

Chinese Medicine for Side Effects from Chemotherapy for Colorectal Cancer

大腸癌化療副作用的中醫藥治療



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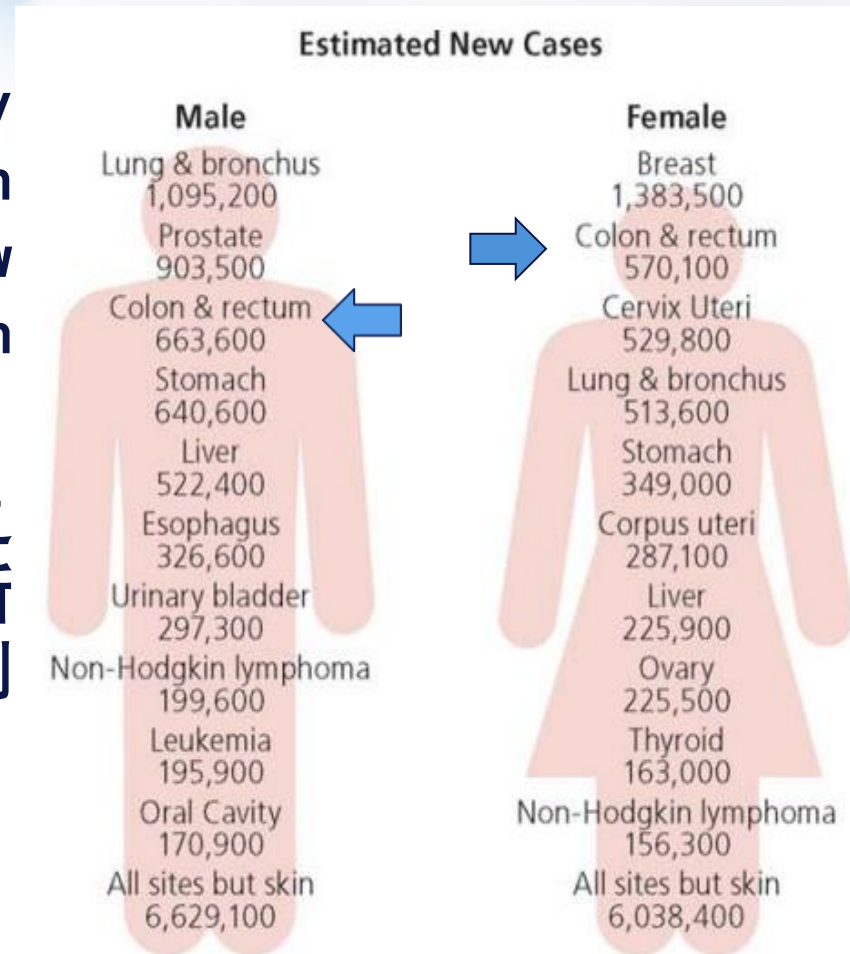
Background 背景

❖ Colorectal cancer:

Top three most commonly diagnosed cancer, with over 1.2 million new cancer cases and 6 million deaths in worldwide.

