

## 세포교정영양요법(OCNT)을 이용한 암피로증후군, 전이암 환자 사례 연구

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## A Case Study of a Patient with Cancer Fatigue Syndrome and Cancer Metastases who Received Ortho-Cellular Nutrition Therapy (OCNT)

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## ABSTRACT

**Objective:** A Case Report on Reduction of Inflammation Using Nutritional Therapy**Methods:** The patient is a Korean woman aged 61 years. 13 years ago, she was diagnosed with stage 1 breast cancer and underwent surgery, chemotherapy, and radiation therapy. However, 13 years later, the disease spread to the lungs and brain.**Results:** Following nutritional therapy, cancer fatigue syndrome improved.**Conclusion:** Nutritional therapy can be beneficial for cancer fatigue syndrome, a condition that remains undiagnosed and untreated.**Keywords** Ortho-Cellular Nutrition Therapy (OCNT), Cancer fatigue syndrome, breast cancer, metastatic cancer

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## Introduction

Cancer fatigue syndrome (CFS) is a frequently reported symptom by cancer survivors months or years after successful treatment. Fatigue, as a persistent and distressing symptom, can cause exhaustion or tiredness to the point where it interferes with the survivor's physical, emotional, and cognitive functions.<sup>1</sup>

A 61-year-old woman was diagnosed with stage 1 breast cancer 13 years ago and has undergone 28 surgeries,

chemotherapy, and radiation therapy. However, 13 years later, the disease spread to the lungs and brain.

Through this case, we hope to demonstrate the success of nutritional therapy for a patient with cancer fatigue syndrome and metastatic cancer.

## **Case**

### **1. Subject**

The subject was a patient diagnosed with cancer.

- 1) Name: Kim OO (F/61 years of age)
- 2) Diagnosis: Metastatic cancer (OO Hospital)
- 3) Onset Date: 2021
- 4) Treatment period:
- 5) Main complaint: None
- 6) Medical History: Stage-1 breast cancer in 2008
- 7) Social History: She does not smoke nor she drink
- 8) Family History: None
- 9) Current Illness and Medication: Metastatic cancer (lungs, brain) patient taking Xeloda (anticancer drug)

### **2. Method**

Thirteen years after completing 28 surgeries, chemotherapy, and radiation treatments for stage 1 breast cancer, the disease metastasized to the brain and lungs. After undergoing surgery for metastatic cancer, she was taking oral anticancer medications, which caused cancer fatigue syndrome, anxiety, and depression due to mental stress.

On a 2 weeks on, 1 week off cycle, while taking the anticancer drug Zeloda 202, the patient began a course of Cyaplex F 202, Eufaplex 101, Betaplex 101, Curcuplex 101, TMplex 202, Chloplex 101, Selenase 202, Enzaplex 101, and Aqua SAC 10mg 010.

## **Result**

From October 2021 to April 2022, the anticancer medication Xeloda 202 and OCNT were administered concurrently. Prior to starting the combination, the anorexia was severe due to the side effects of anticancer drugs, but it improved after starting the combination.

In April 2022, the brain and lungs were found to be clear during a routine examination. In June of the same year, when Zeloda was stopped for 7 days for a blood test, all test values were normal, and the brain MRI in August was normal. The prescription was then changed from Zeloda 202 to Zeloda 201. On November 2, 2022, the test result was normal, and the patient stopped taking the evening anticancer medication on his own while maintaining OCNT.

## **Discussion**

Cancer fatigue syndrome is one of the cancer symptoms that most patients and general practitioners misunderstand due to a lack of understanding or knowledge about the condition. Despite an abundance of evidence and research on this syndrome over the past two decades, cancer fatigue syndrome remains difficult to diagnose and treat.<sup>2</sup>

It was a case of metastasis after 13 years, so the patient experienced severe psychological pain. However, she also actively followed nutritional therapy because she understood the fundamentals of cancer recurrence and metastasis. It is believed that Cyaplex's anthocyanin, Eufaplex's linolenic acid, and Selenase's sodium selenite<sup>6,7</sup> were beneficial in the treatment of cancer when combined with anticancer drugs.

It appears that the patient's active participation in nutritional therapy led to favorable clinical outcomes, as both her complexion and physical strength improved in comparison to before surgery. It is believed that nutritional therapy has therapeutic value because it reduces anxiety and depression brought on by mental stress and improves cancer fatigue syndrome as a result of the belief in overcoming cancer.

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