

1. [Art therapy and self-image: A 5-year follow-up art therapy RCT study of women diagnosed with breast cancer](#)

Palliat Support Care. 2022 Aug;20(4):482-490. doi: 10.1017/S1478951521001437.

Authors

[Karin Egberg Thyme](#)¹, [Björn Tavelin](#)², [Inger Öster](#)^{3 4}, [Jack Lindh](#)², [Britt Wiberg](#)⁵

Abstract

Objective: This follow-up study on perceived self-image and psychophysical distress/psychic symptoms was based on a randomized controlled study of art therapy on women with breast cancer.

Method: The aim was to examine the long-term effects of time-limited art therapy using the instruments of *Structural Analysis of Social Behavior* (SASB) and *Symptom Check List-90* (SCL-90).

Results: Three attachment clusters of the SASB showed significant changes post therapy: *Autonomous self* (cluster 1), *Accepting self* (cluster 2), and *Loving self* (cluster 3). Clusters 2 and 3 continued to change in favor of the intervention group at the 5-year follow-up. There were no significant differences in the SCL-90 results between the intervention group and the control group in the follow-up study.

Significance of results: The art therapy intervention was both therapeutic and psycho-educative. The conclusion of this study is that approaching emotions through time-limited art therapy seems to have a long-lasting effect on the attachment behavioral system shown in the SASB model post intervention, and this effect remained 5 years later.

2. [Effects of Chinese Herbal Formula on Immune Function and Nutritional Status of Breast Cancer Patients](#)

Comput Math Methods Med. 2022 Jul 14;2022:5900024. doi: 10.1155/2022/5900024. eCollection 2022.

Author

[Min Liu](#)¹

Abstract

Background: **Chinese herbal formulas have certain effects on patients with breast cancer (BC). This article discussed the effect of Buqi Yangxue decoction on the immune function and**

nutritional status of BC patients and provided an evidence for traditional Chinese medicine (TCM) to improve the quality of life and curative effect of BC patients.

Methods: 66 cases of BC patients were divided into control group ($n=33$) and Chinese herbal formula group ($n=33$). The control group was received with TE chemotherapy, and the Chinese herbal formula group was received with Buqi Yangxue decoction combined with TE chemotherapy. Nutritional status, immune function, TCM symptom quantitative score, and adverse reactions were compared between the two groups.

Results: There was no difference in all indexes between the two groups before intervention. After 4 weeks, the nutritional indexes ALB, PA, TRF, and TP in Chinese herbal formula group were higher than those in control group, except HGb. CD3+, CD4+, and CD4+/CD8+ in both groups were sharply higher than before treatment, while CD8+ was dramatically lower, and the changes in Chinese herbal formula group were more obvious than those in control group. In Chinese herbal formula group, the levels of IgG, IgA, and IgM were sharply increased compared with control group. The TCM syndrome scores in both groups were decreased significantly after treatment, especially in Chinese herbal formula group. In addition, nausea and vomiting, inappetence, liver function impairment, leukopenia, and thrombocytopenia occurred in both groups. There was no clear difference in the incidence of adverse reactions between Chinese herbal formula group and control group.

Conclusion: Buqi Yangxue decoction can effectively improve the nutritional status and immune function of BC patients, which has important clinical significance for the later comprehensive treatment.

3. [Investigating the Role of Dahuang in Hepatoma Treatment Using Network Pharmacology, Molecular Docking, and Survival Analysis](#)

Biomed Res Int. 2022 Jul 15;2022:5975223. doi: 10.1155/2022/5975223. eCollection 2022.

Authors

[Bin Yu](#)^{# 1 2}, [Maoru Wang](#)^{# 3}, [Hui Xu](#)², [Rongrong Gao](#)², [Yuanying Zhu](#)², [Hong Ning](#)¹, [Xiaoyu Dai](#)⁴

Abstract

Hepatoma is one of the most common malignant tumors. The incidence rate is high in developing countries, and China has the most significant number of cases. Dahuang is a classic traditional antitumor drug commonly used in China and has also been applied to treat hepatoma. However, the potential mechanism of Dahuang in treating hepatoma is not clear. Therefore, this study is aimed at elucidating the possible molecular mechanism and key targets of Dahuang using methods of network pharmacology, molecular docking, and survival analysis. Firstly, the active ingredients and key targets of Dahuang were analyzed through public databases, and then the

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drug-ingredient-target-disease network diagram of Dahuang against hepatoma was constructed. Five main active components and five core targets were determined according to the enrichment degree. Enrichment analysis demonstrated that Dahuang treated hepatoma through the multiple pathways in cancer. Additionally, molecular docking predicted that aloe-emodin and PIK3CG depicted the best binding energy. Survival analysis indicated that a high/ESR1 gene expression had a relatively good prognosis for patients with hepatoma ($p < 0.05$). In conclusion, the current study results demonstrated that Dahuang could treat hepatoma through a variety of active ingredients, targets, and multiantitumor pathways. Moreover, it effectively improved the prognosis of hepatoma patients. ESR1 is the potential key gene that is beneficial for the survival of hepatoma patients. Also, aloe-emodin and beta-sitosterol are the two main active crucial ingredients for hepatoma treatment. The study also provided some functional bases and references for the development of new drugs, target mining, and experimental animal research of hepatoma in the future.

4. [Effects of Vigorous Versus Restorative Yoga Practice on Objective Cognition Functions in Sedentary Breast and Ovarian Cancer Survivors: A Randomized Controlled Pilot Trial](#)

Integr Cancer Ther. 2022 Jan-Dec;21:15347354221089221. doi: 10.1177/15347354221089221.

Authors

[Gary Deng](#)¹, [Ting Bao](#)¹, [Elizabeth L Ryan](#)¹, [Lara Benusis](#)², [Pasha Hogan](#)¹, [Qing S Li](#)¹, [Annika Dries](#)³, [Jason Konner](#)¹, [Tim A Ahles](#)¹, [Jun J Mao](#)¹

Affiliations

- ¹ Memorial Sloan Kettering Cancer Center, New York, NY, USA.
- ² Columbia University, New York, NY, USA.
- ³ Stanford University School of Medicine, Stanford, CA, USA.
- PMID: [35861215](#)
- DOI: [10.1177/15347354221089221](#)

Free article

Abstract

Purpose: Many cancer survivors experience cancer-related cognitive impairment (CRCI). We conducted a randomized controlled pilot trial of 2 types of yoga practice and evaluated their effects on participants' objective cognitive function.

Methods: Sedentary breast or ovarian cancer survivors were randomized to practice either restorative yoga (with more meditative practice and minimal physical exertion) or vigorous yoga (with considerable physical exertion and minimal meditative practice) in 60-minute supervised

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sessions 3 times a week for 12 weeks, followed by 12 weeks of home practice. We used the NIH Toolbox Cognition Domain to evaluate participants at baseline, week 12, and week 24.

