

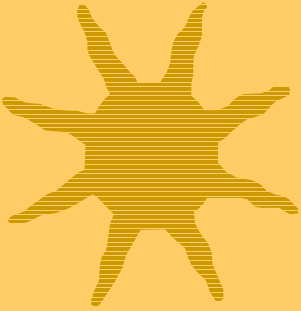
*Herbs and Breast Cancer
...The mystery unfolds!!!*

Christina Viola, RD/LD
Moncrief Cancer Resources



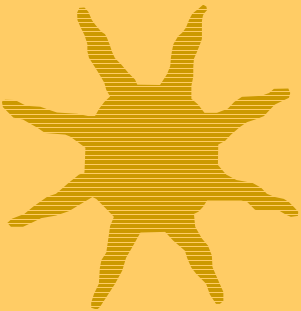


What you need to know about herbs....



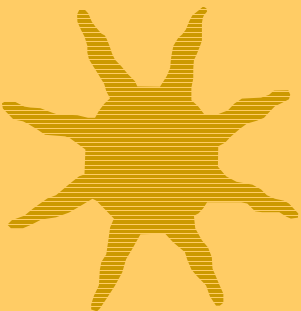
- ★ Considered dietary supplements

- “dietary ingredients” intended to supplement the diet
(Simply said... they are considered foods)



- ★ Do not undergo the same approval process as drugs and food additives

- Only FDA notification of the product and its safety are needed for the product to be sold





What you need to know about herbs.....

- ★ Must be *proven unsafe* to be withdrawn from the market (ie: people must experience complications)
- ★ No standardized processing – The supplement may not contain what is written on the label

Practice paper of the American Dietetics Association: Dietary Supplements. *JAMA*. March, 2005.

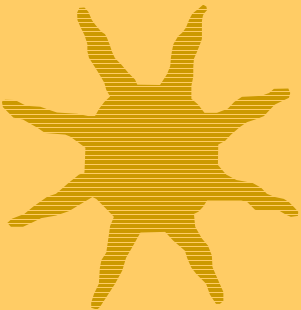


What does this mean to you?



- ★ Do your homework!

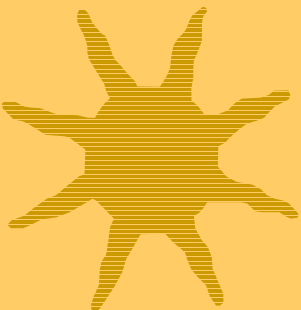
- Look at reputable websites and articles
(see printable handout at end of course)



- ★ Inform your physician before starting.

- ★ MD should know of any:

- Drug interactions
- Surgery complications



- ★ If you experience side-effects, report to FDA:

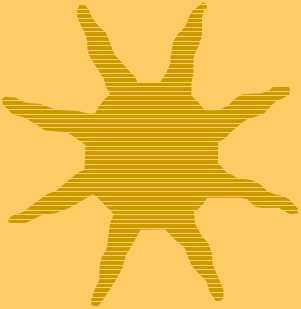
- (800) 332-1088

USDA Center for Food Safety and Applied Nutrition. Dietary Supplements.

www.cfsan.fda.gov/~dms/ds-savv2.html



Herbs and Surgery



★ Tell your physician of any drugs and/or herbs you are taking

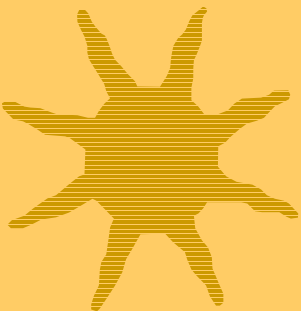
★ May interact with drugs, anesthesia

★ May cause:

- Bleeding/clotting problems
- Blood pressure problems



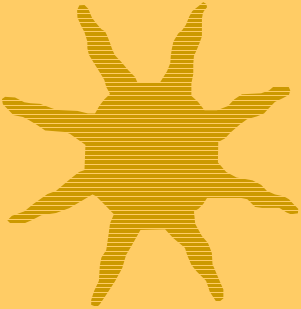
★ MD may discontinue herbs prior to surgery



USDA Center for Food Safety and Applied Nutrition. Dietary Supplements.
www.cfsan.fda.gov/~dms/ds-savv2.html



There is always going to be.....

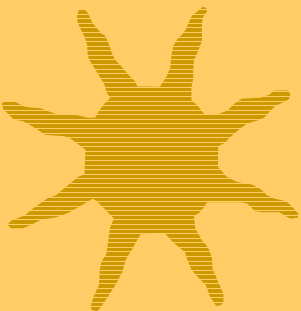


Controversy!!!



