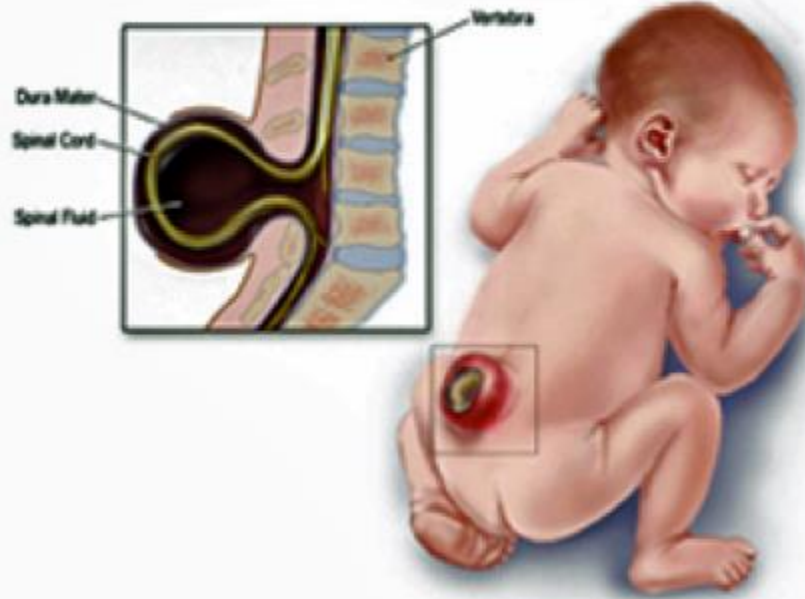


Folna kiselina i kancer



Spina Bifida



Anencephaly



Source: Centers for Disease Control and Prevention, National Center on Birth Defects and Developmental Disabilities

Folna kiselina i kancer

1970: 10/1000 malformacija CNS u Škotskoj, Irskoj i Velsu

1990: obavezna suplementacija brašna zbog prevencije

kasnije: 400 mcg dnevno

2000: Latinska Amerika, Bliski Istok, Afrika, Zapadni Pacifik...



Folna kiselina i kancer

Cancer incidence and mortality after treatment with folic acid and vitamin B12, Ebbing et al., 2009, JAMA:

- 6 godina istraživanja
- nivo folata u krvi 6 puta veći
- 341 (B9/B12) vs. 288 – kancer
- 136 (B9/B12) vs. 100 – umrli od kancera
- 548 (B9/B12) vs. 473 – umrli od drugih uzroka
- B6 niuje povezan sa smrtnim ishodom.

HVALA NA PAŽNJI!