Results: We enrolled 35 participants. For women in the restorative yoga group, overall cognitive function was statistically significantly improved at weeks 12 and 24 compared to baseline ($P = .03$ and 0.004 ; Cohen's $D = 0.3$ and 0.5). Fluid cognitive function also significantly improved at weeks 12 and 24 ($P = .02$ and 0.0007 ; Cohen's $D = 0.3$ and 0.6), whereas improvements in crystallized cognition were not significant. For women in the vigorous yoga group, significant improvement was only seen in tasks of crystallized cognition at week 24 ($P = .03$; Cohen's $D = 0.5$). Between-group comparisons showed that at week 24, women in the restorative yoga group had significantly higher scores on fluid cognition tasks.

Conclusions: Patients who participated in yoga practice demonstrated improvement in objective cognitive function over time. Restorative yoga may be more effective in improving fluid cognitive function at week 24 when compared to vigorous yoga. These promising findings should be confirmed in definitive studies.

5. [Effect of three tongue needles acupoints Lianquan \(CV23\) and Hegu \(LI4\) combined with swallowing training on the quality of life of laryngeal cancer patients with dysphagia after surgery](#)

J Tradit Chin Med. 2022 Aug;42(4):617-621. doi: 10.19852/j.cnki.jtcm.20220516.004.

Authors

[Zhu Xuewei](#)¹, [Liu Minghui](#)², [Zong Minru](#)², [Chen Qianqian](#)³, [Wang Jianfeng](#)³

Abstract

Objective: To evaluate the effect of acupuncture therapies administered in combination with swallowing training on the quality of life of laryngeal cancer patients with dysphagia after surgery.

Methods: Seventy-one postoperative patients with laryngeal cancer participated in this study. The patients diagnosed with swallowing dysfunction by video fluoroscopic swallowing examination (VFSE) were randomly divided into experimental group ($n = 36$) and control group ($n = 35$). Patients in both groups were provided swallowing training and rehabilitation consultation. Patients in the experimental group were additionally provided with acupuncture therapies. All patients were evaluated using VFSE and MD Anderson dysphagia inventory (MDADI) and Quality of Life Questionnaire-core 30 (QLQ-c30) score immediately after surgery and three months later.

Results: The effective rate of 97.1% ($n = 35$) and the complete remission rate of 36.1% ($n = 13$) in the experimental group were higher than those in the control group of 60% ($n = 21$) and 14.3% ($n = 5$) ($P < 0.01$). The scores of VFSE, MDADI and QLQ-c 30 in the experimental group and the

control group at three months after therapies were significantly improved compared with those before therapies ($P < 0.05$). The scores of VFSE, MDADI and QLQ-c30 in the experimental group at three months after therapies were significantly improved compared with the control group. The improvement in the intervention group was significantly better than that in the control group. There were no adverse reactions in two groups.

Conclusions: Acupuncture therapies combined with swallowing training can improve the swallowing function and the quality of life of laryngeal cancer patients with dysphagia after surgery.

6. [Aromatherapy with single essential oils can significantly improve the sleep quality of cancer patients: a meta-analysis](#)

BMC Complement Med Ther. 2022 Jul 14;22(1):187. doi: 10.1186/s12906-022-03668-0.

Authors

[Hui Cheng](#)^{# 1 2}, [Lu Lin](#)^{# 1 2}, [Shaotong Wang](#)², [Yueyue Zhang](#)², [Tingting Liu](#)², [Yang Yuan](#)², [Qiuyun Chen](#)², [Li Tian](#)^{3 4}

Abstract

Objective: To investigate the effect of aromatherapy on sleep quality in cancer patients.

Methods: Published literature on the effect of aromatherapy in cancer patients with sleep disorders in the form of randomized controlled trials (RCTs) were systematically retrieved and screened from PubMed, Cochrane Library, Embase, CBM, CNKI, VIP, and Wanfang databases from inception to November 2021. The methodological quality of the included studies was critically and independently evaluated by two reviewers using the Cochrane Risk of Bias Assessment Tool for RCTs. The correlated data were extracted using the pre-designed form, and all analyses were performed using Reviewer Manager version 5.4. Due to the difference in sleep quality instruments, the data extracted in this study were in the form of standard mean difference (SMD).

Results: Ten RCTs included 933 patients (experimental group: 474, control group: 459), and the risk of bias in the included studies was moderate. Aromatherapy could significantly improve the sleep quality of cancer patients [SMD = - 0.79, 95% CI (- 0.93, - 0.66), $p < 0.01$], especially those with breast cancer [SMD = - 0.98, 95% CI (- 1.57, - 0.40), $p < 0.01$]. Aromatherapy with single essential oil had a better effect on sleep quality [SMD = -0.94, 95%CI (- 1.25, - 0.62), $p < 0.01$], of which lavender essential oil had the best effect [SMD = -1.06,95%CI (- 1.49, - 0.63), $p < 0.01$] while compound essential oils had no effect on sleep quality improvement in cancer patients [SMD = -0.21, 95%CI (- 0.57, 0.14), $p = 0.23$]. Four of the ten RCTs reported the occurrence of

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adverse events, of which only one RCT indicated that patients had headache and sneezing while the remaining six did not.

Conclusions: This meta-analysis of 10 RCTs reveals that aromatherapy with single essential oil had a substantial effect on the sleep quality of cancer patients and should be recommended as a beneficial complementary therapy to promote sleep quality in cancer patients.

7. [Use of Herbal Medicine Is Associated With Late-Stage Presentation in Tanzanian Patients With Cancer: A Survey to Assess the Utilization of and Reasons for the Use of Herbal Medicine](#)

JCO Glob Oncol. 2022 Jul;8:e2200069. doi: 10.1200/GO.22.00069.

Authors

[Oliver Henke](#)^{1 2}, [Walter Bruchhausen](#)², [Anna Massawe](#)¹

Abstract

Purpose: In Tanzania, patients with cancer present late with advanced stages. Among other reasons, the use of herbal medicine (HM) might contribute to delay in diagnosis and treatment. This study aims to understand the utilization of HM and the reasons for its' use.

Methods: A semistructured 30-item questionnaire with closed- and open-ended questions was applied to a cohort of patients with cancer at Kilimanjaro Christian Medical Centre. Content analysis was performed for answers to open-ended questions.

Results: Three hundred two patients were interviewed, 50.9% males and 49.1% females. The mean age was 64 years. 71.6% were in stages III/IV. 70.5% patients used HM and 67.1% started conventional medicine after stopping HM, 7.5% started HM after conventional medicine, and 24.9% combined both. Stage IV patients used HM as first line significantly more often in comparison: stage I 55.6%; II 58.1%; III 57.2%; and IV 70.6%. 77.5% did not tell their doctors about the use of HM. Commonest reasons to use HM were belief in cure, hope of symptom relief, lack of cancer services, and tradition.