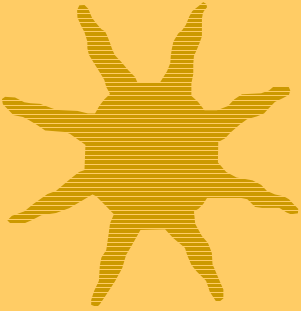
The internet and other resources will usually offer conflicting information.

Do your research, speak with the appropriate health professional, then make the decision that is best for you.





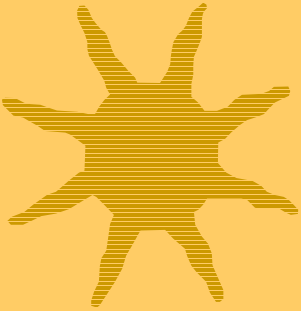
Commonly used herb and mineral supplements



★ Ginkgo Biloba

★ Ginseng

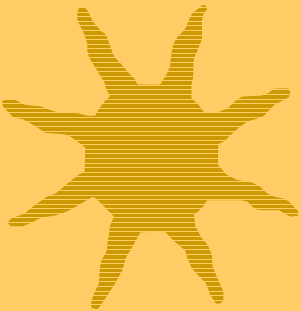
★ Valerian



★ Echinacea

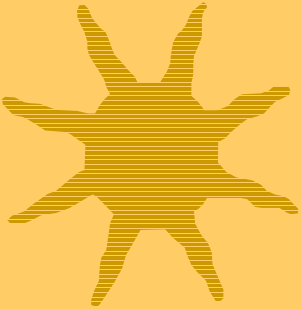
★ Black Cohosh

★ Zinc

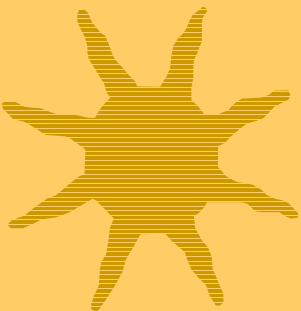




Ginkgo Biloba



- ★ Said to enhance memory and brain function by increasing blood flow to brain
- ★ Antioxidant
- ★ May be beneficial in macular degeneration, cardiovascular disease, Alzheimer's disease
- ★ Results may appear in 4-6 weeks to 6 months
- ★ Common dose is 120-240 mg daily, divided into 2-3 doses



Herbs and surgery warnings.

www.wellnesscommunity.org/virtual_wc/nutrition_handbook/herbs.htm

NCCAM: Ginkgo. Nccam.nih.gov/health/ginkgo



Ginkgo Biloba



- ★ Side effects are rare, but has been associated with hemorrhage as it can slow clotting
- ★ Rare side effects include headache, nausea, stomach upset, diarrhea, and dizziness
- ★ Discontinue 14 days-36 hours prior to surgery
- ★ May interact with blood thinners, anticonvulsants, thiazide diuretics, and trazadone

Herbs and surgery warnings.

www.wellnesscommunity.org/virtual_wc/nutrition_handbook/herbs.htm

NCCAM: Ginkgo. Nccam.nih.gov/health/ginkgo



Ginseng

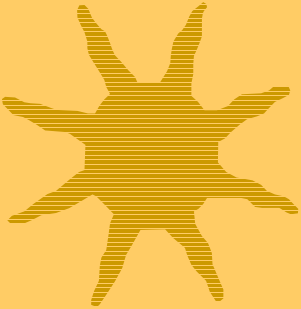


- ★ May enhance immune and mental function
- ★ Not been proven to increase physical performance
- ★ Safe, usually tolerated well...
 - Can cause side effects: nausea, diarrhea, euphoria, insomnia, headaches, high or low blood pressure, breast pain, vaginal bleeding
- ★ Drug interactions:
 - Coumadin, Nardil, hypoglycemics, insulin, caffeine
- ★ Discontinue at least 7 days before surgery

Kiefer D., Pantuso T. Panax Ginseng. www.aafp.org/afp; American Ginseng. www.umm.edu/altmed/consherbs/print/ginsengamericanch.html



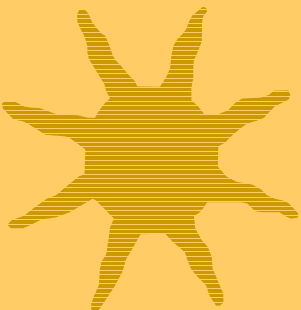
Valerian



- ★ Used to treat mild to moderate insomnia and relieve anxiety



- ★ More effective with continuous use (over 2 weeks)

