**Study: Vitamin Supplements May Harm Breast Cancer Treatment**

**研究:维生素补充剂不利于乳腺癌的治疗**

A new study suggests that patients with breast cancer who take additional vitamins during chemotherapy treatment may face increased risks.

一项新的研究表明，在化疗期间额外补充维生素的乳腺癌患者可能面临更高风险。

Researchers said the use of dietary supplements that increase levels of antioxidants, iron, vitamin B12 and omega-3 fatty acids appeared to lower the effectiveness of chemotherapy. Researchers reported their findings in the Journal of Clinical Oncology.

研究人员表示，膳食补充剂的使用会提升抗氧化剂、铁、维生素B12和-3脂肪酸的水平，而这似乎会降低化疗的效果。研究人员将此发现发表在了《临床肿瘤学杂志》。

Christine Ambrosone is the head of cancer prevention and control at the Roswell Park Comprehensive Cancer Center in Buffalo, New York. She said, "From this study and others in the literature, it seems that it may not be wise to take supplements during chemotherapy."

克莉丝汀·安布罗松是纽约州布法罗市罗斯威尔帕克综合癌症中心癌症预防和控制部门的负责人。她说:“依据这项研究及其他一些相关文献，在化疗期间服用补充剂似乎并不明智。”

"It's thought that antioxidants might interfere with the ability of chemotherapy to kill cancer cells," Ambrosone said.

安布罗松表示，“大家普遍认为抗氧化剂可能会干扰化疗杀死癌细胞的能力”。

Some doctors have been advising patients for a number of years not to take antioxidants during chemotherapy. "But there was no strong empirical data for that recommendation," Ambrosone said.

多年来，一些医生一直建议患者在化疗期间不要服用抗氧化剂。“但这一建议却并没有强有力的经验数据支撑，”安布罗松还说道。

So, Ambrosone and other researchers decided to study whether supplement use might affect chemotherapy's effectiveness. They looked for evidence in an earlier study on diet, exercise, lifestyle and cancer results.

因此，安布罗松和其他研究人员决定研究补充剂的使用是否会影响化疗的疗效。他们从一项关于饮食、锻炼、生活方式和癌症结果的早期研究中寻找证据。

In the earlier research, people who took part were asked about their use of supplements at the beginning of and during treatment, and about their lifestyle, diet and exercise.

在早期的研究中，参与者被问及在治疗开始和治疗期间服用补充剂的情况，以及他们的生活方式、饮食和锻炼情况。

The researchers studied 1,134 patients who filled out the surveys and followed them for a median of six years. Their supplement use was much lower than usual, Ambrosone said. About 20 percent of patients were taking supplements before starting chemotherapy and 13 percent during the treatments.

研究人员对填写了调查问卷的1134名患者进行了研究，并对他们进行了平均6年的随访。安布罗松说，他们所服用的补充剂的用量比平时要少得多。大约20%的患者在开始化疗前服用过补充剂，13%在治疗期间服用。

The researchers searched for other possibilities that might increase the risk of the disease reappearing or of death. They found that patients who took any supplements at the beginning of and during chemotherapy were 41 percent more likely to have their breast cancer return than those who did not. In addition, the supplement takers were 40 percent more likely to die later on compared to patients using no supplements. The supplements included vitamin A, C and E.

研究人员还尝试寻找其他可能会增加疾病复发或死亡风险的可能因素。他们发现，在化疗开始和化疗期间服用补充剂的患者，其乳腺癌复发的可能性比未服用补充剂的患者高出41%。此外，与不服用补充剂的患者相比，服用补充剂的患者后续死亡的可能性要高40%。这些补充剂包含维生素A、C和E。

Vitamin B12 and iron

维生素B12和铁

Those taking vitamin B12 and iron supplements were at greater risk of cancer returning, the researchers said. Women taking vitamin B12 were 83 percent more likely to experience a return of their disease and 22 percent more likely to die from it than those not taking those supplements. Those taking omega-3 supplements were 67 percent more likely to have the disease return. That percentage rose to 79 for those taking iron supplements.

研究人员称，服用维生素B12和铁补充剂的人癌症复发的风险更大。与不服用维生素B12的女性相比，服用维生素B12的女性其疾病复发的可能性要高出83%，死亡的可能性则会高出22%。服用欧米伽-3补充剂的人，其疾病复发的可能性要高出67%。服用铁补充剂的人疾病复发率则要高出79%。

Amy Tiersten is a professor of medicine at the Icahn School of Medicine at Mount Sinai in New York City. She said she was pleased with the research.

艾米·蒂尔斯滕是纽约市西奈山伊坎医学院的医学教授。她表示对这项研究很满意。

"For years we have been cautioning patients about the use of vitamins, in particular antioxidants, during chemotherapy for breast cancer," Tiersten said.

“多年来，我们一直提醒患者在乳腺癌化疗期间慎用维生素，特别是抗氧化剂，” 蒂尔斯滕说道。

In an email to Reuters news service, she said that she “always told patients on chemotherapy that the best way to get their vitamins is through a well-balanced diet, and will continue to do so given these data."

在给路透社的一封电子邮件中，她说“一直以来，我都告诉化疗的患者均衡饮食是摄取维生素的最佳途径，现在有了这些数据我会更有底气地继续这么做。”

I’m Mario Ritter, Jr.

小马里奥·里特报道。

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