

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 80% 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 has remained a major side effect and until now there is not any effective method 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 acute oral mucositis in patients suffering HNC.

METHODS AND MATERIALS:

A total of 23 patients who were candidate for head and neck radiotherapy were randomly assigned into two groups based on the arrival of patients, and the herbal compound (Malva sylvestris & Alcea digitata), or placebo (Avicel) were administered. 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&N 35 questionnaire at the baseline, and weeks 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 ($P < 0.0001$). Results showed that mean scores of pain, swallowing, eating, senses, and dry mouth in herbal group were significantly lower than placebo group

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