

23 October 2015

CMA Welcomes Skin-Cancer Study Results

At the Blackmores Institute Symposium today, Chief Executive Officer of Complementary Medicines Australia (CMA), Mr Carl Gibson, welcomed results from a University of Sydney study¹, published in the *New England Journal of Medicine*, which show that vitamin B₃ (nicotinamide) can cut the risk of new skin cancers by 23 per cent.

In this double-blind, randomized, controlled trial, participants who had, in the last five years, had at least two non-melanoma skin cancers were given either 500mg of vitamin B₃ twice daily or placebo for a period of 12 months. The authors found that oral vitamin B₃ was safe and effective in reducing the rates of new skin cancers in high risk patients.

Mr Gibson said: “These are exciting results – especially given that in Australia non-melanoma skin cancers are four times as common as all other cancers combined. These skin cancers are caused primarily by exposure to UV radiation, and unfortunately, even high-risk individuals don’t always remember to apply sunscreen. There is an obvious need for additional preventive measures.”

“The study results highlight the importance of research, and the importance of industry, philanthropic and government support for studies that look at the use of complementary medicines. Studies such as this are fundamental in finding out how to foster good health and avoid disease.”

“The Australian complementary medicine industry continues to invest in clinical trials, building on the data that shows the contribution that complementary medicines can make to individual and community health,” said Mr Gibson.

In supporting individuals’ decisions to supplement vitamins and minerals, CMA and the complementary medicines industry strongly advocate following instructions and dosage guidance on labels, as with any medication, and to seek advice from a healthcare provider.

ENDS

¹ A Phase 3 Randomized Trial of Nicotinamide for Skin-Cancer Chemoprevention. *N Engl J Med* 2015; 373:1618-1626, 22 October, 2015, DOI: 10.1056/NEJMoa1506197

For Media Interviews or Further Information Contact:

CMA, Chief Executive

Carl Gibson

+61 457 028 974