Study Shows That Ginger Can Reduce Nausea From Chemotherapy

People with cancer who received ginger supplements along with drugs that lower nausea and vomiting, called antiemetics, reported less nausea from chemotherapy than patients who did not receive a ginger supplement. Patients took the ginger supplements three days before starting chemotherapy. In this study, the 0.5 gram (g) and 1.0 g doses reduced nausea the most.

What this means for patients

?As many as 70% of patients who receive chemotherapy have nausea and vomiting. We found that patients who received traditional antinausea drugs along with ginger supplements before chemotherapy had less nausea associated with their chemotherapy,? said lead author Julie Ryan, MD, PhD, Assistant Professor of Dermatology and Radiation Oncology at the University of Rochester in Rochester, New York. ?However, as with all supplements, patients should speak with their doctors before taking ginger.?

What to Ask Your Doctor

- Will I receive chemotherapy to treat my cancer?
- What can be done to reduce nausea from chemotherapy?
- Do you recommend that I take ginger supplements in addition to other medications before and during chemotherapy?
- If so, how much ginger do you recommend?

For More Information

Listen [1] to Dr. Julie Ryan discuss this study during the May 14, 2009 presscast

Nausea and Vomiting [2]

What to Know: ASCO's Guideline on Preventing Nausea and Vomiting Caused by Cancer Treatment [3]

Complementary and Alternative Medicine [4]

Links:
[1] http://www.asco.org/ASCOv2/Department%20Content/Communications/Downloads/May14Presscast%20Dr_Ryan.mp3
[2] http://www.cancer.net/patient/All+About+Cancer/Treating+Cancer/Managing+Side+Effects/Nausea+and+Vomiting
[3] http://www.cancer.net/patient/Publications+and+Resources/What+to+Know%3A+ASCO%27s+Guidelines/What+to+Know%3A+ASCO%27s+Guideline+on+Preventing+Vomiting+Caused+by+Cancer+Treatment
[4] http://www.cancer.net/patient/All+About+Cancer/Treating+Cancer/Complementary+and+Alternative+Medicine+%28CAM%29