Conclusion: The majority of patients used HM before consulting a doctor, which contributes to stage IV presentation. Use of HM alongside with chemotherapy is mostly not known to the treating physician and may lead to interactions. These findings must alert health care workers and health policymakers to further foster health education about cancer and its treatment. Further research is needed to understand the wide use of HM among Tanzanian patients with cancer and the role that traditional and spiritual healers play in the field of cancer care.

8. [Effect of Comprehensive Care Based on Appropriate Chinese Medicine Techniques on Urinary Retention and Bladder Function Recovery after Total Hysterectomy in Patients with Cervical Cancer](#)

Comput Math Methods Med. 2022 Jun 30;2022:7495418. doi: 10.1155/2022/7495418. eCollection 2022.

Authors

[Qing Lu](#)^{1 2 3}, [LiangHong Wu](#)^{1 2 3}, [LiYing Qi](#)^{1 2 3}, [Ping Tie](#)^{1 2 3}, [Zhihong Guan](#)^{1 2 3}

Abstract

Objective: To investigate the effect of comprehensive care based on appropriate Chinese medicine techniques on urinary retention and bladder function recovery after total hysterectomy in patients with cervical cancer.

Methods: A total of 148 cases admitted after radical hysterectomy for cervical cancer from January 2019 to early September 2019 were used as the observation sample and were divided into control and experimental groups based on a randomized double-blind method. There were 74 cases each. The control group was given comprehensive care, and the experimental group was given comprehensive care based on appropriate Chinese medicine techniques. The intervention period was 2 weeks after surgery. The recovery rate of bladder function and the occurrence of urinary retention were compared between the two groups, and the duration of postoperative retention of urinary catheter, the amount of residual urine, and the feeling of urination were counted.

Results: The experimental group had better urinary catheter retention time, time to first spontaneous voiding, time to get out of bed, and time to anal discharge than the control group; the experimental group had a higher rate of good bladder function recovery than the control group and better bladder recovery time, residual urine volume, and incidence of urinary retention than the control group; the patients in the experimental group had better UDI-6 scores.

Conclusion: The implementation of comprehensive care based on appropriate Chinese medicine techniques can relieve patients' difficulty in urination and improve their quality of life.

9. [Research on the progress of Traditional Chinese medicine components and preparations on histone deacetylase inhibitors - Like effects in the course of disease treatment](#)

J Ethnopharmacol. 2022 Oct 5;296:115521. doi: 10.1016/j.jep.2022.115521. Epub 2022 Jul 6.

Authors

[Yuxin Wei](#)¹, [Yuyan Guo](#)¹, [Shaowa Lv](#)²

Abstract

Ethnopharmacological relevance: During the treatment of diseases, histone deacetylases (HDAC) may have side effects such as strong immune inhibition and drug resistance, which may lead to damage of heart, liver and kidney. Traditional Chinese medicine (TCM) is a valuable and unique resource in China, which has good efficacy and safety. At present, it has been found that Chinese herbal compounds and active ingredients can effectively inhibit the expression of HDAC. Moreover, pharmacological studies have shown that these TCMs have shown therapeutic effects in the treatment of cancer, cardiovascular and cerebrovascular diseases, orthopedic diseases and skin diseases.

Aim of the review: This article reviews the mechanism of action of HDAC, and introduces the epigenetic correlation between TCM and HDAC. We expounded the histone deacetylase inhibitor (HDACi)-like inhibitory effect and clinical application of natural drugs, and summarized the research progress of TCM on HDAC in recent years.

Materials and methods: We collected relevant information published before March 2022 by searching the literature in various online databases such as PubMed, CNKI, Wanfang Database, Elsevier, Web of Science and China Biomedical Database. Search terms include "HDAC" or "HDACi", as well as "herb" or "herbal ingredient".

Results: A large number of studies have proved that many TCMs and their chemical components have the effect of inhibiting HDAC activity, which is highly selective, acts on different HDAC subtypes, and plays a certain therapeutic effect in cancer, cardiovascular and cerebrovascular diseases, orthopedic diseases, skin diseases and other diseases by inhibiting the process of HDAC.

Discussion and conclusions: The review of this paper is helpful to understand and excavate the active components of TCM, further explore the role of plant drugs with HDACi-like effect in diseases and provide ideas for the development of new HDACi.

10. [Cancer and Traditional Plant Knowledge, an Interesting Field to Explore: Data from the Catalan Linguistic Area](#)

Molecules. 2022 Jun 24;27(13):4070. doi: 10.3390/molecules27134070.

Authors

[Airy Gras](#)^{1 2}, [Montse Parada](#)¹, [Jaume Pellicer](#)^{3 4}, [Joan Vallès](#)^{1 5}, [Teresa Garnatje](#)³

Abstract

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Cancer is the second cause of death in the world and is foreseen to be responsible for about 16 million deaths in 2040. Approximately, 60% of the drugs used to treat cancer are of natural origin. Besides the extensive use of some of these drugs in therapies, such as those derived from the genus *Taxus*, a significant number of plants have revealed themselves as useful against cancer in recent years. The field of ethnobotany focuses on documenting traditional knowledge associated with plants, constituting a starting point to uncover the potential of new plant-based drugs to treat or prevent, in this case, tumour diseases and side effects of chemotherapy and radiotherapy. From a series of extensive ethnobotanical prospections across the Catalan linguistic area (CLA), we have recorded uses for 41 taxa with antitumour effects. The two most quoted botanical families are Asteraceae and Ranunculaceae, and the most frequently reported species is *Ranunculus parnassifolius*, a high-mountain species, which is widely collected for this purpose. The reported species have been used to treat an important number of cancer types, focusing on preventive, palliative, and curative uses, as well as to deal with the side effects of conventional treatments. Comparing our results in CLA with previous data available in the most comprehensive databases of pharmacology and a review of cytotoxicity assays revealed that for the several species reported here, there was no previous evidence of traditional uses against cancer. Despite the need for further analyses to experimentally validate the information presented here, combining traditional uses and phylogenetically-informed strategies to phytochemical and pharmacological research would represent new avenues to establish more integrative approaches, hence improving the ability to select new candidate taxa in cancer research.

Keywords: antitumor; cancer; cytotoxic activity; ethnobotany; medicinal plants; pharmacological activity; traditional plant knowledge.

[Acceptability and Use of Mind-Body Interventions Among African American Cancer Survivors:](#)

11. [An Integrative Review](#)

Integr Cancer Ther. 2022 Jan-Dec;21:15347354221103275. doi: 10.1177/15347354221103275.

