

Insufficiency of B vitamins with its possible clinical implications

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We read the review⁽¹⁾ by Tanaka *et al.* and agree that vitamin insufficiency is the cause of various diseases.

However, there is a problem with the statement regarding vitamin B1 that “vitamin B1 deficiency is no longer a serious health problem in Japan,” with recent studies reporting an increase in cases of vitamin B1 deficiency^(2–4) and insufficiency^(4,5) in cancer patients in Japan. In the United States, thiamine deficiency and/or insufficiency is recognized in 55% of cancer patients

referred to psychiatric clinics.⁽⁶⁾

Vitamin B1 stores in the body are depleted in a few as about 18 days, and deficiency occurs if dietary intake continues to decline for 2–3 weeks.⁽⁷⁾ Loss of appetite is a common condition in cancer patients.

Thus, it can be said that vitamin B1 deficiency in cancer patients is a condition that should be carefully monitored in the future in Japan.

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