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Homeopathy and complementary integrative medicine, dietary and lifestyle advices to reduce adverse-effects of anti-cancer therapy

Background: In order to address the side effects of anti-cancer treatments, the Clinic for Complementary Medicine and Diet in Oncology was opened, in collaboration with the Oncology Department, at the Hospital of Lucca (Italy) in 2013.

Aim: To present the results of complementary medicine treatment targeted towards reducing the adverse effects of anti-cancer therapy and cancer symptoms, and improving patient quality of life.

Methods: This is a retrospective observational study on 357 patients consecutively visited from September 2013 until December 2017. The intensity of symptoms was evaluated according to a grading system from G0 (absent) to G1 (slight), G2 (moderate), and G3 (strong). The severity of radiodermatitis was evaluated with the Radiation Therapy Oncology Group (RTOG) scale.

Results: The main types of cancer were breast (57.1%), colon (7.3%), lung (5.0%), ovary (3.9%), stomach (2.5%), prostate (2.2%), and uterus (2.5%). The comparison of clinical conditions before and after treatment showed a significant amelioration of nausea, insomnia, depression, anxiety, fatigue, mucositis, hot flashes, joint pain, dysgeusia, neuropathy, and all

symptoms. Moreover, in a subgroup of 17 patients in radiotherapy undergoing integrative treatment, the severity of radiodermatitis were much lower than in the 13 patients without integrative treatment. Twenty-one cancer patients (6.2%) either refused (18) or discontinued (3) conventional anti-cancer treatment against the recommendation of their oncologist; after the integrative oncology visit 41.2% decided to accept standard oncological treatments.

Conclusions: An integrative oncology clinic may contribute to reducing the adverse effects of anti-cancer therapy and improving the quality of life of cancer patients.



Biography

Elio Giovanni Rossi has graduated cum laude in Medicine from the University of Milan (Italy) in 1979; specialized in Infectious Diseases in 1982. Since 1991 he is Member of the Faculty of Homeopathy of London (mfhom) and ffhom (Hon) since 2018. He is the Director of the Homeopathic Clinic of the Hospital of Lucca since 1998, Regional Center of reference and responsible for the Complementary Medicine and diet in oncology clinic of the Local Health Unit 2 Lucca. He is the Member of the Quality Assurance Scheme Development Group of the European Initiative on Breast Cancer (EICBC) to realize the European guidelines on cancer since 2015.

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