

[Abstract](#)

[Res Commun Mol Pathol Pharmacol](#). 1995 Aug;89(2):208-20.

## Prevention of myocardial infarction by vitamin B6.

[Ellis JM](#)<sup>1</sup>, [McCully KS](#).

### Author information

### Abstract

**Vitamin B6** is effective in the treatment of carpal tunnel syndrome and related disorders in patients with **vitamin B6** deficiency. Hyperhomocysteinemia, a risk factor for atherosclerosis, is associated with deficiencies of **vitamin B6**, folate, and cobalamin. Patients who were given **vitamin B6** for carpal tunnel syndrome and other degenerative diseases were found to have 27% of the risk of developing acute cardiac chest pain or myocardial infarction, compared with patients who had not taken **vitamin B6**. Among elderly patients of the author (JE) expiring at home, the average age at death from myocardial infarction was 8 years later in those who had taken **vitamin B6**, compared with those who had not taken **vitamin B6**. The preventive effect of **vitamin B6** on progression of coronary heart disease may be related to increased formation of pyridoxal phosphate, the coenzyme that is required for catabolism of the atherogenic amino acid, homocysteine.

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