



Greg Arnold, DC, CSCS
4165 Blackhawk Plaza Circle, Suite 250
Danville, CA 94506
(925) 321-4668 PitchingDoc@msn.com
www.PitchingDoc.com

Green Tea Extract May Help bone Marrow Health

By Greg Arnold, DC, CSCS, May 28, 2009, abstracted from "Phase I Trial of Daily Oral Polyphenon E in Patients With Asymptomatic Rai Stage 0 to II Chronic Lymphocytic Leukemia" printed online May 26, 2009 in the Journal of Clinical Oncology

Link - www.nowfoods.com/HealthLibrary/HealthArticles/HealthNotes/075734.htm?cat

Leukemia is defined by the National Cancer Institute (NCI) as "cancer that starts in blood-forming tissue, such as the bone marrow, and causes large numbers of blood cells to be produced and enter the bloodstream." The NCI estimates that there will be nearly 45,000 new cases of leukemia and nearly 22,000 deaths in 2009 (1), contributing to cancer's overall annual cost to our healthcare system of \$219 billion (2).

Modern treatments for leukemia include surgery, chemotherapy, and radiation therapy (3). Now a new study (4) has found that green tea extract may help with bone marrow health. In the study, 33 patients diagnosed with stage 0, I, or II chronic lymphocytic leukemia (CLL) were given EGCG extracts in amounts ranging from 400 mg to 2,000 mg per day for one month. CLL is the most common form of leukemia in the United States, with 17,000 new cases diagnosed each year (5). Unfortunately, CLL is incurable with current treatments and patients are often managed with a policy of "watchful waiting" (6).

The researchers found that 11 of the 33 patients (33%) had a 20% decrease in a measure of white blood cells called "absolute lymphocyte count" (ALC) and 11 of the 12 patients (92%) who had noticeable growth of lymph nodes (called "palpable lymphadenopathy") had at least a 50% reduction in lymph node size by the end of one month. Side effects experienced by the patients who took EGCG included nausea and abdominal pain.

For the researchers, "Daily oral EGCG...was well tolerated by CLL patients in this phase I trial".

Greg Arnold is a Chiropractic Physician practicing in Danville, CA. You can contact Dr. Arnold directly by emailing him at <mailto:PitchingDoc@msn.com> or visiting his web site at www.PitchingDoc.com

Reference:

1. "Leukemia" posted on www.cancer.gov/cancertopics/types/leukemia
2. "Costs of Cancer" posted on www.cancer.org/docroot/MIT/content/MIT_3_2X_Costs_of_Cancer.asp
3. "Treatment for Leukemia" posted on www.cancer.gov/cancertopics/treatment/leukemia
4. Phase I Trial of Daily Oral Polyphenon E in Patients With Asymptomatic Rai Stage 0 to II Chronic Lymphocytic Leukemia. *Jou Clin Oncol* 2009. Printed online May 26,2009 DOI: 10.1200/JCO.2008.21.1284
5. "Chronic Lymphocytic Leukemia" posted on emedicine.com July 11, 2005 www.emedicine.com/med/topic370.htm
6. B.D. Cheson, J.M. Bennett and M. Grever et al., National Cancer Institute-Sponsored Working Group Guidelines for Chronic Lymphocytic Leukemia: revised guidelines for diagnosis and treatment, *Blood* 87 (1996), pp. 4990–4997