

# Life Insurance Comparison Site Quoteboffin.co.uk Encourages Women To Take Vitamin And Calcium Supplements To Cut Breast Cancer Risk



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Vitamin supplements have been in for a hard time in recent years, with some health professionals claiming they have little effect on overall health. However, a new study has found that vitamin and calcium supplements could help women cut their risk of breast cancer by up to a third.

The research, which examined the diet and health of 700 women, found that those with nutrients added to their diet were up to 40 per cent less likely to develop breast cancer. In a report from the Scotsman, lead researcher of the study, Professor Jaime Matta, made it clear that it wasn't a case of immediate protection, but rather a long-term effect.

Health insurance site [Quoteboffin.co.uk](#) has stated its hope that the study will prompt an uptake in the consumption of vitamin and calcium supplements in women across the country. A spokesperson explained: "Breast cancer can be a devastating illness for sufferers and it's very encouraging to hear news of this study from the Ponce School of Medicine in Puerto Rico.

"If a simple supplement can help women cut the risk of them developing breast cancer in the future then we strongly advise they think seriously about it."

The study analysed 268 women with breast cancer and 457 healthy controls and discovered that vitamin supplements could cut the risk of breast cancer by up to 30 per cent, and that the danger could be cut by up to 40 per cent when combined with calcium supplements.

While previous studies have suggested that vitamin rich foods can help prevent breast cancer in young women, this new research adds weight to growing evidence that vitamins, especially taken in combination with calcium, can be an important factor in cutting the risk for breast cancer.

The findings were presented at the American Association for Cancer Research in Washington DC and professor Matta explained that large vitamin doses were not needed for benefits to be seen. He stated his belief that an increase in vitamin and calcium intake was a definite way to reduce risk.

Quoteboffin said it encouraged women to pay heed to the research and to also consider their long-term health. "While this study represents an early stage of research into the connection between vitamin and calcium supplements and the way they can cut the risk of breast cancer, we feel it's certainly one that women should pay attention to.

"We also encourage people to take other preventative measures such as checking their [health insurance](#) policies to make sure they have protection for the future should they need it."

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