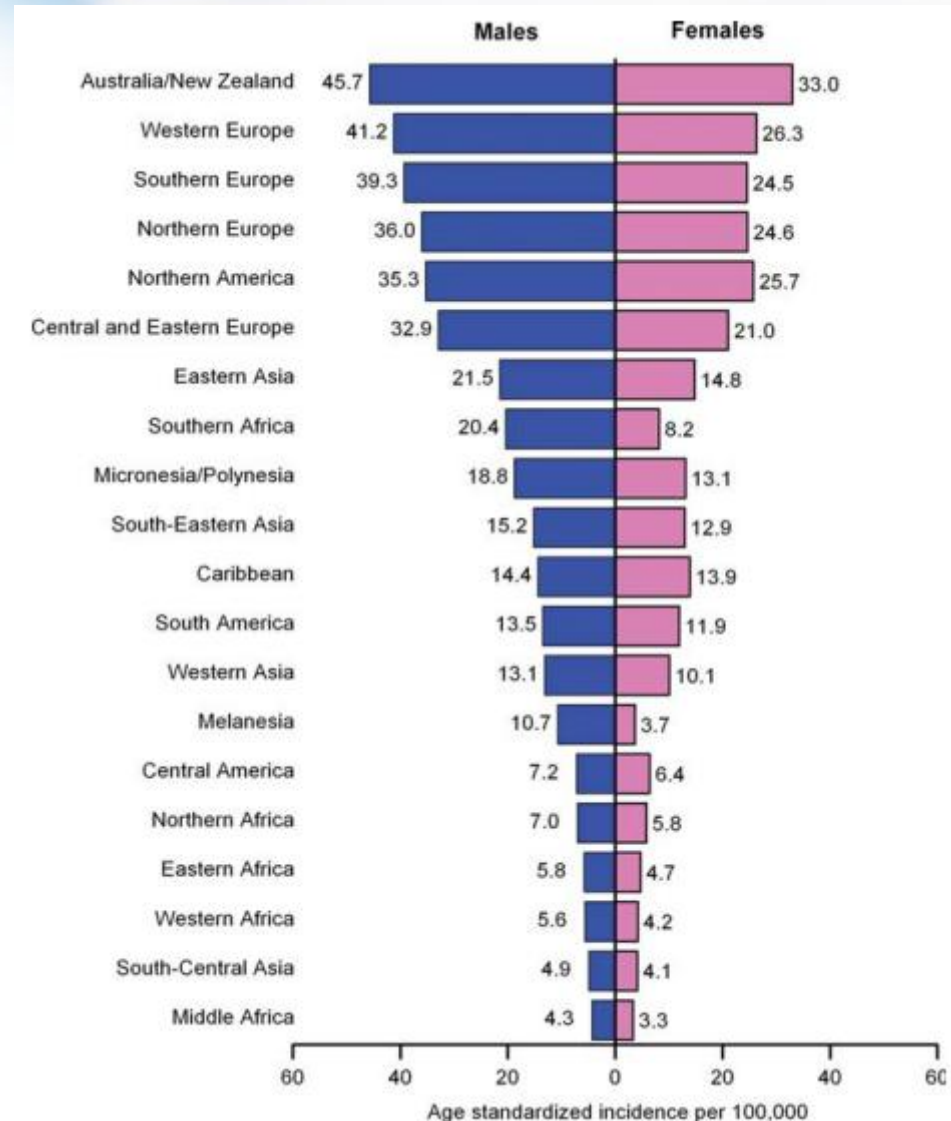
❖ 大腸癌是三大最常見的癌症之一，全球每年有超過120萬個新的新症病例，600萬個死亡病例。

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Incidence rates 發病率

- ❖ Males > Females
- ❖ Highest: Australia, New Zealand, Europe, and North America
- ❖ Lowest: Africa and South-Central Asia
- ❖ Rapidly increasing in Spain, Eastern Asia and Eastern Europe (e.g. Czech Republic and Japan)
- ❖ 患者以男性為主; 多發地區包括澳州, 新西蘭, 歐洲, 北美洲, 而較少出現於非洲和中南亞



Aims of chemotherapy 化療目的

(1) For postoperative adjuvant chemotherapy

→Reduction of recurrence / death

(2) For systematic & palliative chemotherapy

→Prolong survival, decrease tumour-related symptoms, improve general well-being

(1) 術後輔助化療→減少復發/死亡；

(2) 系統性和姑息化療→延長生存期，降低腫瘤相關症狀，改善身體基本情況

Common side effects 常見副作用

- ❖ However, toxicity makes all rapidly proliferating tissue at risk.
- ❖ Common side effects: nausea and vomiting, sore mouth, diarrhea, hepatotoxicity, myelosuppression, immunosuppression and etc.
- ❖ 但化療的毒性亦會損害所有迅速生長的正常組織。
- ❖ 常見的副作用包括噁心，嘔吐，口腔疼痛，腹瀉，肝毒性，骨髓抑制，免疫抑制等。

TCM for colorectal cancer 中醫治療大腸癌

- ❖ Terminology of colorectal cancer in TCM
 - Lower abdominal mass (腸覃);
 - Aggregation accumulation (癥積);
 - Toxin of intestine (腸毒);
 - Diarrhea with stool containing mucus & blood (下痢)

