EFFECTS OF A HERBAL COMPOUND ON PREVENTION OF RADIATION-INDUCED ACUTE ORAL MUCOSITIS IN PATIENTS WITH HEAD AND NECK CANCER: A PILOT RANDOMIZED CONTROLLED TRIAL

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PURPOSE:

Oral mucositis is one of the most common serious and disabling side effects for patients undergoing cancer treatment which can affect up to 100% of patients undergoing high-dose chemoradiation and 70% of patients with head and neck cancer (HNC), resulting in radiation therapy (RT). Despite the usage of a variety of agents to prevent radiation-induced oral mucositis, these remedies have major side effects and clinical trials show no data on the effectiveness of prevention that has been accepted as standard for them. The aim of this pilot study was assessment of efficacy of a herbal compound on prevention of radiation-induced oral mucositis in patients suffering RT.

METHODS AND MATERIALS:

A total of 23 patients who were candidates for head and neck radiotherapy were randomly assigned into two groups based on the age of patients, and the herbal compound (Alhagi squamata & Aloe vera) or placebo (Almond oil) were administered. The duration of the study was seven months. Oral mucositis were evaluated by examination of oral cavity and quality of life (QOL) was assessed by EORTC QLQ-HNC3 questionnaire at the baseline, and weeks 2, 3, 4, 6, 7.

RESULTS:

Results showed that in treated group, oral mucositis was significantly lower than placebo group. Also, comparing between-group analysis, patients observed significantly lower total EORTC QLQ-HNC3 scores at the treated group compared with placebo group at the end of intervention (P<0.001). Results showed that mean scores of pain, swelling, erythema, and dry mouth in treated group were significantly lower than placebo group.
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PURPOSE:
Oral mucositis is one of the most common serious and disabling side effects for patients undergoing cancer treatment which can affect up to 100% of patients undergoing high-dose chemotherapy and 90% of patients with the head and neck cancer (HNC) receiving radiotherapy (RT). Despite the usage of a variety of agents to prevent radiation-induced oral mucositis, it is considered a major side effect and clinical trial is not any effective method of prevention that has been accepted as standard for them. The aim of this pilot study was assessment of (SHS) a herbal compound on prevention of radiation-induced acute oral mucositis in patients suffering HNC.

METHODS AND MATERIALS:
A total of 23 patients who were candidates for head and neck radiotherapy were randomly assigned into two groups based on the worth of patients, and in the herbal group (SHS) were administrated. The duration of the study was seven weeks. Oral mucositis were evaluated by examination of oral cavity and quality of life (QoL) was assessed by the EORTC QLQ-HB45 questionnaire at the baseline, and every 2, 3, 4, 5, 6, 7.

RESULTS:
Results showed that in herbal group, oral mucositis was significantly lower than placebo group. Also, regarding between-group analysis, patients obtained significantly lower total EORTC-QLQ-HB45 scores in the herbal group compared with placebo group at the end of intervention (P < 0.05). Results showed that mucus in soro of pain, swallowing, eating, sense, and dry mouth in herbal group were significantly lower than placebo group.