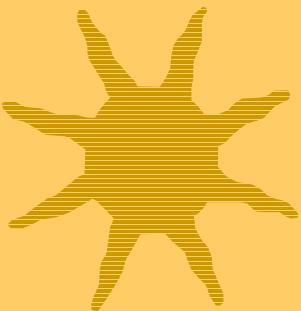
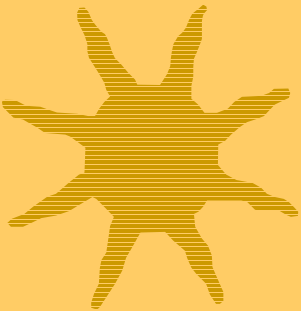
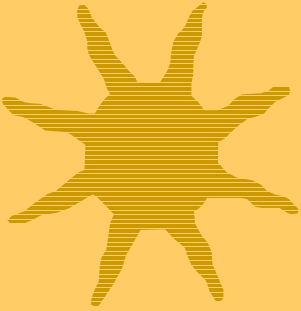


- ★ Research for anxiety reduction is limited

Hadley s., Petry JJ. Valerian. www.aafp.org/afp



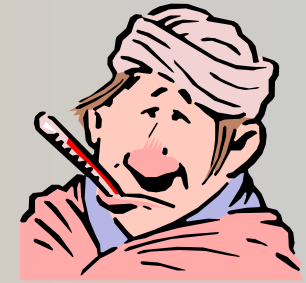
Valerian



- ★ Side effects: headaches and stomach discomfort
- ★ No significant drug interactions, but may increase the sedative effects of barbituates, sleep aids
- ★ Taper off before surgery as stopping suddenly may cause withdrawal symptoms



Echinacea

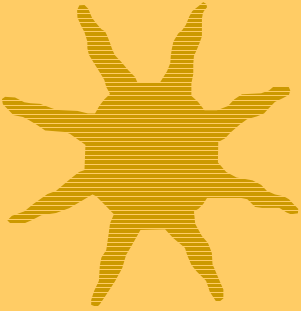


- ★ Used to stimulate the immune system to help fight infections, wounds, and skin problems
- ★ May fight upper respiratory infections
- ★ May help treat but not prevent common cold
 - Some studies found that echinacea taken at the first sign of a cold for 8 to 10 days reduced cold symptoms or shortened their duration.
 - May reduce cold symptoms by about 34 percent

AJC.com: Echinacea.



Echinacea



- ★ Side effects rare – GI discomfort most common
- ★ Take no longer than 8 weeks or it may *suppress* your immune system
- ★ May cause allergic reaction, especially if you have an allergy to the daisy family
- ★ Not recommended for those with autoimmune diseases or on immunosuppression therapy

Nccam.nih.gov/health/echinacea; AJC.com: Echinacea.



Black Cohosh

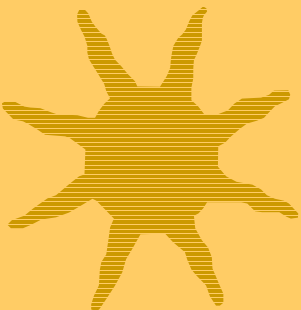
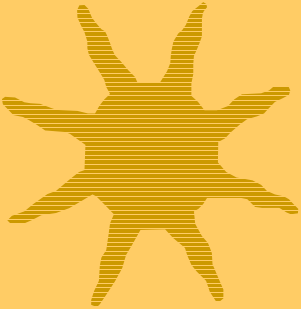


- ★ Used to treat menopausal symptoms, PMS, labor induction, and menstrual irregularities
- ★ Mixed research with no long term studies
- ★ Unsure if black cohosh works like estrogen, so may not be safe for those with histories of breast cancer (especially estrogen-positive tumors)
- ★ Side effects: headaches, stomach discomfort
- ★ May increase toxicity of certain chemotherapy drugs

Nccam.nih.gov/health/blackcohosh; www.mskcc.org/mskcc/html/69140.cfm



Zinc



- ★ Essential mineral found in most cells
- ★ Aids in growth and development of children
- ★ Severe zinc deficiency impairs immune system and prevents wound healing
- ★ Effect on colds is controversial
 - Improvement in symptoms noted if a zinc deficiency is present, but not if levels are normal
 - May shorten duration of colds but not severity

