

[IMAGE]

Vitamin C for Skin Cancer?

By Editorial Staff

It may not be beach weather yet, and depending on what part of the country you live in, you may feel as if Mother Nature could skip that season altogether this year. But that doesn't mean you shouldn't be concerned about skin cancer year-round. While adequate protection (sunscreen, wide-brimmed hats, limited outdoor exposure during sunlit hours, etc.) can help reduce your risk, what if you develop skin cancer? What then?

Vitamin C to the rescue, suggests a recent study. According to the researchers, "Our results suggest a possible epigenetic signature (cellular traits) of pharmacological doses of ascorbate (vitamin C) in human melanoma (serious skin cancer) cells and support further pre-clinical and possibly even clinical evaluation of ascorbate for melanoma therapy." Put in simpler terms: Vitamin C may play a role in treating melanoma, the most dangerous form of skin cancer, particularly in its most severe form.

Talk to your doctor about the many benefits of vitamin C and how you can ensure adequate daily intake.

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