SUPPLEMENTS IN CANCER PREVENTION AND TREATMENT

GREEN TEA
Whether it is helpful for cancer prevention is being researched. More than two cups per day may cause stomach pain. It contains caffeine.

Ginseng is estrogenic.

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Magnesium is needed for energy. The best food sources are seeds, nuts, whole grains, and green, leafy vegetables.

VITAMIN A
Recommended daily allowance is 800–1,200 mcg.

Calcium is needed for strong bones and teeth. The best food sources are dairy products, spinach, and other green, leafy vegetables.

Saw palmetto is used to treat symptoms of benign prostate enlargement. It is not a treatment for prostate cancer.

VITAMIN C
Recommended daily allowance is 200 mg.

Folic acid works best with B vitamins for nervous system development. The best food sources are asparagus, spinach, broccoli, and cabbage.

Echinacea "boosts" the immune system. Do not take it if you are allergic to daisies and chrysanthemums or if you have an autoimmune disorder such as lupus, multiple sclerosis, or rheumatoid arthritis. Echinacea should be taken under the supervision of a healthcare professional. Avoid it if you are taking drugs for diabetes, blood pressure medications, diuretics, hormones, or monoamine oxidase inhibitors (i.e., antidepressants). Ginseng is estrogenic.

Selenium is a beneficial antioxidant. The best food sources are seafood, meat, and grains.

VITAMIN E
Recommended daily allowance is 100–400 IU.

Calcium is needed for healthy gums, teeth, bones, and blood vessels. It helps healing take place. The best food sources are oranges, lemons, grapefruit, fruit juice, cantaloupe, honeydew, watermelon, kiwi, strawberries, asparagus, broccoli, cauliflower, mustard greens, peppers, potatoes, and tomatoes.

Flax seed/oil has a laxative effect. Do not take it without increased fluids.

Use vitamin A for healthy eyes. It is thought to be helpful in cancer prevention. The best food sources are green plants, carrots, sweet potatoes, squash, spinach, apricots, green peppers, potatoes, apples, peaches, watermelon, and corn.

Lycopene is needed for healthy gums, teeth, bones, and blood vessels. It helps healing take place. The best food sources are tomatoes and tomato-based foods.

Ephedra also is known as ma huang, sea grape, Mormon tea, popotillo, or yellow horse. It may cause headache, restlessness, nausea, heart palpitations, and vomiting. It has no cancer-prevention benefit.

Acidophilus helps intestinal balance.

Soy is best consumed as a food. Research does not confirm risks or benefits.

Echinacea should be taken under the supervision of a healthcare professional.

Saw palmetto is used to treat symptoms of benign prostate enlargement. It is not a treatment for prostate cancer.

VITAMIN C
Recommended daily allowance is 200 mg.

Acidophilus should be taken under the supervision of a healthcare professional.

Soy is best consumed as a food. Research does not confirm risks or benefits.

Echinacea should be taken under the supervision of a healthcare professional.

Ginseng has been used as a treatment for fatigue and decreased concentration. Avoid it if you are taking drugs for diabetes, blood pressure medications, diuretics, hormones, or monoamine oxidase inhibitors (i.e., antidepressants). Ginseng is estrogenic.

— By Georgia M. Decker, MS, RN, CS-ANP, AOCN®, CN®

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Exclusive in This Issue:

Supplements in Cancer Prevention and Treatment Poster

Georgia M. Decker, MS, RN, CS-ANP, AOCN®, CN®
Associate Editor

“Supplements in Cancer Prevention and Treatment” is a poster for healthcare professionals to use when addressing issues of dietary supplements with their patients.

Please remove poster carefully from issue and unfold.