Authors

[Pinky Shani](#)¹, [Eli Walter](#)¹

Abstract

Mind-body interventions have been shown to improve physical and mental health outcomes among cancer survivors, and African Americans have one of the highest cancer mortality rates of all racial/ethnic groups, while often facing considerable barriers to quality healthcare. African American cancer survivors report difficulty accessing mind-body practices, and few studies have focused exclusively on African American populations. This integrative review aims to explore the acceptability and use of mind-body interventions among African American cancer survivors. This review seeks to determine if current research indicates that mind-body interventions may be

helpful in improving outcomes for African American cancer survivors. The literature search resulted in 284 studies, of which 14 met the inclusion criteria. Inclusion criteria were articles published in or after 2016, written in the English language, addressing mind-body modalities, and including a study population of $\geq 50\%$ African American cancer survivors. Other reviews, meta-analyses, or studies without results were excluded. Results indicate that African American cancer survivors have expressed receptiveness to interventions incorporating mindfulness, meditation, yoga, Tai Chi, and other mind-body or complimentary/alternative medicine interventions. Still, few studies have offered such interventions exclusively to African American cancer survivors. This review indicated that African American cancer survivors across demographic backgrounds are interested in and view mind-body practices as an acceptable way to improve quality of life, pain interference, fatigue, anxiety, depression, and physical health; however, the interventions should be culturally appropriate and accessible. In conclusion, despite a growing interest in mind-body interventions, African American communities are often unaware of opportunities to engage in these practices in their communities, and mind-body practices are inaccessible due to cost or geographical location. Additional research that offers such interventions specific to African American cancer survivors is warranted.

12. [Efficacy and safety of oral Chinese medicine on cancer-related fatigue for lung cancer patients after chemotherapy: Protocol for systematic review and meta-analysis](#)

PLoS One. 2022 Jun 30;17(6):e0270203. doi: 10.1371/journal.pone.0270203. eCollection 2022.

Authors

[Peijin Li](#)^{1 2}, [Qian Wang](#)³, [Lixing Liu](#)¹, [Rui Zhou](#)^{1 2}, [Tingting Liu](#)^{1 2}, [Yue Wang](#)⁴, [Li Feng](#)¹

Abstract

Introduction: Lung cancer has the highest mortality rate of about 18.0% among malignant tumors worldwide, and chemotherapy is the main treatment. 80% of patients receiving chemotherapy suffers from cancer-related fatigue, which is the most severe symptom, with a large effect on quality of life as well as prognosis. Oral Chinese medicine, a kind of complementary and alternative medicine, has been proved to benefit lung cancer patients. However, no studies have reviewed whether it can reduce fatigue in lung cancer patients after chemotherapy, which is the purpose of our study.

Methods: Two reviewers will systematically and independently retrieve papers, select studies for inclusion, extract data, and assess risk of bias. The following nine databases will be searched: China National Knowledge Infrastructure, Wan Fang database, Chinese Scientific Journals Database, Chinese biomedical literature service system, PubMed, Web of Science, OVID, Scopus, and EMBASE from inception to February, 2022. Included studies will only be randomized controlled trials. Primary outcome is cancer-related fatigue. Secondary outcomes are quality of life, immunologic function, and the incidence of adverse events. We will use RoB 2 tool to assess the risk of bias and RevMan to analyze data. Risk ratios will be calculated for dichotomous data

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and mean differences for continuous data. Random-effect model will be used to integrate statistical effects. Meta-regression, subgroup and sensitivity analyses will be carried out. We will evaluate the strength and overall quality of evidence with four levels: very low, low, moderate, and high.

Results: The review of current evidence of oral Chinese medicine on cancer-related fatigue for lung cancer patients after chemotherapy will be narratively summarized and quantitatively analyzed.

Conclusion: The definitive conclusion will help physicians to determine whether oral Chinese medicine is an effective treatment for reducing fatigue in lung cancer patients after chemotherapy in clinical settings.

13. [Effects of Tai Chi App and Facebook health education programs on breast cancer survivors' stress and quality of life in the Era of pandemic](#)

Complement Ther Clin Pract. 2022 Aug;48:101621. doi: 10.1016/j.ctcp.2022.101621. Epub 2022 Jun 16.

Authors

[Zan Gao](#)¹, [Suryeon Ryu](#)², [Yingying Chen](#)³

Abstract

Purpose: This study investigated the effects of a mobile Tai Chi app and Facebook (FB) program on stress and quality of life (QoL) among breast cancer survivors (BCS).

Methods: This study was a remote, 12-week 2-arm parallel randomized controlled trial (RCT). BCS were randomly assigned into either the Tai Chi intervention condition (using an app to practice Tai Chi three times a day, at least five days/week and receiving FB health tips) or the comparison condition (receiving FB health tips only). The final sample comprised 35 female BCS ($M_{age} = 56.17$). The Perceived Stress Scale was utilized to measure stress and the Patient Reported Outcome Measurement Information System was adopted to assess QoL - mental health (anxiety and depression) and physical health.

Results: No significant time \times group interaction effects emerged for stress and mental health (Wilk's lambda = 0.96, $F(2, 32) = 0.74$, $p = 0.48$, $\eta^2 = 0.04$) and physical health (Wilk's lambda = 1.00, $F(1, 33) = 0.14$, $p = 0.71$, $\eta^2 = 0.00$). Yet, a significant time effect was observed for mental health, $F(1, 33) = 5.51$, $p = 0.02$, $\eta^2 = 0.14$; and physical health, $F(1, 33) = 5.59$, $p < 0.05$, $\eta^2 = 0.14$; but not for stress, $F(1, 33) = 1.70$, $p = 0.20$, $\eta^2 = 0.05$. Specifically, participants' physical health (1.57 vs. 1.41) and mental health (1.80 vs. 1.62) significantly improved over time across both groups. Also, a group effect for mental health approached the significant level, $F(1, 33) = 4.06$, $p =$

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0.05, $\eta^2 = 0.11$. In detail, the Tai Chi participants had significantly better mental health at follow-up test (1.43 vs. 1.90) compared to the comparison participants ($p < 0.05$, 95%CI: 0.91 to -0.40).

Conclusion: The study findings suggested that the implementation of the Tai Chi app combined FB health tips program had positive effects on BCS's mental health. Also, offering a health education program could be beneficial to BCS's physical health as well.

[Psycho-oncology interventions focusing on fatigue and sleep disturbances](#)

14.

Curr Opin Oncol. 2022 Jul 1;34(4):270-278. doi: 10.1097/CCO.0000000000000847. Epub 2022 Jun 22.

Authors

[Charlotte Grégoire](#)^{1 2}, [Marie-Elisabeth Faymonville](#)^{1 3}, [Guy Jerusalem](#)⁴, [Olivia Gosseries](#)^{1 2 5}, [Audrey Vanhauzenhuysse](#)^{1 6}

Abstract

Purpose of review: Cancer-related fatigue (CRF) and sleep disturbances are common symptoms among patients with cancer. They are often conceptualized as a part of a larger symptom cluster, also comprising pain and emotional distress. Despite their prevalence and long-lasting effects, CRF and sleep disturbances are still poorly addressed in clinical settings. Specific interventions are needed to manage these symptoms.

