

## Vitamins and provitamins intake as new insights to prevent and/ or to treat breast cancer

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Female breast cancer (BC) is the most diagnosed cancer across the world. The present systematic review aimed to update the new insights of vitamins and provitamins to prevent and/or to treat BC. Vitamins and provitamins are natural products that have been implicated to prevent and to treat BC. However, it is still scarce and non-consensual as reported in the literature. A systematic literature review was conducted to identify studies through PubMed, Medline, and EMBASE up to June 27, 2021 solely on the association between vitamins (or provitamins) and BC prevention or treatment. The related grey literature also was used. The results of 127 relevant publications after exclusion of 7715 papers revealed that natural vitamins and provitamins were used to prevent or to treat BC. It has been clear evidence that vitamins and provitamins reduce the risk of BC, which acting by various mechanisms with significant inverse effect and effective use in the treatment of BC. There is no indication for publication bias found, however there was high heterogeneity among studies. Despite its limitations, our systematic review provide the most comprehensive studies updated summary evidence to date on the association between vitamins, provitamins and BC prevention, treatment or therapeutic issues. The natural dietary of these nutrients may be encouraged among population in order to reduce the risk of BC. Thus, we hope that our publication will help for further investigation such as a large clinical trials to confirm the findings of the present study.

**Keywords :** Breast Cancer, Vitamins, Provitamins, Mechanism, Prevention

### **Biography**

Laya A is affiliated from University of Maroua, Cameroon. His research interest includes Alternative treatment and Cancer Therapy

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**Received:** February 15, 2022; **Accepted:** February 17, 2022; **Published:** April 4, 2022

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