

31. Quality of life in breast cancer patients during chemotherapy and concurrent therapy with a mistletoe-extract of the apple tree

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The evaluation of the influence of standardized aqueous mistletoe extracts on health related quality of life (HRQOL) of tumor patients was object of several clinical investigations in the last years. The aim of the following uncontrolled, non-interventional, prospective clinical investigation was to evaluate the longitudinal course of quality of life of breast cancer patients during adjuvant chemotherapy and mistletoe therapy with AbnobaviscumTM Mali. Furthermore, the secondary objective was the documentation of the tolerability and safety of the therapy in combination with chemotherapy under conditions of daily practice.

The basis for the statistical evaluation were 270 completed case report forms. All documented patients had the indication for a postsurgical adjuvant chemotherapy. Altogether 4 examinations of HRQOL were done by self-assessment with the QLQ-C30 questionnaire of the european organization for research and treatment of cancer (EORTC). The intended points for the assessments were at the beginning of mistletoe- and chemotherapy, 4 weeks later, at the end of the chemotherapy cycles and 4 weeks later.

The average range ($n = 262$) of all QLQ-C30 functional scales (48.9–71.5) improved significantly ($p < 0.0001$) to 66.9–80.7 after an initial decrease after the first 4 weeks of chemotherapy, comparing the initial with the final visit. About half of the patients (47.2%) started chemotherapy before mistletoe therapy. The symptom scales of the QLQ-C30 had an average range ($n = 260$ – 262) from 16.2–44.1 at the initial visit. All of the symptom scores were decreased (11.2–29.9) significantly ($p < 0.001$) at the final visit, which indicates an abatement of symptom intensity. The tolerability of the therapy was judged by the physicians as good or very good for 91.1% of the patients and the efficacy as good or very good for 93.7%. 88.8% of the patients reported about a good or very good therapy benefit. The overall results point to a remarkable stabilization of health related quality of life during various chemotherapy regimes, possibly due to a reduction of chemotherapy caused side-effects with an excellent tolerability for the patients.

Keywords: Mistletoe; Abnobaviscum; Breast cancer; Complementary; Health related quality of life; QLQ-C30

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