

Fatigue

The Effects of Quercetin Flavonoid FRS on Quality of Life Indices in Advanced Cancer Patients: A Double-Blind Randomized Pilot Study

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“We tested the hypothesis that ingesting a liquid anti-oxidant drink mix (FRS® - Free Radical Scavenger) would improve quality of life parameters in patients with advanced cancer. These reportable 15 patients (age range 49-69 years, years after diagnosis 1.6 + 1 years, cancer stage= advanced) drank a ready-to-drink blend of antioxidants, quercetin, and vitamins in a double-blind cross over study for three months. During this study patients filled out three validated quality of life surveys addressing physical issues and quality of life while consuming the anti-oxidant drink. Outside of chemotherapy regimes, there were no other changes in patient routines or supplementation during this time period.”

Results indicate moderate improvements in the following areas:

Perceived levels of fatigue and energy showed a cumulative improvement of over 23% in three survey questions ($p=0.042$). Two of the questions relating to fatigue (feeling fatigued and feeling tired), showed improvements of 29% and 33% respectively ($P=NS$, $P=0.04^*$) Physical measures such as enhanced appetite and sleep both improved over the course of the study (4.5% increase, $P=NS$). Two separate questions on energy levels revealed improvements of 89.8% and 15% in both areas.

Lastly, concentration ability improved by over 14% during the study ($p=0.038^*$), independent of time on chemotherapy regimes.

In conclusion - the use of FRS supplementation in patients with advanced cancers receiving chemotherapy or radiation showed improvements in almost all quality of life areas of survey over a three-month period.

Statistically significant changes were seen in areas related to improved fatigue. Supplementation may be of assistance to this difficult population of patients who suffer from treatment-related fatigue and may be nutrient deficient. Any non-invasive, tolerable, and reasonably priced intervention that may improve any aspect of quality of life this population is worth reporting. Due to the small number and difficulty of retention (due to death) of these patients research on different types of cancer patients is warranted to confirm any quercetin vs. nonquercetin antioxidant drink effects.