Diagnostik und Therapie früher und fortgeschrittener Mammakarzinome

Guidelines Breast
Version 2022.1D

Komplementäre Therapie „Survivorship“

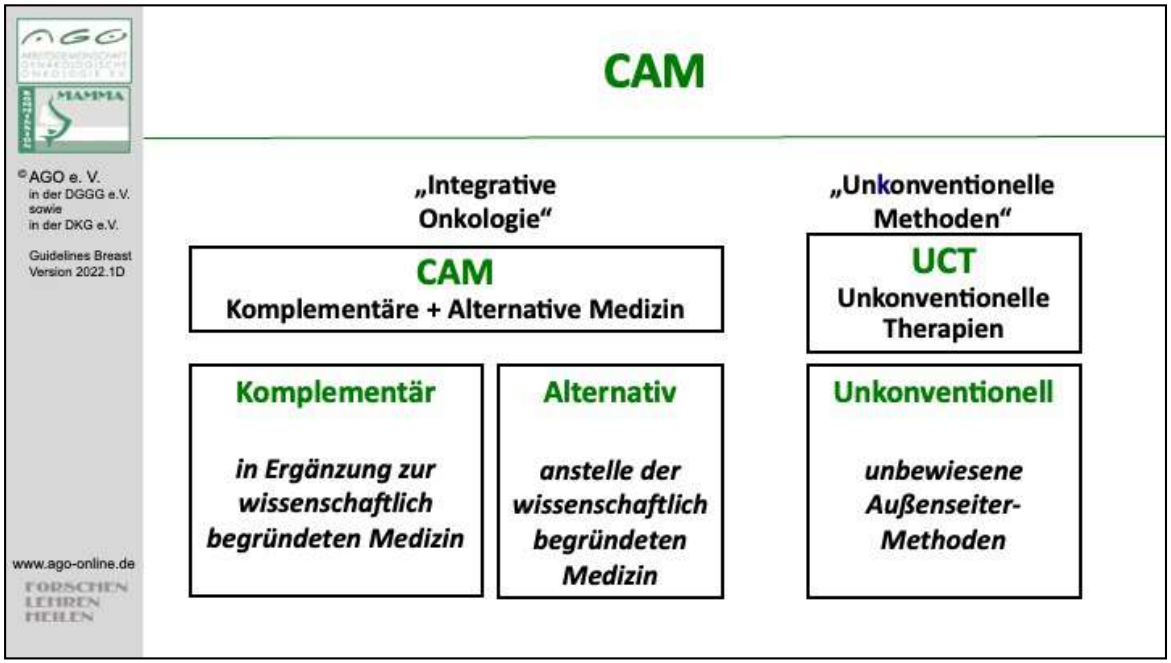
FORSCHEN
LEHREN
HEILEN

Screened Data Sources:

Pubmed	2015 - 01/2022
ASCO	2015 – 2021
SABCS	2015 – 2021
EBCC	2015 – 2021
Cochrane library:	summary Jan. 2022

-RCT, systematic review, meta-analysis

1. Leitlinienprogramm Onkologie (Deutsche Krebsgesellschaft, Deutsche Krebshilfe, AWMF): Komplementärmedizin in der Behandlung von onkologischen PatientInnen, Langversion 1.1, 2021, AWMF Registernummer: 032/055OL, https://www.leitlinienprogramm-onkologie.de/leitlinien/komplementaermedizin/

