

# Selenium supplementation for the prevention of cardiovascular events in men

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

	<b>100 men without selenium supplementation</b>	<b>100 men with selenium supplementation</b>
<b>Benefits</b>		
How many men experienced a cardiovascular event (e.g. heart attack, stroke, including death)?	12	12
How many men had a non-fatal stroke?	1	1
How many men died from cardiovascular events?	2	2
<b>Harms</b>		
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 cardiovascular events, but may result in unwanted side effects.

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