

Mayo Clinic Minute: Are supplements safe for cancer patients?

VIDEO	AUDIO
	If you're diagnosed with cancer, you should be careful what supplements you're taking.
Dawn Mussallem, D.O. Internal Medicine Mayo Clinic	"Oftentimes, the first thing I do is look through the list of supplements and start to discontinue many of the supplements they are taking because perhaps there's a drug interaction."
	While research on the topic is limited, some studies suggest that ginger can be beneficial.
	"Ginger is something we can consider delivering to our patients when they come in with that question: 'What else can I do for my chemotherapy-induced nausea and vomiting?'"
	Many patients experience cancer-related fatigue, often a side effect of treatment. American ginseng can help. But there are risks for some patients.
	"It is believed that some products of American ginseng may have some estrogenic properties. So women who have hormone receptor-positive breast cancers, I generally try to avoid long duration of American ginseng in these women."
	Bottom line, if you're diagnosed with cancer, check with your health care provider before taking any supplements. They could interfere with your treatment.
	For the Mayo Clinic News Network, I'm Jason Howland.