National Institute of Health Office of Dietary Supplements; Facts About Dietary supplements: Zinc. <http://ods.od.nih.gov/factsheets/cc/zinc.html>



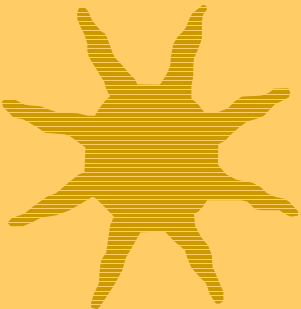
Zinc



Large intakes of *any* vitamin or mineral can throw off absorption of other nutrients



- ★ Iron supplements may interact with zinc absorption from food
 - Take iron supplements between meals
- ★ Zinc supplements can interact with iron and copper absorption from food
- ★ Large amounts of zinc can cause taste alterations, nausea, and lowered HDL (“good”) cholesterol



National Institute of Health Office of Dietary Supplements; Facts About Dietary supplements: Zinc. <http://ods.od.nih.gov/factsheets/cc/zinc.html>



More on Zinc



- ★ **RDA:** females 8 mg; males 11 mg
- ★ **Tolerable upper limit:** 40 mg
(the highest amount one can take without having side-effects)
- ★ **Good dietary sources:** Oysters, red meat, chicken, beans, nuts, grains, dairy
- ★ Need more evidence to prove definite therapeutic effectiveness

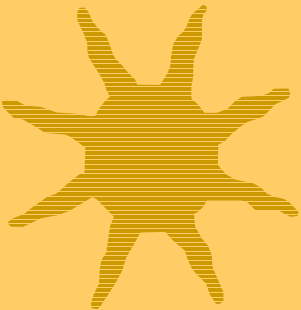
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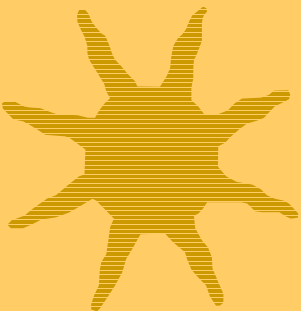
If you do decide to take a zinc supplement:



- ★ For most benefit, take 2 hours away from:
 - Bran, whole grains, and fiber-containing foods
 - Dairy and poultry
 - Iron, copper, phosphorus supplements



- ★ Do not exceed the dose recommended on the label



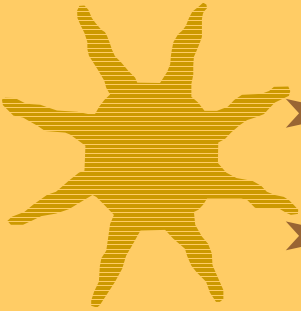
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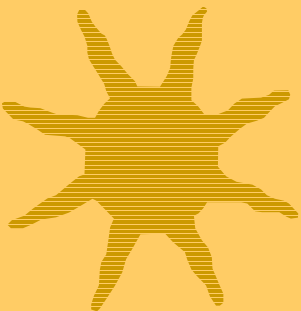
Try culinary herbs and spices!



★ Many provide antioxidants, phytochemicals (pronounced “fight-o” chemicals) and other benefits



★ Easy for body to regulate

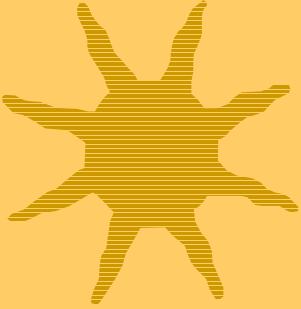


★ Much less likely to have side-effects caused by high doses of supplements
....and they taste good too!!!





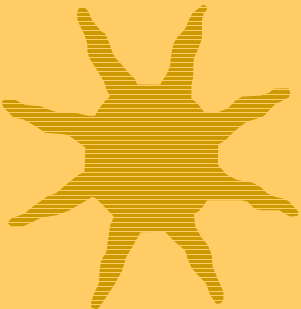
Culinary sup-ah stars!!!



★ Garlic



★ Ginger



★ Cinnamon

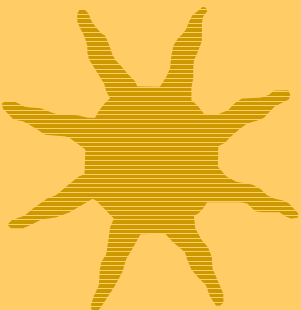
★ Rosemary



**Check out the recipe links at the end of the course!



Garlic



- ★ Forms: fresh, dried, powdered, pickled
- ★ Pills available that claim to decrease “garlic breath”
- ★ May cause bad breath, body odor, and digestive discomfort if consumed in large quantities
- ★ Stop at least 7 days before surgery due to blood thinning

<http://en.wikipedia.org/wiki/Garlic>; Craig WJ. *Am J Clin Nutr.* 1999; 70(supp) 491S-9S.



