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 chemotherapy and 85% of patients with head and neck cancer (HNC) receiving radiotherapy (RT). Despite the usage of a variety of agents to prevent radiation-induced oral mucositis, it still remains a major side effect and there is no fully effective method of prevention that has been accepted as standard for them. The aim of the pilot study was assessment of efficacy of a herbal compound on prevention of radiation-induced oral mucositis in patients suffering HNC.

METHODS AND MATERIALS:
A total of 20 patients who were scheduled for head and neck radiotherapy were randomly assigned into two groups based on the area of patients, and the herbal compound (Allium sativum & Alpinia galanga) or placebo (Alcohol). The duration of the study was seven weeks. Oral mucositis was evaluated by examination of oral cavity and quality of life (QOL) was assessed by the EORTC QLQ-H&N 35 questionnaire of the patients, and six scales 1-2-3-4-5-6, 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-H&N scores in the herbal group compared with placebo group at the end of intervention (P<0.001). Results showed that mean score of pain, swallowing, eating, nausea, and dry mouth in herbal 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 85% of patients who have head and neck cancer (HNC) receiving radiotherapy (RT). Despite the usage of a variety of agents to prevent radiation-induced oral mucositis, the occurrence of major side effects and the lack of an effective method of prevention has been accepted as standard for them. The aim of this pilot study was assessment of efficacy of a herbal compound in prevention of radiation-induced score oral mucositis in patients suffering HNC.

METHODS AND MATERIALS:
A total of 23 patients were selected for head and neck radiotherapy were randomly assigned into two groups based on the arm of patients, and in the herbal group (A) patients were given a herbal formula (secreted with Salvia officinalis & Aloe) and in the control group (B) patients received placebo. 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-H&N35 questionnaire at the baseline, and weeks 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 observed significantly lower total EORTC QLQ-H&N35 scores at the herbal group compared with placebo group at the end of the experiment (P < 0.05). Results showed that mean in scores of pain, swallowing, eating, sense, and dry mouth in herbal group were significantly lower than placebo group.