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[Evid Based Complement Alternat Med](#). 2012;2012:809614. doi: 10.1155/2012/809614.

Epub 2011 Dec 10.

Spore Powder of *Ganoderma lucidum* Improves Cancer-Related Fatigue in Breast Cancer Patients Undergoing Endocrine Therapy: A Pilot Clinical Trial

Hong Zhao ¹, Qingyuan Zhang, Ling Zhao, Xu Huang, Jincai Wang, Xinmei Kang

Affiliations

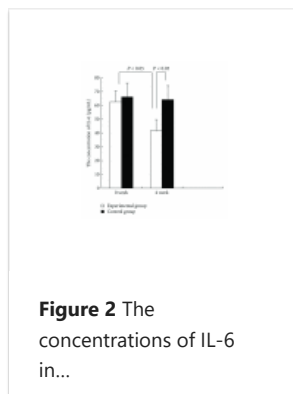
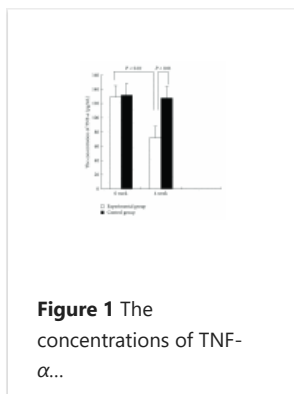
PMID: 22203880 PMCID: PMC3236089 DOI: [10.1155/2012/809614](#)

Abstract

The fatigue prevalence in breast cancer survivors is high during the endocrine treatment. However, there are few evidence-based interventions to manage this symptom. The aim of this study was to investigate the effectiveness of spore powder of *Ganoderma lucidum* for cancer-related fatigue in breast cancer patients undergoing endocrine therapy. Spore powder of *Ganoderma lucidum* is a kind of Basidiomycete which is a widely used traditional medicine in China. 48 breast cancer patients with cancer-related fatigue undergoing endocrine therapy were randomized into the experimental or control group. FACT-F, HADS, and EORTC QLQ-C30 questionnaires data were collected at baseline and 4 weeks after treatment. The concentrations of TNF- α , IL-6, and liver-kidney functions were measured before and after intervention. The experimental group showed statistically significant improvements in the domains of physical well-being and fatigue subscale after intervention. These patients also reported less anxiety and depression and better quality of life. Immune markers of CRF were significantly lower and no serious adverse effects occurred during the study. This pilot study suggests that spore powder of *Ganoderma lucidum* may have beneficial effects on cancer-related fatigue and quality of life in breast cancer patients undergoing endocrine therapy without any significant adverse effect.

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