Recent findings: In addition to conventional pharmacological therapies, other kinds of interventions are increasingly being developed in oncology. This review will discuss three categories of interventions for patients with cancer and their interest in alleviating CRF and sleep disturbances: physical exercises (e.g., aerobic, resistance training, running, free weights), psychological interventions (e.g., cognitive-behavioural therapy, psychoeducational interventions), and mind-body interventions (e.g., yoga, mindfulness, hypnosis). The multicomponent aspect of these interventions seems particularly important to address these symptoms.

Summary: The findings detailed in this review will allow the scientific community, as well as health professionals working in oncology settings, to be informed about new nonpharmacological therapeutic options to help patients to manage their symptoms. It could eventually help to improve existing interventions for these patients.

[The traditional uses, phytochemistry and pharmacology of *Abrus precatorius* L.: A](#)

15. [comprehensive review](#)

J Ethnopharmacol. 2022 Oct 5;296:115463. doi: 10.1016/j.jep.2022.115463. Epub 2022 Jun 14.

Authors

[Huiqin Qian](#)¹, [Lu Wang](#)², [Yanling Li](#)², [Bailing Wang](#)³, [Chunyan Li](#)², [Like Fang](#)², [Lijie Tang](#)²

Abstract

Ethnopharmacological relevance: *Abrus precatorius* L. (AP) is a folk medicine with a long-term medicinal history worldwide, which is extensively applied to various ailments, such as bronchitis, jaundice, hepatitis, contraception, tumor, abortion, malaria, etc. Meanwhile, its leaves are also served as tea in China, and its roots are employed as a substitute for *Glycyrrhiza uralensis* or as a raw material for the extraction of glycyrrhizin in India. Thus, AP is considered to be a plant with dual values of medicine and economy as well as its chemical composition and biological activity, which are of growing interest to the scientific community.

Aim of review: In the review, the traditional application, botany, chemical constituents, pharmacological activities, and toxicity are comprehensively and systematically summarized.

Materials and methods: An extensive database retrieval was conducted to gather the specific information about AP from 1871 to 2022 using online bibliographic databases Web of Science, PubMed, SciFinder, Google Scholar, CNKI, and Baidu Scholar. The search terms comprise the keywords "*Abrus precatorius*", "phytochemistry", "pharmacological activity", "toxicity" and "traditional application" as a combination.

Results: To date, AP is traditionally used to treat various diseases, including sore throat, cough, bronchitis, jaundice, hepatitis, abdominal pain, contraception, tumor, abortion, malaria, and so on. More than 166 chemical compounds have been identified from AP, which primarily cover flavonoids, phenolics, terpenoids, steroids, alkaloids, organic acids, esters, proteins, polysaccharides, and so on. A wide range of in vitro and in vivo pharmacological functions of AP have been reported, such as antitumor, antimicrobial, insecticidal, antiprotozoal, antiparasitic, anti-inflammatory, antioxidant, immunomodulatory, antifertility, antidiabetic, other pharmacological activities. The crushed seeds in powder or paste form were comparatively toxic to humans and animals by oral administration. Interestingly, the methanolic extracts were non-toxic to adult Wistar albino rats at various doses (200 and 400 mg/kg) daily.

Conclusions: The review focuses on the traditional application, botany, phytochemistry, pharmacological activities, and toxicity of AP, which offers a valuable context for researchers on the current research status and a reference for further research and applications of this medicinal plant.

[Integrative oncology and patients refusing conventional anticancer treatments](#)

16.

Complement Ther Clin Pract. 2022 Aug;48:101608. doi: 10.1016/j.ctcp.2022.101608. Epub 2022 May 25.

Authors

[Elio Giovanni Rossi](#)¹, [Cristina Noberasco](#)², [Marco Picchi](#)², [Mariella Di Stefano](#)², [Francesca Bosinelli](#)³

No abstract available

[A case report of immediate effects of acupuncture on neuropathic cancer breakthrough pain](#)

17.

Complement Ther Clin Pract. 2022 Aug;48:101599. doi: 10.1016/j.ctcp.2022.101599. Epub 2022 May 5.

Authors

[Matthias Huemer](#)¹, [Daniela Jahn-Kuch](#)¹, [Guenter Hofmann](#)¹, [Martin Pichler](#)²

Abstract

Introduction: Acupuncture is a promising treatment for visceral cancer pain, but to date, evidence for immediate effects on neuropathic pain is limited.

Case presentation: This report presents a case of immediate pain relief by single-needle acupuncture on opioid-refractory neuropathic breakthrough pain in a 78-year-old female breast cancer patient with cervical bone metastases. Acupuncture was applied at a single point neuroanatomically correlating to the pain affected spinal segment.

Discussion: Immediately after acupuncture, the patient reported a complete pain relief lasting for one day. In the following days, neuropathic breakthrough pain was better manageable with reduced dosages of opioids. Acupuncture is possibly effective in providing immediate and safe pain relief in neuropathic cancer pain through neuromodulating effects on the spinal and central nervous level. Randomized controlled studies with individualized acupuncture point protocols are needed to establish efficacy and safety.

[Prevalence of traditional, complementary, and alternative medicine \(TCAM\) among adult cancer patients in Malawi](#)

18.

Cancer Causes Control. 2022 Aug;33(8):1047-1057. doi: 10.1007/s10552-022-01563-0. Epub 2022 Apr 13.

Authors

[Jacob Hill](#)^{1 2}, [Ryan Seguin](#)³, [Agness Manda](#)³, [Maria Chikasema](#)³, [Olivia Vaz](#)⁴, [Quefeng Li](#)⁴, [Hannan Yang](#)⁴, [Satish Gopal](#)⁵, [Jennifer S Smith](#)⁴

Abstract

Purpose: The objective of this study is to document the prevalence of traditional, complementary, and alternative medicine (TCAM) use by adult cancer patients at a national teaching hospital in Malawi. We aim to document the products/therapies used, the reason for use, as well as patient-reported satisfaction with TCAM practitioners and modalities.

Methods: We conducted investigator-administered interviews with adult cancer patients presenting to the Kamuzu Central Hospital (KCH) Cancer Clinic in Lilongwe, Malawi between January and July 2018. The KCH is a national teaching hospital in the capital of Lilongwe, which serves patients with cancer from the northern half of Malawi. Descriptive statistics were used to describe TCAM use and logistic regression was applied to identify predictors of TCAM.

Results: A total of 263 participants completed the survey, of which 70% (n = 183) were female and average age was 45 (SD 14) years old. The prevalence of overall TCAM use was 84% (n = 222), and 60% (n = 157) of participants reported combining TCAM with conventional cancer treatment. The majority of patients used TCAM to directly treat their cancer versus for symptom management. Patients reported using faith-based healing (64%, n = 168), herbal medicine (56%, n = 148), diet change (46%, n = 120), and vitamins/minerals (23%, n = 61). Participants reported the highest satisfaction for physicians among practitioners and diet change for modalities. Female gender was found to be a predictor of TCAM with conventional treatment use, no other significant predictors were observed.