Ideas for using Garlic....

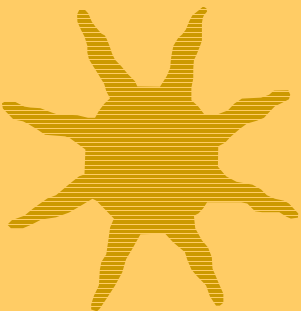


★ Mince finely or crush and add to salad dressings



★ Make your own garlic infused oil

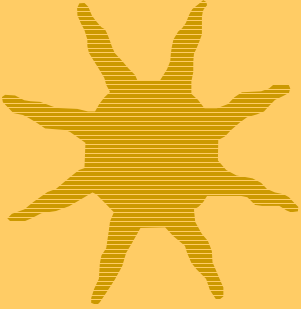
- Add room temperature olive oil and a few slightly crushed garlic cloves to a pot. Warm oil to below a simmer and let cool.



★ Coat a head of garlic with olive oil and roast until sweet and tender



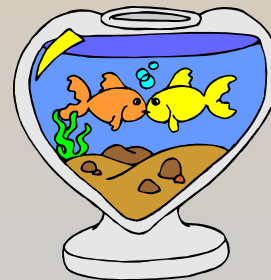
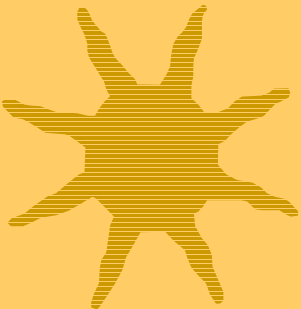
*Add to baked potato, bread, steaks,
etc.*



Worried about garlic-breath?



**No worries... Two garlics cancel each other out!!
So, serve to your dinner partner as well and
enjoy!**





Ginger

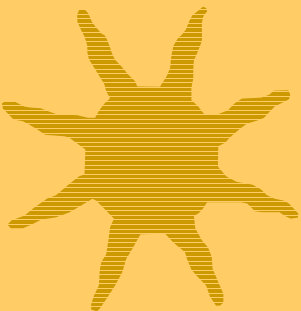
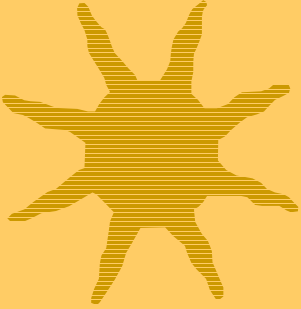


- ★ Antioxidant
- ★ Remedy for nausea
- ★ Anti-inflammatory properties
- ★ May thin blood and lower cholesterol
- ★ In high doses can interact with blood-thinning medications
- ★ Avoid if you have gallstones
- ★ Forms: Pickled, candied, tea, fresh, powdered

<http://en.wikipedia.org/wiki/Ginger>; Welland D. *Environmental Nutrition*. July 2004



Yummy uses for ginger...

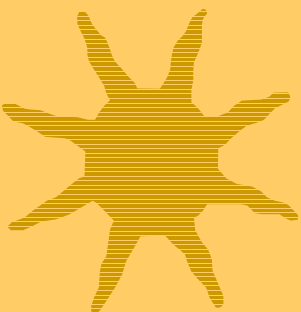
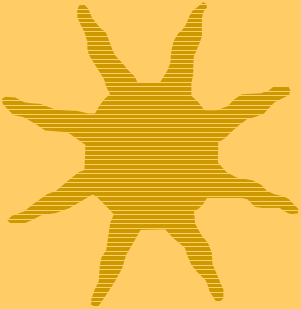


- ★ Place fresh ginger pieces in a tea ball and steep in hot water for a tummy soothing tea
- ★ Try candied ginger for a spicy-sweet snack!
- ★ Add to Asian, chicken, or pork dishes
- ★ Make your own ginger ale!
 - Recipe at end of course





Cinnamon

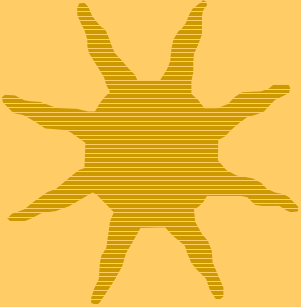


- ★ High in antioxidants
- ★ Helps kill bacteria
- ★ Shown to aid in stabilizing blood sugar
 - A study showed that diabetic individuals taking $\frac{1}{2}$ teaspoon cinnamon powder per day had an 18-29% drop in average blood sugar readings
- ★ Cholesterol-lowering effects
 - The same study found that subjects also had a 23-30% decrease in triglycerides and a 7-27% drop in LDL (“bad”) cholesterol.