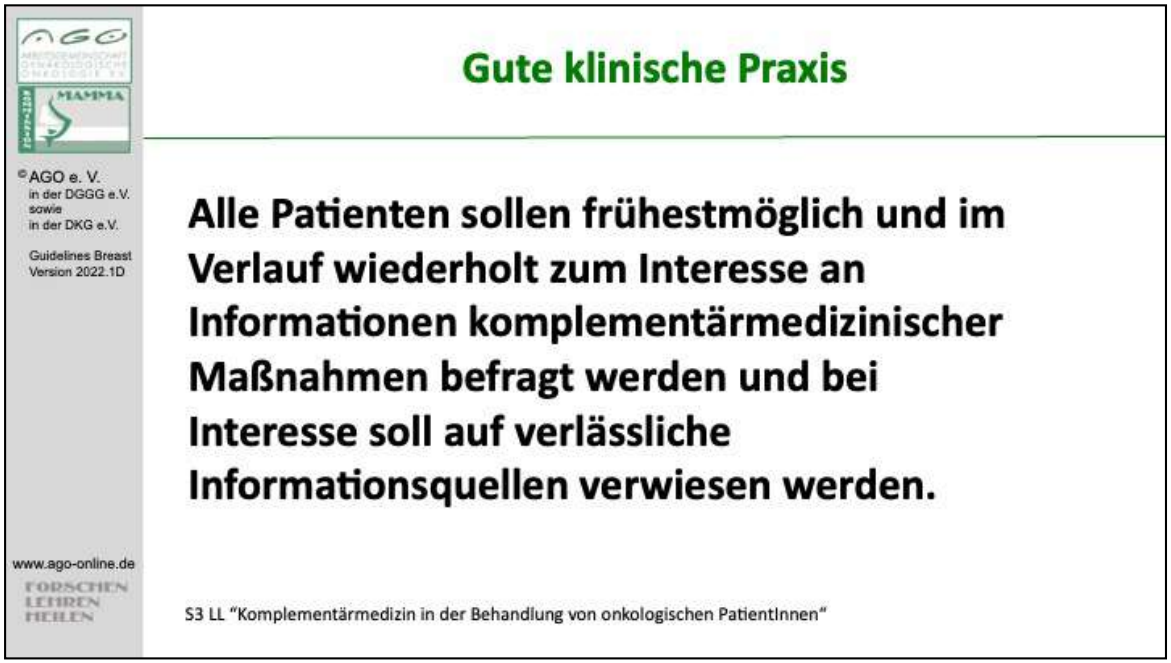


Komplementäre Verfahren werden parallel zur konventionellen Therapie angewendet und unterscheiden sich von alternativen Verfahren dadurch, dass sie den Wert der konventionellen Verfahren nicht in Frage stellen, sondern sich als Ergänzung verstehen

Onkolleitlinienprogramm

1. Witt CM et al.. A Comprehensive Definition for Integrative Oncology. J Natl Cancer Inst Monogr 2017;(52): lgx012
2. Leitlinienprogramm Onkologie (Deutsche Krebsgesellschaft, Deutsche Krebshilfe, AWMF): Komplementärmedizin in der Behandlung von onkologischen PatientInnen, Langversion 1.1, 2021, AWMF Registernummer: 032/055OL, https://www.leitlinienprogramm-onkologie.de/leitlinien/komplementaermedizin/

“Integrative oncology is a patient-centered, evidence-informed field of cancer care that utilizes mind and body practices, natural products, and/or lifestyle modifications from different traditions alongside conventional cancer treatments. Integrative oncology aims to optimize health, quality of life, and clinical outcomes across the cancer care continuum and to empower people to prevent cancer and become active participants before, during, and beyond cancer treatment.”



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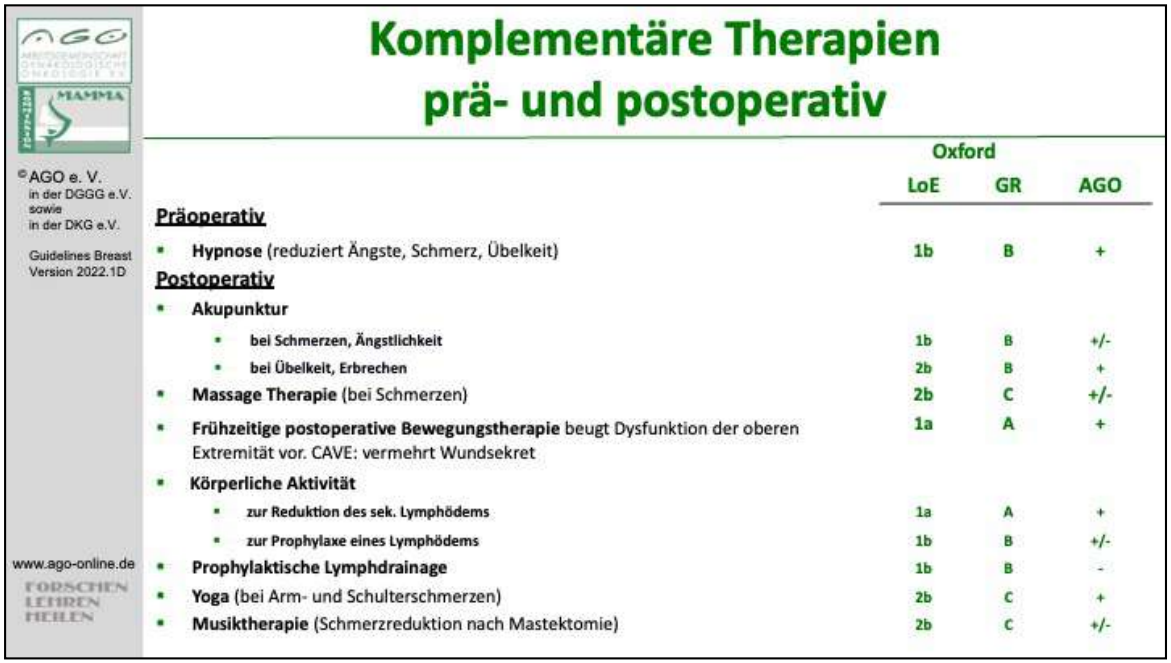

