgari, M.D., M.P.H., of Kaiser Permanente Northern California in Oakland, and colleagues evaluated data from 69,635 adults who participated in the VITamins And Lifestyle (VITAL) [cohort study](#) to determine whether there was an association between dietary and supplemental vitamin A and carotenoid intake and [melanoma](#) risk.

In the 5.84 years of follow-up, the researchers identified 566 incident melanomas. Baseline use of retinol supplements correlated with a significant decrease in the risk of melanoma (hazard ratio [HR], 0.60). Compared with nonusers, adults who took high-dose retinol supplements

(>1,200 µg per day) had a significantly lower risk of melanoma (HR, 0.74), particularly in areas of the body exposed to the sun. Dietary or total intake of vitamin A or carotenoids, however, was not associated with a reduced risk of melanoma.

"Our data, which are based on a large prospective cohort, suggest that retinol intake from individual [supplements](#) is associated with a reduction in risk for melanoma, especially among women. Our findings suggest that vitamin A supplementation may hold promise as a chemopreventive agent for melanoma," the authors write.

**More information:** [Abstract](#)  
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