Khan A., et al. *Diabetes Care*. 26; p 3215; <http://en.wikipedia.org/wiki/cinnamon>



Cinnamon

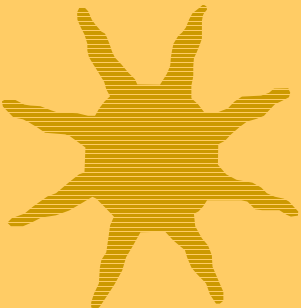


- ★ Insect repellent

 - Cinnamon oil is used in some commercial products



- ★ Forms: powdered, sticks and extracts

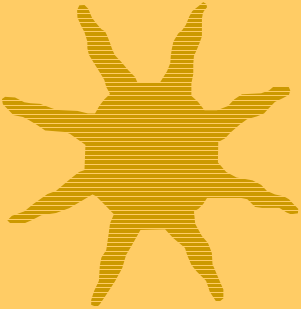


- ★ Powdered cinnamon is shown to be more beneficial than extracts when eaten

<http://en.wikipedia.org/wiki/cinnamon>



Add cinnamon to ...



★ Applesauce

★ Oatmeal

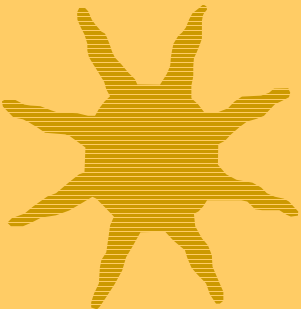
★ Toast



★ Yogurt

★ Ice cream

★ Coffee



★ Hot cocoa

★ Baked goods

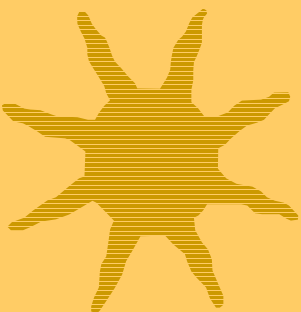
***Cinnamon-ize your
home...***

*Place a teaspoon of
cinnamon on a tin foil
square and bake!*

Deliciously fragrant!!!



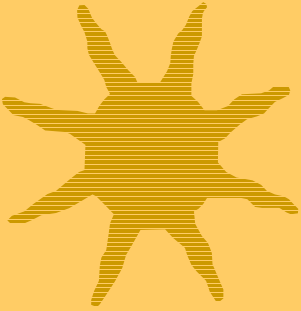
Rosemary



- ★ Antioxidant and anti-inflammatory qualities
- ★ Good source of vitamin E
- ★ May inactivate estrogen hormones
- ★ May reduce skin aging
 - Used in cosmetic products to strengthen, protect, and rejuvenate skin

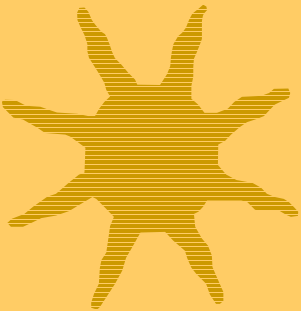


Rosemary...



★ Stimulates enzymes that detoxify the liver

★ Mild diuretic if used in extract form



★ Supplements: do not take with high blood pressure or epilepsy



<http://en.wikipedia.org/wiki/Rosemary>



But how can I use Rosemary?

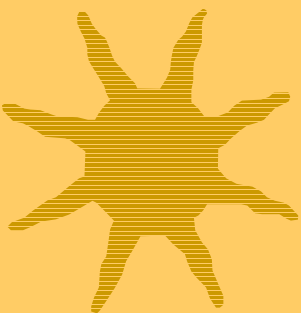


★ Idea...

Coat chicken with olive oil, rosemary, thyme, black pepper and garlic powder!!! Bake, grill, or pan-sear and finish off with a squeeze of lemon... Yum!!

