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## Coffee plus honey versus topical steroids in the treatment of chemotherapy-induced oral mucositis: A randomized controlled trial

**Neda Raeessi**

Baqiyatallah University of Medical Sciences, Iran

**Background:** Oral mucositis is one of the common complications of cancer chemotherapy and about 40% of the patients who take chemotherapy protocols, experience this irritating problem. The purpose of this study was to draw comparisons between the therapeutic effects of our treatment modalities (topical steroid, honey, honey plus coffee) in patients suffering from oral mucositis.

**Methods:** This was a double blinded, randomised clinical trial of a total of 75 eligible adult participants, which they randomly fell into three treatment groups. For all the participants a syrup-like solution was prepared. Each 600 grams of the product consisted of 20 eight-mg Betamethasone solution ampoules in the Steroid (S) group, 300 grams of honey plus 20 grams of instant coffee in the Honey plus Coffee (HC) group, and 300 grams of honey for the Honey (H) group. The participants were told to sip 10 ml of the prescribed product, and then swallow it every three hours for one week. Severity of lesions was clinically evaluated before the treatment and also one week after the initiation of the intervention. This study adhered to the principles of the Declaration of Helsinki and guidelines of Good Clinical Practice.

**Results:** This study showed that all three treatment regimens reduce the severity of lesions. The best reduction in severity was achieved in HC group. H group and S group took the second and third places. In other words, honey plus coffee regimen was the most effective modality for the treatment of oral mucositis.

**Conclusion:** Oral mucositis can be successfully treated by a combination of honey and coffee as an alternative medicine in a short time. Further investigations are warranted in this field.

### Biography

Neda Raeessi graduated from Tehran University of Medical Sciences about one year ago as a General Practitioner (GP). Now she is working as a Medical Researcher at Atherosclerosis Research Center, Baqiyatallah University of Medical Sciences. Under supervision of the University Professors, she published some papers in reputed journals. Since eight years she and a group of scientists are working on the healing effects of honey and coffee on different medical problems and published four articles in this field.

[raeessi\\_neda@yahoo.com](mailto:raeessi_neda@yahoo.com)

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