

F A T I G U E ? ?

Researchers Study Ginseng for Cancer Related Fatigue

Fatigue is one of the most common unmanaged symptoms in people diagnosed with cancer. It is considered an extremely common symptom among the population of patients with cancer, existing in those receiving chemotherapy, radiation therapy, biologic therapies, and even in people having completed active treatment. Studies show that fatigue is a problem even up to five years after diagnosis.

Researchers from the North Central Cancer Treatment Group (NCCTG) and researchers from our own Grand Rapids Clinical Oncology Program are collaborating with researchers across the United States on this National Cancer Institute-funded study. This clinical trial is designed to see the effects (good or bad, including side effects) of taking Wisconsin Ginseng to potentially minimize fatigue. Approximately 434 people will participate in this nation-wide 8 week study.

Ginseng is an herb used in traditional Chinese medicine. There are two popular types of ginseng in health food stores today, Asian and American. It has been used in studies to see if it helps with fatigue and exercise endurance in both animals and people. In this study, Wisconsin Ginseng is being used to see if it helps with the fatigue that many patients with cancer experience.

If you would like to see if you are eligible to participate in this important clinical trial please contact any of the Cancer Control clinical research nurses at Grand Rapids Clinical Oncology Program, **616-391-1230 or 1-800-336-5079.**

The Cancer Control Research Team
Grand Rapids Clinical Oncology Program