Conclusion: There is a high prevalence of TCAM use among an adult population with cancer in Malawi, and a wide variety in the TCAM modalities used among patients. Additional studies are needed to identify risks and benefits of TCAM use to assist with policy and public health, patient safety, and holistically address the global burden of cancer.

19. [Systematic review of yoga for symptom management during conventional treatment of breast cancer patients](#)

Complement Ther Clin Pract. 2022 Aug;48:101581. doi: 10.1016/j.ctcp.2022.101581. Epub 2022 Apr 6.

Authors

[Pooja Selvan](#)¹, [Chloe Hriso](#)¹, [Julita Mitchell](#)¹, [Andrew Newberg](#)²

Abstract

Introduction: Breast cancer is one of the most commonly diagnosed cancers in women in the US, and its treatments have significant physical and psychological side effects and long-term

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complications causing significant morbidity and decreased quality of life. Integrative medicine modalities, such as Yoga, have been found to reduce side effects of conventional treatments without interfering with the treatment itself and improve quality of life. In this systematic review, we specifically explored Yoga as a potential option for symptomatic management in patients undergoing conventional breast cancer treatments.

Methods: We performed a literature search that was conducted to include the databases PubMed, PsychINFO, Cochrane Library, Scopus, and CINAHL, resulting in 28 randomized controlled trial (RCT) articles. We review the results of these trials regarding the impact of Yoga in this patient population.

Results: Overall, the majority of the RCT articles showed significant benefits of Yoga intervention in various aspects of quality of life, fatigue, nausea/vomiting, sleep quality, anxiety, depression, and distress. There are several studies that have explored the physiological mechanism behind the effects of Yoga and found that Yoga affects both the immune response and inflammation.

Discussion: These studies revealed that Yoga has a potential therapeutic role in the symptomatic management of breast cancer patients, enhancing quality of life during treatment as well as improving adherence to treatment. Future studies with more defined and consistent methodologies are necessary to fully understand the potential use of Yoga therapy in patients with breast cancer.

[Managing Pain and Discomfort in Children with Cancer](#)

20.

Curr Oncol Rep. 2022 Aug;24(8):961-973. doi: 10.1007/s11912-022-01277-1. Epub 2022 Mar 30.

Authors

[Clinton Fuller](#)¹, [Henry Huang](#)², [Rachel Thienprayoon](#)³

Abstract

Purpose of review: Approximately 15,600 children are diagnosed with cancer annually. Many of these children have cancer-related pain that improves with cancer treatment, but some develop intractable pain from cancer progression or sequelae from treatment modalities. The purpose of this paper is to provide a critical evaluation of the literature relevant to pain management in children with cancer. We intend to emphasize important and up-to-date findings in pharmacology, interventional pain management, and complementary and alternative medicine.

Recent findings: Alternative medications and routes of administration, complementary and alternative medicine techniques, and interventional pain procedures offer possible routes for a multi-pronged pediatric cancer pain management plan, although high-level data is often lacking. To improve pediatric cancer pain management, a multifaceted approach embracing the biopsychosocial model of pain is recommended, incorporating evidence-based pharmacology,

complementary and alternative medicine techniques, and if needed, interventional pain procedures.

[Addressing the need for personalizing music therapy in integrative oncology](#)

21.

J Integr Med. 2022 Jul;20(4):281-283. doi: 10.1016/j.joim.2022.01.005. Epub 2022 Jan 17.

Author

[Tara Rajendran](#)¹

Abstract

Music therapy is an integrative oncology practice that has been rapidly emerging, over the past two decades, as a field of its own, clinically and academically. The randomized controlled trials that evaluate the clinical impact of music therapy are growing in number, and at the same time, there has been progress in understanding the neurobiological mechanisms that underly the beneficial effects of music therapy. Cultural background and autobiographical memories may uniquely influence music perception and cognition. It is vital to personalize music therapy because music preferences are unique; one size does not fit all. Cognitive music science studies and clinical music therapy trials that study individualized music choices will serve as a vital step forward in providing patient-directed personalized integrative cancer care. The field of music therapy is advancing, and its ability to improve a patient's quality of life can be understood only through robust, personalized, evidence-based initiatives that focus on research, advocacy, education, and delivery of care.

[Neochamaejasmine A Promotes Apoptosis and Cell Cycle Arrest in B16F10 Melanoma Cells via JNK and p38 MAPK Signaling Pathway](#)

22.

Recent Pat Anticancer Drug Discov. 2022;17(4):416-426. doi: 10.2174/1574892817666220114105639.

Authors

[Xiaoyu Chen](#)¹, [Wei Zhao](#)², [Weiwei Zhu](#)³, [Lan Yu](#)², [Xuejie Zhu](#)¹, [Yangfang Ding](#)², [Qiusheng Zheng](#)^{1 2}

Abstract

Background: The incidence of melanoma has been increasing over the last 30 years. The most common treatments, such as surgery, chemotherapy, and radiotherapy, frequently cause serious damage to the body. It is therefore critical to develop a new therapeutic strategy for the treatment of melanoma.

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Objectives: This research aims to evaluate the anti-tumor effect of Neochamaejasmine A (NCA) on B16F10 melanoma cells and the underlying molecular mechanisms.

Methods: The CCK-8 kit was utilized to assay the influence of NCA on the vitality of B16F10 cells. Modifications in B16F10 cells morphology were observed using a phase-contrast microscope. Apoptosis of B16F10 melanoma cells was assessed by Hoechst 33258, Annexin V and propidium iodide staining. Cell cycle was detected using a commercial kit by flow cytometry. The mRNA and protein expression levels associated with apoptosis and cell cycle arrest were detected by RT-PCR and Western blot. The expression level of pathway proteins was assessed using Western blot.

Results: It was found that the proliferation of B16F10 cells was inhibited by NCA in concentration- and time-dependent manners. NCA promoted apoptosis by halting the cell cycle at the G2/M phase. After treatment with NCA, cell apoptosis was confirmed by Hoechst 33258 staining. NCA triggered the cell cycle to seize at the G2/M stage by downregulating cyclin B1 and cyclin-dependent kinase 2 (CDC2) expression. Moreover, the mRNA and protein expression of cleaved caspase-9 and Bcl-2-associated X-protein (Bax) were increased, whereas there was a decline in the expression of B-cell lymphoma 2 (Bcl-2). The p-p38/p38 and phosphorylated c-Jun N-terminal kinase (p-JNK/JNK) ratio were also elevated by NCA. The apoptosis and G2/M cell cycle arrest were inhibited in cells co-treated with the p38 inhibitor SB203580 and JNK inhibitor SP600125. The expression of apoptosis-related proteins Bax was decreased, and Bcl-2 was increased.