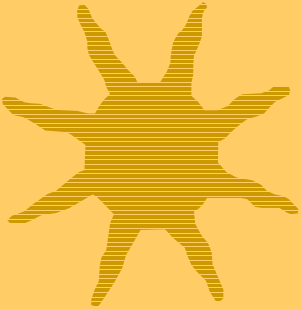


★ Oven roasted rosemary potatoes... toss potato wedges with olive oil, rosemary, garlic, salt and pepper. Roast at 450 degrees until tender and golden brown!!





Healthy eating



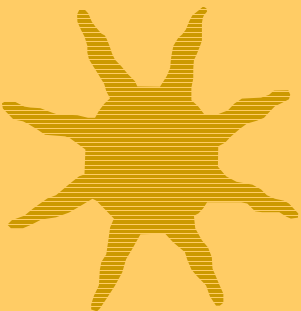
★ Culinary herbs and spices contribute great flavor variations

★ Add no fat, cholesterol, or sodium

★ Can provide additional health benefits

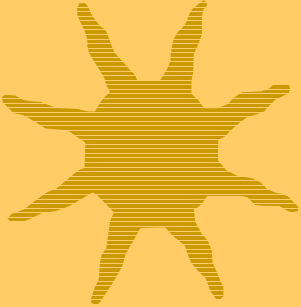


Experiment! Try a new culinary herb or spice each week!





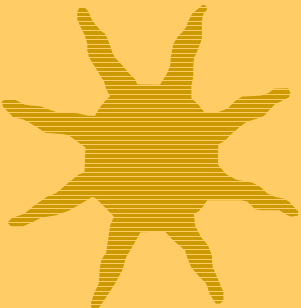
Herbal supplement reminders...



★ Be a knowledgeable consumer



★ Always inform your doctor if you plan on or are taking herbal supplements

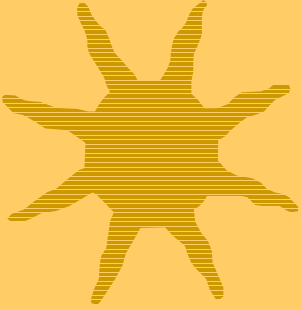


★ Report side effects to the FDA

★ Use the dosage recommended on the label



Resources for you



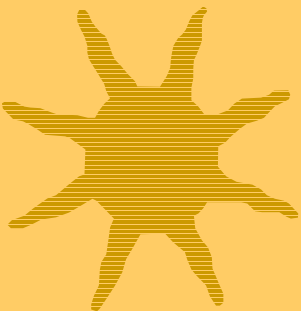
- ★ Finding Reputable Sources handout:

<http://www.oncologynutrition.org/cms/modules/Newsletter/front/lib/pdf.php?id=31>



- ★ Sloan-Kettering website: About Herbs, Botanicals & Other Products

www.mskcc.org/AboutHerbs



- ★ MD Anderson website: Clinical Nutrition. Click on Complimentary Therapies

<http://www.mdanderson.org/departments/nutrition/dIndex.cfm>



Easy Recipes

Ginger

★ How to peel ginger

<http://Allrecipes.com/HowTo/Peeling-Ginger/Detail.aspx>

★ Ginger Ale

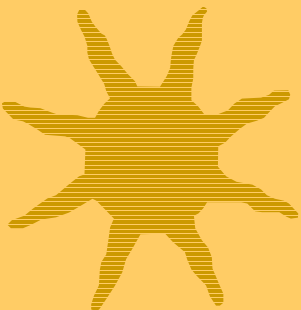
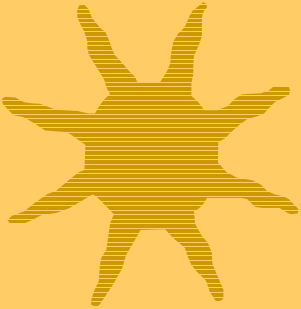
http://food.realsimple.com/realsimple/recipefinder.dyn?action=displayRecipe&recipe_id=633419

★ Ginger White Rice

http://food.realsimple.com/realsimple/recipefinder.dyn?action=displayRecipe&recipe_id=610477

