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ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ فون ਕਰੋ: 01932 723553

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Nicotinamide B3

Dermatology Department

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty.

If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email asp-tr.patient.advice@nhs.net. If you remain concerned, the team can also advise upon how to make a formal complaint.

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Information Sites

Simply put in 'Nicotinamide and skin cancer' on a search engine such as Google for further reading.

Some examples below:

- <https://www.dermnetnz.org/topics/nicotinamide/>
- American health and drug benefits
<https://www.ncbi.nlm.nih.gov/pmc/issues/257837/>
v.8(Spec Issue); 2015 Aug
- Sunumbra site also explains Nicotinamide effects on the skin

What is nicotinamide?

Nicotinamide is in the vitamin B3 family of medications, it occurs in trace amounts in fish, meat, nuts, and in a lesser extent in some vegetables. It is added to cereals and other foods.

How does it help towards preventing non-malignant melanoma skin cancers - Squamous cell skin cancer (SCC) and Basal cell skin cancer (BCC)?

Exposure to ultraviolet (UV) radiation in sunlight increases the risk of skin cancer by damaging the DNA in skin cells, suppressing the immune system's anti-cancer response.

Vitamin B3 protects against this immune system suppression by replenishing cellular energy, enabling faster and more efficient DNA repair following sun exposure.

How does it help towards preventing Actinic Keratosis?

Nicotinamide has been shown to enhance the repair of direct and oxidative DNA damage in human keratinocytes.

Research

Research showed that Nicotinamide 500-1000mg per day, taken orally, reduced solar keratoses by a third, and development of new non-melanoma skin cancers (NMSC) (BCCs and SCCs) by 20-30%. Research undertaken in Australia in 2015 also noted a significant impact on the development of NMSC and Actinic Keratosis (AK). Further research is required to determine the benefits of vitamin B3 in people with different skin types and in melanoma prevention.

Important note!

Nicotinamide is not a cure for solar keratosis. Prescription creams or cryotherapy from your specialist in conjunction with vitamin B3 is advisable.

Nicotinamide does not take the place of sunscreen, wide brimmed hats, seeking shade, sun glasses and regular skin check-ups by your specialist.

How to take Nicotinamide?

Dosage: 500mgs taken orally, twice daily.

What are the side effects?

It may cause gastric upset - therefore you may consider taking 500mg once daily and then work up to twice daily tablets if tolerated. The low dose recommended has not been found to interact with existing medications.

Vitamin B3 is also effective when used directly on the skin. It is available in some sun screens e.g. Sunsense / Sunumbra.

Where do I purchase nicotinamide from?

The tablets are not prescribed from your GP.

- G&G Vitamins 500 mg Nicotinamide Capsules £9.28 100 tabs
- Nature's Way, Niacinamide, 500 mg, £3.66 100 tabs
- Niacinamide 500mg B3 200 Capsules £3.78
- Lamberts £6.99 250mg nicotinamide
- Health for all £7.99 500mg tablets nicotinamide 180 tabs
- Natures best £4.95 250 mg tabs 100 tabs

- NHS pharmacists will order product for you