Conclusion: The findings of this study showed that NCA could induce apoptosis and cell cycle arrest in B16F10 melanoma cells by activating JNK and p38 MAPK signaling pathway.

23. [Non-invasive Resolution of Pathological Ovarian Masses with Homeopathic Treatment-A Case Series](#)

Homeopathy. 2022 Aug;111(3):194-201. doi: 10.1055/s-0041-1735849. Epub 2021 Dec 27.

Authors

[Vinitha Edavattath Ramanan](#)¹, [Reshma Radhakrishnan](#)¹

Abstract

Background: Ovarian masses may be either physiological or pathological. Physiological ovarian masses are non-neoplastic. Pathological masses grow more than 7 cm and persist beyond 3 months; they do not resolve spontaneously, and invasive surgery with removal of reproductive organs is the conventional treatment. It usually results in further co-morbidities and hampers the quality of life of the patient.

Objectives: This case series of pathological left ovarian masses demonstrates the role of homeopathic treatment in each of two multiparous women where the right ovary was surgically

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removed previously for similar pathology and in an adolescent girl with increased tumor marker CA-125.

Methods: Three cases of women with pathological ovarian masses in the left ovary, and advised invasive surgery by attending gynecologists, were treated with homeopathic medicines at the outpatient department of the National Homeopathy Research Institute in Mental Health, Kottayam, Kerala, from 2017 to 2020. Each case was followed up with clinical and ultrasonographic evidence and reported according to the criteria set out in the HOM-CASE guidelines.

Result: Complete resolution of the ovarian masses was observed in all three cases, evidenced by ultrasonography, with normalizing CA-125 values also observed in the case of endometrial cyst. The patients improved within 4 to 15 months of treatment using *Thuja* and other individualized homeopathic medicines. The MONARCH score was calculated as +7/13, +9/13, and +9/13 for the three cases, respectively, indicating a positive causal attribution of homeopathy in the resolution of these pathological ovarian masses.

Conclusion: This case series suggests that individualized homeopathy, and notably *Thuja*, can be useful in the treatment of pathological ovarian masses.

Faculty of Homeopathy. This article is published by Thieme.

[Can Nanoparticles in Homeopathic Remedies Enhance Phototherapy of Cancer? A Hypothetical](#)

24. [Model](#)

Homeopathy. 2022 Aug;111(3):217-225. doi: 10.1055/s-0041-1735581. Epub 2021 Nov 17.

Authors

[Ayesha Loonat](#)^{1, 2}, [Janice Pellow](#)², [Heidi Abrahamse](#)¹, [Rahul Chandran](#)¹

Abstract

The continuous rise in cancer incidence places a massive burden on the health sector to increase efforts in the fight against cancer. As a holistic complementary medicine modality, homeopathy has the potential to assist in the supportive and palliative treatment of cancer patients. Recent empirical studies demonstrate the presence of silica and original source nanoparticles in ultra-high dilutions of several homeopathic medicines. Recent studies have also demonstrated the efficacy of phototherapy in inducing the ablation of cancer cells through laser-activated nanoparticle photosensitizers. A new hypothetical research model is presented herein, in an attempt to investigate and compare the phototherapeutic effects of homeopathic source nanoparticles with photosensitizing nanoparticle agents that have previously been tested.

25. [Effectiveness of horticultural therapy on physical functioning and psychological health outcomes for older adults: A systematic review and meta-analysis](#)

J Clin Nurs. 2022 Aug;31(15-16):2087-2099. doi: 10.1111/jocn.16095. Epub 2021 Oct 24.

Authors

[Yanping Lin](#)^{1 2}, [Rongjin Lin](#)², [Wenyan Liu](#)¹, [Weiwei Wu](#)¹

Abstract

Aims and objectives: To systematically determine the effectiveness of horticultural therapy (HT) on the physical functioning and psychological health of older people.

Background: With advancing age and increased chronic diseases, older adults are vulnerable to physical deterioration and psychological problems. There is evidence that horticultural therapy (HT) has positive effect among older adults. However, less attention has been devoted to systematically evaluating the physical functioning and psychological health effects of HT in older adults.

Design: Systematic review and meta-analysis were conducted based on the checklist for PRISMA.

Methods: The searches were conducted in PubMed, EMBASE, CINAHL, PsycINFO, Cochrane, China Network Knowledge Infrastructure, Wan Fang, and China Science and Technology Journal Database, from their inception until June 2021. Randomised controlled trials published in either English or Chinese were reviewed. The Review Manager 5.4 software was used for meta-analyses. The quality of included studies was evaluated using the Cochrane risk of bias tool by two independent researchers.

Results: Ten studies involving 884 participants were included. Compared with the control group, HT can significantly improve upper body flexibility and aerobic endurance in older adults with cancer. Besides, HT was found to be more effective for promoting emotional functioning and well-being, subjective social functioning, and quality of life among the elderly. The attendance rate for HT was 66%-100%, and no negative events were found.

Conclusion: Horticultural therapy has potentially positive effects on the physical functioning and psychological health of older adults. However, more rigorous randomised controlled trials with larger populations are required to confirm the findings.

Relevance to clinical practice: As a safe and promising nonpharmacological intervention, healthcare professionals may consider the HT intervention when caring for older adults with cancer, dementia and frailty.

26. [Spiritual Care Assessment and Intervention \(SCAI\) for Adult Outpatients With Advanced Cancer and Caregivers: A Pilot Trial to Assess Feasibility, Acceptability, and Preliminary Effects](#)

Am J Hosp Palliat Care. 2022 Aug;39(8):895-906. doi: 10.1177/10499091211042860. Epub 2021 Sep 1.

Authors

[Shelley E Varner Perez](#)^{1 2 3}, [Saneta Maiko](#)^{1 3}, [Emily S Burke](#)², [James E Slaven](#)⁴, [Shelley A Johns](#)^{5 6 7}, [Olivia J Smith](#)⁵, [Paul R Helft](#)^{5 7 8}, [Kathryn Kozinski](#)¹, [Alexia M Torke](#)^{2 3 5}

Abstract

Background: Although religion and spirituality are important to adults with cancer and their family caregivers, few studies have tested spiritual care interventions in the outpatient setting.

Aim: To determine the feasibility, acceptability, and preliminary effects of chaplain-delivered, semi-structured spiritual care to adult outpatients with advanced cancer and their caregivers.

Design: In this pre/post pilot intervention study, board-certified chaplains utilized the Spiritual Care Assessment and Intervention (SCAI) framework during 4 individual sessions. Surveys at baseline and at 1, 6, and 12 weeks post-intervention assessed spiritual well-being, quality of life, depression, anxiety, and religious coping.

Setting/participants: We enrolled U.S. adult outpatients with or without an eligible family caregiver. Eligible patients were at least 18 years old and at least 2 weeks post-diagnosis of incurable and advanced-stage lung or gastrointestinal (GI) cancer.

