

### **New prospective controlled studies on mistletoe therapy in ovarian cancer (Grossarth & Ziegler 2007)**

Two randomised and two non-randomised prospective matched-pair studies investigated the influence of mistletoe treatment (Iscador) on survival and psychosomatic self-regulation of patients with ovarian cancer [1]. These studies were conducted in the context of the long-term epidemiologic study by Grossarth 2001.

- 1) The first study randomized 2 x 20 patients with distantly metastasized ovarian cancer to get either mistletoe treatment or no additional therapy (control group). In the mistletoe group a significantly longer survival was observed (hazard rate 0.33, 95% confidence interval 0.12-0.92).
- 2) In the second randomised study (2 x 21 patients with ovarian cancer without distant metastases) the survival in the mistletoe group was longer than in the control group, however, without reaching statistical significance war (hazard rate 0.40, 95% confidence interval 0.15-1.03). Self-regulation improved significantly within one year in the mistletoe group (median difference 0.58, 95% confidence interval 0.30-0.90).
- 3) In the third, non-randomised prospective matched-pair study, investigating 2 x 62 patients with distantly metastasized ovarian cancer, mistletoe treated patients also survived longer than control patients, however, without reaching statistical significance (hazard rate 0.62, 95% confidence interval 0.37-1.05).
- 4) In the fourth, non-randomised prospective matched-pair-study, including 2 x 75 patients with ovarian cancer without distant metastases, mistletoe treated patients lived significantly longer than control patients (hazard rate 0.47, 95% confidence interval 0.31-0.69). Additionally, after one year of treatment patients showed a significantly better self-regulation (median difference 0.30, 95% confidence interval 0.05-0.65).

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#### *Reference:*

- [1] Grossarth-Maticek R, Ziegler R. Prospective controlled cohort studies on long-term therapy of ovarian cancer patients with mistletoe (*Viscum album* L.) extracts Iscador. *Arzneim -Forsch /Drug Res* 2007; 57(10):665-78.