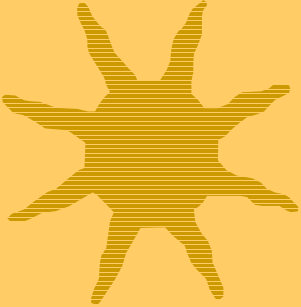
★ Sesame Ginger Sauce

<http://allrecipes.com/Recipe/Sesame-Ginger-Sauce/Detail.aspx>





Easy Recipes



Garlic

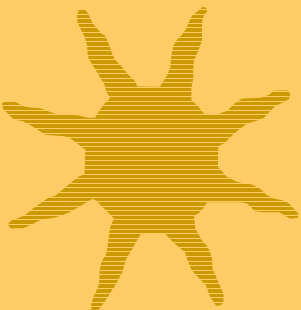
- ★ Roasted garlic butter

http://food.realsimple.com/realsimple/recipefinder.dyn?action=displayRecipe&recipe_id=1025475



- ★ Garlic Bread

www.homeschoolzone.com/cook/garlicbread.htm



- ★ Garlic Lemon chicken,
Garlic mushrooms... both recipes:

<http://www.gardenandhearth.com/GardenCooking/Garlic-Recipes.htm>

- ★ Garlic Butter Broccoli

http://food.realsimple.com/realsimple/recipefinder.dyn?action=displayRecipe&recipe_id=1044810



More Easy Recipes ...

Cinnamon

- ★ Easy Cinnamon Biscuits

<http://southernfood.about.com/od/biscuitrecipes/r/bl30512m.htm>

- ★ Cinnamon Honey Butter

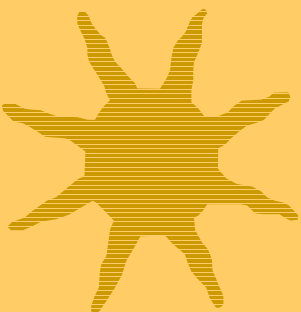
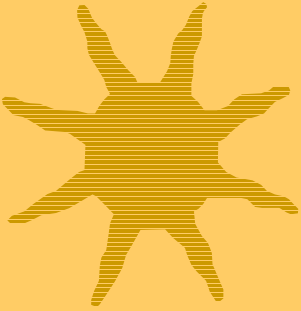
<http://allrecipes.com/Recipe/Cinnamon-Honey-Butter/Detail.aspx>

- ★ Cinnamon-Roasted Almonds

<http://allrecipes.com/Recipe/Cinnamon-Roasted-Almonds/Detail.aspx>

- ★ Cinnamon Sweet Potato Slices

<http://allrecipes.com/Recipe/Cinnamon-Sweet-Potato-Slices/Detail.aspx>





More Easy Recipes ...



Rosemary

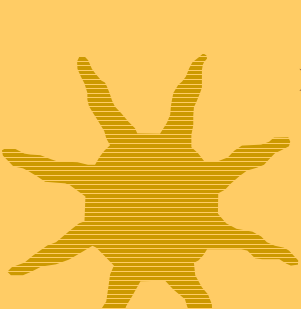
- ★ Rosemary Breadsticks

<http://recipes.howstuffworks.com/rosemary-breadsticks-recipe.htm>



- ★ Salmon with Lemon, Capers and Rosemary

http://www.foodnetwork.com/food/recipes/recipe/0,,FOOD_9936_33939,00.html?rsrc=search



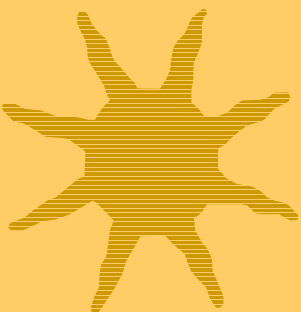
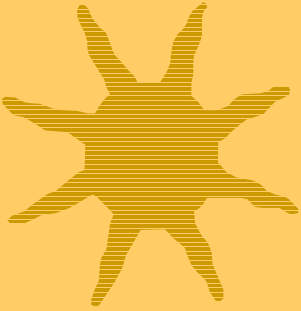
- ★ Garlic and Rosemary Chicken

<http://allrecipes.com/Recipe/Easy-Garlic-and-Rosemary-Chicken/Detail.aspx>



- ★ Garlic-Rosemary Marinade

<http://www.recipezaar.com/222155>



*If you would like more
information on nutrition and
cancer, contact:*

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Citations

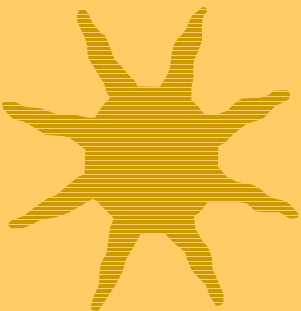


- ★ Images from Microsoft Office Online:

<http://office.microsoft.com/en-us/clipart/default.aspx?cag=1>



- ★ Wikipedia.org



- ★ References given on slides