Komplementäre Therapien prä- und postoperativ

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FORSCHEN LEHREN HEILEN

	Oxford LoE	Oxford GR	AGO
Präoperativ			
▪ **Hypnose** (reduziert Ängste, Schmerz, Übelkeit)	1b	B	+
Postoperativ			
▪ **Akupunktur**			
▪ bei Schmerzen, Ängstlichkeit	1b	B	+/-
▪ bei Übelkeit, Erbrechen	2b	B	+
▪ **Massage Therapie** (bei Schmerzen)	2b	C	+/-
▪ **Frühzeitige postoperative Bewegungstherapie** beugt Dysfunktion der oberen Extremität vor. CAVE: vermehrt Wundsekret	1a	A	+
▪ **Körperliche Aktivität**			
▪ zur Reduktion des sek. Lymphödems	1a	A	+
▪ zur Prophylaxe eines Lymphödems	1b	B	+/-
▪ **Prophylaktische Lymphdrainage**	1b	B	-
▪ **Yoga** (bei Arm- und Schulterschmerzen)	2b	C	+
▪ **Musiktherapie** (Schmerzreduktion nach Mastektomie)	2b	C	+/-

Präoperativ:

<u>Hypnosis</u>

1. Montgomery GH, David D, Kangas M, et al. Randomized Controlled Trial of a Cognitive-Behavioral Therapy Plus Hypnosis Intervention to Control Fatigue in Patients Undergoing Radiotherapy for Breast Cancer. JCO 2014;DOI 10.12007JCO.2013.49.3437
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Postoperative:

<u>Acupuncture</u>

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Postoperative exercise
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Reduction secondary lymphedema

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Prevention lymphedema

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Mistletoe

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Thymus

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Ginseng, Ganoderm lucidum

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L-Carnitine

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Melatonin

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Curcumin

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Ingwer

1. Sanaati F, Najafi S, Kashaninia Z, et al. Effect of Ginger and Chamomile on Nausea and Vomiting Caused by Chemotherapy in Iranian Women with Breast Cancer. Asian Pac J Cancer Prev. 2016;17(8):4125-9.
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General

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Antioxidant supplements

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Vitamin C

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Selen

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Coenzym Q10

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Proteolytic enzymes and toxicity of chemotherapy

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Bromelain

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Chinese herbal medicine and wound healing

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Kurzzeit-Fasten

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	Oxford		
	LoE	GR	AGO
Chinesische Kräutermedizin (zur Behandlung chemo-therapiebedingter Nebenwirkungen)	1b	B	-
Homöopathische Medizin (gegen therapiebedingte Nebenwirkungen / (Placeboeffekt)	1b	B	+/-
Topische Anwendung Silymarin (akute Hautreaktion unter Strahlentherapie)	3a	B	+/-
Massage (zur Verbesserung von Fatigue, Schmerzen, Angst, Übelkeit)	1b	C	+/-
Transkutane elektrische Nervenstimulation (TENS) (bei Karzinomschmerzen)	2b	D	+/-
Hydrotherapie (zur supportiven Hautpflege)	3b	C	+/-

Chinese medicinal herbs

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Homeopathic medicines for adverse effects of cancer treatments

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Topical use of Silymarin

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Massage

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Komplementäre Therapien
Rezidivprävention / Verbesserung Gesamtüberleben III.1
Pflanzliche Therapieansätze – Nahrungsergänzung

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Bei laufender onkologischer Standardtherapie: Interaktionen beachten!	Oxford LoE	Oxford GR	AGO
▪ **Nach Systemtherapie – Vitamine / Antioxidanzien scheinen nicht mit einem erhöhtem Rezidivrisiko assoziiert**	2b	B	
▪ **Raucher haben ein höheres Bronchial-Ca-Risiko unter Antioxidanzien**	1b	A	
Prävention eines Brustkrebs-Rezidivs			
▪ **Antioxidanzien**	2a	B	+/-
▪ **Vitamine** (zusätzlich zu ausgewogener Ernährung; Vitamine C, E)	2a	B	+/-
▪ **Vitamin D**	2b	B	+/-
▪ **Sojaprodukte** (Phytoöstrogene)	2a	B	+/-
▪ **Phytoöstrogene Konzentration ≥ 100 mg Isoflavone pro Tag**	2a	B	-
▪ **Traubensilberkerze** (Cimicifuga racemosa)	3b	C	+/-
▪ **Antioxidative Supplemente nach Beendigung der Radiotherapie**	2b	B	+/-
▪ **Grüner Tee**	3a	C	+/-
▪ **Selen**	2b	B	+/-

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