

Selenium supplementation for the prevention of cancer in men

Numbers for men aged 50 years and older without a selenium deficiency who either supplemented their diets with selenium for four to seven years or did not take selenium supplements.

	100 men without selenium supplementation	100 men with selenium supplementation
Benefits		
How many men were diagnosed with cancer?		about 10 in each group
How many men were diagnosed with prostate cancer?	5	5
How many men died of cancer?	1	1
Harms		
How many men suffered pathological hair loss?	2	3
How many men experienced mild to moderate dermatitis?	6	7

The study was terminated as a precautionary measure after a connection between selenium intake and type 2 diabetes was suggested in the course of it.

Short summary: Supplementing a regular diet with selenium does not protect against cancer, but may result in unwanted side effects.

Source: Lippman et al. *JAMA* 2009; 301(1):39-51.