Cause & mechanism of disease

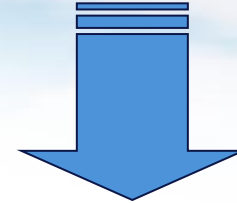
病因病機

Accumulation
of cancer
toxin
癌毒內蘊



Deficiency of
Health Qi
正氣虧虛

Obstruction of meridians and collaterals,
Qi, blood, fluid and humor
經絡氣血津液受阻



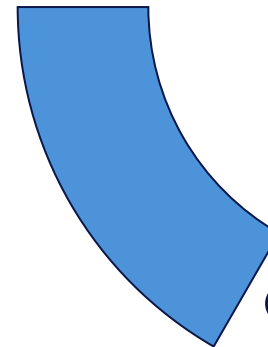
Phlegm
痰

Blood stasis
瘀

Formation
of cancer

癌症的形成

Cancer toxin
癌毒



Chemotherapy
化療

**Counteract one
toxin with another**
以毒攻毒

Cancer
癌症

Chemotherapy
化療

**Further
depletion**
進一步耗損

Qi, blood, fluid & humor
氣血津液

Treatment for chemotherapy side effects

化療副作用的治療方案

❖ Pre-chemo:

Preventive treatment of disease/symptoms, nourishing the healthy Qi for pathogen defense

❖ During chemo:

Preventing the progress of disease/symptoms

❖ Post-chemo:

Preventing transmission and progress of disease/symptoms by early treatment

❖ 化療前期，未病先防，養正禦邪

❖ 化療期間，見微知著，防微杜漸

❖ 化療後期，已病早治，防其傳變



Current study on TCM 中醫藥的作用研究

- ❖ TCM treatments show benefits on
 - induction of cancer cells apoptosis,
 - prevention of metastasis,
 - direct palliation of symptoms,
 - boosting the immune system,
 - increasing patients' appetite,
 - facilitating general recovery
- ❖ 近代研究發現，中醫藥具有誘導癌細胞凋亡、預防轉移、直接緩解症狀、增強免疫系統能力、增加病人的食慾和促進全面康復的作用

**→ Reducing toxicity
& enhancing efficacy !!!
減毒增效!!!**

**→ Therefore, many cancer patients
use Chinese medicine and other
alternative and complementary
treatment.**

**很多癌症病人都會服用中藥和使用其他
替代治療。**

Common CM treatment

常用中醫藥治療

- ❖ Chinese herbal medicine (internal & external use)
 - ❖ Acupuncture & moxibustion
 - ❖ Tuina (Massage)
 - ❖ Exercise (Qigong, Taichi)
 - ❖ Special diet
- ❖ 常用的中醫藥治療包中草藥(內服/外用), 針灸, 推拿, 氣功, 太極, 食療等。



But...

How these treatments work?

但...

這些治療的療效和安全性又是如何呢？

What is my weakness?
(我的弱點在那裏?)

Barrel theory 木桶原理



For TCM... 針對中醫藥...

Consolidated Standards for Reporting Trials of Traditional Chinese Medicine (CONSORT for TCM) (For Solicitation of Comments) 中医药临床随机对照试验报告规范（征求意见稿）

WU Tai-xiang¹, LI You-ping^{1*}, BIAN Zhao-xiang², LI Ting-qian¹, LI Jing¹, Simon Dagenais³, David Moher^{3*}, for CONSORT for TCM working group

中国循证医学杂志, 2007, 7(9): 625-630.

中医药临床随机对照试验报告规范（征求意见稿） Consolidated Standards for Reporting Trials of Traditional Chinese Medicine (CONSORT for TCM)

吴泰相¹ 李幼平^{1*} 卞兆祥² 李廷谦¹ 李 静¹ Simon Dagenais³ David Moher^{3*},
代表CONSORT for TCM工作组

中国循证医学杂志, 2007, 7(8): 601-605.

IBS的临床研究设计与SPIRIT

- SPIRIT (Standard Protocol Items: Recommendations for Interventional Trials) 2013规范了临床研究方案必须报告的条目及其具体的要求。
- SPIRIT 强调在临床研究实行前提高研究方案的透明度和完整性，促进高质量临床研究。
- IBS的临床设计上对于主要、次要和其他结局指标，整合数据的方式（如中位数、比例）及每个结局指标的时间点，需要详细说明，并解释所选有效或危害结局指标与临床的相关性。



現時項目。 。 。

- ❖ **Herb-drug interaction about herbs with Chemotherapy for CRC**
- ❖ **Preclinical study: Prevention of chemotherapy-induced side effect with Chinese medicine**

**路漫漫其修遠兮
眾將上下而求索!**

