Abstract

Introduction: Therapeutical alternatives, directed to improve life quality and reduce adverse effects of cancer treatment, have been the purpose of studies that try to prove the immunomodulator efficacy of medicinal fungi as coadjuvant for conventional therapies. Objective: The objective of this study was to evaluate the impact on the life quality of post-surgical patients with colorectal cancer after supplemented diet with Agaricus sylvaticus fungus cultivated in Brazil. Methods: Randomized, double-blind, placebo-controlled clinical trial carried out at the Federal District Base Hospital-Brazil, for six months. Samples of 56 enrolled patients (24 men and 32 women), stadium phases I, II and III, separated as placebo and Agaricus sylvaticus (30 mg/kg/day) supplemented groups. Form-standard and direct anamnesis-standard were used to evaluate indicators for life quality. The method of analysis was qualitative and descriptive, processed with Microsoft Excel 2003 and Epi Info 2004 programs. The protocol was approved by the Ethics Research Committee-Health Department-Federal District. Results: After six months of treatment, the supplemented group had increased adhesion to physical activity; improved disposition and good mood; reduced complaints of pains and alterations of sleep such as insomnia and restless sleep; presenting more appetite, reduced constipation, diarrhea, alternate diarrhea/constipation, flatulence, flatus retention, pyrosis, postprandial fullness, nausea, abdominal distention and abdominal pain, facts not observed in the placebo group. Conclusions: The results suggest that a dietary supplement with Agaricus sylvaticus fungus is capable of improving the life quality of patients with colorectal cancer in post-surgical phase.

Keywords

Agaricus sylvaticus fungus, Life quality, Colorectal cancer, Metabolic alterations, Gastrointestinal alterations, Psychological alterations.