Very promising research for nutritional support during chemotherapy.

MILK THISTLE FOR THE TREATMENT OF LIVER TOXICITY DURING CHEMOTHERAPY

The most common type of childhood leukemia is known as Acute Lymphoblastic Leukemia (ALL). When I was a child, the likelihood of surviving ALL was less than 10%. Children diagnosed since the year 2000 now have a survival rate over 90%*. Although that is amazing progress, treatment is still very difficult and often is very hard on body organs such as the liver. In the treatment of children with acute lymphoblastic leukemia (ALL), chemotherapy treatment is often interrupted due to liver toxicity.

Researchers recently conducted a multicenter pilot study that evaluated the safety and feasibility of milk thistle (MT) for the treatment of liver toxicity in children with ALL receiving maintenance phase chemotherapy.

During the maintenance phase of therapy, patients are regularly evaluated for liver toxicity at the beginning of each cycle of chemotherapy. Fifty children were enrolled in the study. To be eligible, they had to have moderate liver toxicity based on one of three tests, amino alanine transferase (ALT), aspartate amino transferase (AST), or total bilirubin (TB).

At day 56, the MT group had a significantly lower AST and a trend towards a significantly lower ALT. Although not significantly different, chemotherapy doses were reduced in 61% of the MT group, compared to 72% of the placebo group.

This was the first study to evaluate milk thistle in a blinded, controlled trial among children undergoing treatment for ALL with biochemical evidence of elevated liver function tests. In children with ALL with liver toxicity, MT was associated with a trend towards significant reductions in liver toxicity and did not antagonize the effects of chemotherapy agents. Future research should be conducted to determine whether MT can be used with the same efficacy in adults and with other types of chemotherapy.

NOTE: Please do not take products during cancer treatment without first discussing it with a health professional, nor is this a substitute for appropriate medical treatment. This information can be used to aid in discussion with the specialist to determine if it is appropriate in specific circumstances. This is very promising, but it has yet to be proven in other studies involving different cancers and therapies. But, it offers a solid foundation for discussion about nutritional support during cancer treatment.

Full paper:
http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3542639/

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Kary Diaz Marina Reyes great information and resources for chemo. Milk thistle is one of the primary active ingredients in Hepasil DTX (Hepa Plus). You can get it on my website or call me and I will get it to you soon along with the other products that I told Evelyn about. Let me know 😊

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