

# Antioxidant Supplement Reduces Risk of Recurrent Bowel Cancer

By Petra Hunter, BHSc(Nat), ND

New research suggests that supplementation with an antioxidant formula may significantly reduce the recurrence of colon polyps, also known as adenomas.

Adenomatous polyps are benign lesions of the large intestine that, in time, may progress to cancer. Even though only a small proportion of adenomas develop into cancer, almost 70-80% of colorectal cancers stem from an adenoma.

Researchers randomly assigned 411 study participants, aged between 25-75 years with a history of having had one or more colorectal adenomas removed but no other colorectal diseases, to receive an antioxidant supplement or placebo for five years. The supplement contained a daily dose of 200µg selenomethionine, 30mg zinc, 6000IU vitamin A, 180mg vitamin C and 30mg vitamin E.

Individuals who consumed the antioxidant formula had a 40% reduction in the incidence of metachronous adenomas of the large bowel. It is noteworthy that the benefit observed after the conclusion of the trial persisted through 13 years of follow-up.

“Our study is the first intervention trial specifically designed to evaluate the efficacy of the selenium-based antioxidant compound on the risk of developing metachronous adenomas,” said Luigina Bonelli, MD, head of the unit of secondary prevention and screening at the National Institute for Cancer Research in Genoa, Italy.

Bonelli presented these findings at the American Association for Cancer Research’s “Frontiers in Cancer Prevention Research Conference” held in Houston, December 6-9, 2009.

The researchers are currently conducting a study to evaluate the role of genetic alterations as predictors of metachronous adenomas in participants receiving the antioxidant compound compared with those in a placebo group.

## Source:

*Antioxidant compound reduced incidence of colorectal metachronous adenomas. American Association for Cancer Research 2009 Dec 7. Viewed 28 Jan 2010 <https://www.aacr.org/home/public--media/aacr-press-releases/press-releases-2009.aspx?d=1681>*