Results: Of 82 eligible patients, 24 enrolled (29.3%); of 22 eligible caregivers, 18 enrolled (81.8%). Four planned chaplain visits were completed by 87.5% of patients and 77.8% of caregivers. All enrolled participants completed baseline surveys, and more than 75% completed follow-up surveys at 2 of 3 time points. More than 80% of patients and caregivers reported they would recommend the sessions to a friend or family member. Patients' spiritual well-being improved significantly at all timepoints compared to baseline: 1-week post ($p < .006$), 6-weeks post ($p < .001$), and 12-weeks post ($p < .004$).

Conclusions: Spiritual care through SCAI is feasible, acceptable, and shows promise in improving spiritual well-being and other important outcomes in advanced-stage cancer patients and family caregivers. Further investigation is warranted.

27. [Data Mining and Systems Pharmacology to Elucidate Effectiveness and Mechanisms of Chinese Medicine in Treating Primary Liver Cancer](#)

Chin J Integr Med. 2022 Jul;28(7):636-643. doi: 10.1007/s11655-021-3449-8. Epub 2021 Aug 25.

Authors

[Zhen Zhang](#)^{1 2}, [Jun-Wei Li](#)³, [Pu-Hua Zeng](#)⁴, [Wen-Hui Gao](#)², [Xue-Fei Tian](#)^{5 6}

Abstract

Objective: To identify specific Chinese medicines (CM) that may benefit patients with primary liver cancer (PLC), and to explore the mechanism of action of these medicines.

Methods: In this retrospective, singlecenter study, prescription information from PLC patients was used in combination with Traditional Chinese Medicine Inheritance Supports System to identify the specific core drugs. A system pharmacology approach was employed to explore the mechanism of action of these medicines.

Results: Taking CM more than 6 months was significantly associated with improved survival outcomes. In total, 77 putative targets and 116 bioactive ingredients of the core drugs were identified and included in the analysis (P<0.05). A total of 1,036 gene ontology terms were found to be enriched in PLC. A total of 75 pathways identified from Kyoto Encyclopedia of Genes and Genomes were also enriched in this disease, including fluid shear stress, interleukin-17 signaling, signaling between advanced glycan end products and their receptors, cellular senescence, tumor necrosis factor signaling, p53 signaling, cell cycle signaling, steroid hormone biosynthesis, T-helper 17 cell differentiation, and metabolism of xenobiotics by cytochrome. Docking studies suggested that the ingredients in the core drugs exert therapeutic effects in PLC by modulating c-Jun and interleukin-6.

Conclusions: Receiving CM for 6 months or more improves survival for the patients with PLC. The core drugs that really benefit for PLC patients likely regulates the tumor microenvironment and tumor itself.

28. [Acupuncture as a Complementary Therapy for Cancer Care: Acceptability and Preferences of Patients and Informal Caregivers](#)

J Acupunct Meridian Stud. 2021 Apr 30;14(2):67-74. doi: 10.51507/j.jams.2021.14.2.67.

Authors

[Laura Tack](#)^{1 2}, [Tessa Lefebvre](#)^{1 2}, [Virginie Blicq](#)³, [Lieselot Cool](#)¹, [Hans Pottel](#)⁴, [Koen Van Eygen](#)⁵, [Sofie Derijcke](#)⁶, [Philippe Vergauwe](#)⁷, [Patricia Schofield](#)⁸, [Rebecca Chandler](#)⁹, [Pauline Lane](#)⁹, [Tom Boterberg](#)², [Philip R Debruyne](#)^{1 10}

Abstract

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Background: Acupuncture can effectively manage cancer-related side effects, for both patients undergoing treatment and for cancer survivors. It may also be effective in managing physiological and psychological symptoms common among informal caregivers of cancer patients.

Objectives: The aim of this survey was to explore the acceptability and preferences of cancer patients, cancer survivors, and their informal caregivers in relation to acupuncture.

Methods: The survey was conducted from 20th November to 27th November 2018. The questionnaire was developed to explore acceptability and preferences, including motivation, symptoms to be addressed, and practical issues (location, cost, etc.), in relation to acupuncture.

Results: The survey response rate was 94.5% in cancer patients and cancer survivors and 100% in caregivers. Acceptability of acupuncture was 34.5% (n = 40/116) and 48.0% (n = 26/54) in cancer patients and caregivers, respectively. About 52.5% (n = 21/40) of patients preferred to undergo acupuncture at the day center clinic, whereas caregivers had no specific preference. Patients and cancer survivors would use acupuncture for symptoms of fatigue (60%), listlessness (57.5%), and pain (47.5%). Informal caregivers expressed an interest in using acupuncture for their pain, stress, and sleeping difficulties 48.0% (n = 26/54).

Conclusion: Cancer patients, cancer survivors, and informal caregivers would accept acupuncture as a complementary therapy. This openness and preference to acupuncture provide the foundations for this complementary therapy to be incorporated into holistic and supportive cancer care, both for patients and those supporting them.

29. [The Effect of Electroacupuncture Therapy on Pain, Plasma \$\beta\$ -Endorphin, and Quality of Life of Stage III Cervical Cancer Patients: A Randomized Control Trial](#)

J Acupunct Meridian Stud. 2021 Feb 28;14(1):4-12. doi: 10.51507/j.jams.2021.14.1.4.

Authors

[Wita Saraswati](#)¹, [Ratih Wardani](#)¹, [Suhatno Suhatno](#)¹, [Pudjo Hartono](#)¹, [Ario Imandiri](#)²

Abstract

Background: Pain is a major complaint in cancer patients and a global problem that requires medical attention, including pain in cervical cancer. Although pharmacotherapy has been used for the treatment of cancer pain, there are still around 40% cannot be treated only with pharmacotherapy.

Objectives: To determine the effects of electroacupuncture (EA) on pain in stage III cervical cancer patients.

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Methods: Twenty-eight stage III cervical cancer patients were divided into two groups (14 treatments and 14 controls) with randomized control trial design. The treatment group received EA with a frequency of 2/20-25 Hz at points of ST36, SP6, LI4 and LR3 for 30 minutes, while the control group did not receive EA. Both groups were given paracetamol and codeine at the same dose. Assessment was carried out by measuring pain scale (VAS), plasma β -endorphin levels, and quality of life/QoL (EORTC QLQ-C30) before and after therapy.

Results: The average reduction in VAS in the treatment group (2.71 ± 1.14) compared to the control group (0.71 ± 1.33 ; $p < 0.001$), average increase in plasma β -endorphin levels in the treatment group (88.57 ± 52.46 pg/ml) compared to the control group (12.86 ± 56.76 pg/ml; $p = 0.001$), and in QoL, there were significant differences in symptom improvement between the treatment and control groups in the domain of fatigue, pain, insomnia and overall QoL ($p < 0.05$).

Conclusion: Medical therapy combined with EA decreased pain scale, increased plasma β -endorphin levels, and improved the QoL for stage III cervical cancer patients.