

عنوان مقاله:

Effects of a saffron based syrup on fatigue in breast cancer patients: A double-blind randomized placebo-controlled clinical trial

محل انتشار:

چهاردهمین کنگره بین المللی سرطان پستان (سال: 1397)

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خلاصه مقاله:

Introduction & Aim: Fatigue is one of the most common complications related with cancer and its therapy that effects the different aspects of the life and causes decrement in the quality of life in cancer patients. Whenever there is a clear etiology for fatigue, treatment is based on the primary cause, if not, treatment is symptomatic methods such as training, medication, exercise, and nutrition. According to studies, Saffron is known as a safe and useful medicinal herb in cancer patients. Also, based on Persian medicine, it is recommended for patients who are in recovering time. In this study we assessed effects of a saffron based syrup (SBS) on fatigue in breast cancer patients. **Methods:** In this study, 60 patients undergoing routine chemotherapy for breast cancer divided to two groups, one group received SBS and other group received placebo. Patients asked to use drugs three times per day for 4 weeks. Fatigue was measured before and after intervention based on the Visual Analogue Fatigue Scale (VAS) and Fatigue Severity Scale (FSS). **Results:** Results of this study showed that mean score of VAS and FSS was improved in SBS groups more than placebo group, and there was a significant difference between two groups. **Conclusion;** SBS can decreased the symptoms of fatigue in breast cancer patients; so, it may be suggested as complementary medicine for fatigue in breast cancer patients. Although well-designed, randomized controlled trials with long-time follow up are necessary.

کلمات کلیدی:

cancer, fatigue, Persian medicine

لینک ثابت مقاله در پایگاه سیویلیکا:

<https://civilica.com/doc/912496>



