

## 세포교정영양요법(OCNT)을 이용한 유방암, 림프부종 환자 사례 연구

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## Ortho-Cellular Nutrition Therapy (OCNT) Experiential treatment for Breast Cancer, lymphedema Patients

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### ABSTRACT

**Objective:** A Case Report on Reduction of Inflammation Using Nutritional Therapy

**Methods:** The patient is a Korean woman aged 50 years. She was diagnosed with stage 3 breast cancer, the right lymph node was removed, resulting in lymphedema and pain.

**Results:** After nutritional therapy, lymphedema improved.

**Conclusion:** The patient's lymphedema improved, and she regained her daily vitality.

**Keywords** Ortho-Cellular Nutrition Therapy (OCNT), breast cancer, lymphadenectomy, lymphedema

### Introduction

Survival rates for breast cancer patients have increased significantly due to advances in treatment. Despite the fact that lymphedema associated with breast cancer treatment affects only a small percentage of patients, it

is known to have a substantial impact on quality of life when it does occur.<sup>1-3</sup>

Women with breast cancer-related lymphedema have a higher risk of lymphedema-related depression and anxiety, especially if they already suffer from depression because of a breast cancer diagnosis. There is evidence that breast cancer patients with lymphedema experience greater psychological distress than those without lymphedema.

The patient, a 50-year-old woman, was diagnosed with stage 3 breast cancer, had a lymph node removed from her right arm, and suffered from lymphedema in her right arm, which made her daily life extremely uncomfortable.

Through this case, we hope to demonstrate the success of nutritional therapy for lymphedema patients.

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## Case

### 1. Subject

The subject was a patient diagnosed with lymphedema.

**1) Name:** O O (F/50)

**2) Diagnosis:** Lymphedema due to breast cancer (OO Hospital)

**3) Onset Date:** 2013

**4) Treatment period:** Sep 2019 ~ 2022

**5) Main symptom:** Lymphedema and pain due to right lymph node dissection

**6) History:** 2013 diagnosis of stage 3 breast cancer; eighth round of chemotherapy and radiation therapy

**7) Social History:** None

**8) Family History:** thyroid cancer (older sister)

**9) Current medical history and medication:** One year of taking selenium supplements and two types of lymph circulation medications

### 2. Method

After being diagnosed with breast cancer in 2013, the patient underwent surgery, chemotherapy up to the eighth round, and radiation therapy. Following that, she complained of daily discomfort due to lymphedema.

She took a selenium supplement and participated in two types of lymphatic circulation for about a year, and the lymphedema diminished, but there was still a significant difference in the thickness of her arms, causing discomfort.

After taking Cyaplex F 101, Eufaplex 101, Chloplex 101, and T.M. Plex 100 for 1 year from September 2019, the patient took Cyaplex A 101, Eufaplex Capsule 303, and Sulfoplex PK Tablet 505 from September 2020. Her prescription was changed to Cyaplex F Capsule 303, Eufaplex Capsule 303, and Sulfoplex PK Tablet 505 as of December 2021.

### Results

Within one month of beginning nutritional therapy, the patient reported that she felt her lymphedema was

resolving rapidly. During a routine examination in July 2020, all results were normal, the fatty liver vanished, and the size of both forearms became nearly identical.

### Discussion

Current lymphedema treatments aim to reduce swelling, restore shape, and prevent inflammatory episodes.

Collagen, fibronectin, and other proteins contribute to the formation of lymphatic vessels. Collagen and fibronectin reinforce (lymphatic) vascular tissue, thereby inhibiting lymphedema. In addition, because lymphedema is frequently accompanied by immune dysfunction, we concentrated on enhancing immune function while simultaneously strengthening lymphatic and vascular tissues.

The Spirulina flavonoids contained in Chloplex enhance DNA synthesis and stimulate keratinocytes to increase the viability of collagen fibers, and similar effects were observed following the administration of chlorella in cell culture. Additionally, it inhibits the metalloproteinase enzyme to prevent collagen and elastin degradation.<sup>9</sup>

It is believed that anthocyanin-fucoidan, which has an immune-boosting effect and is present in Cyaplex F, and the antioxidants in Chloplex, as well as Spirulina, which inhibits lipid peroxidation and DNA damage, helped alleviate lymphedema.

Due to the possibility that this nutritional therapy may be an additional treatment option for lymphedema resulting from breast cancer, the patient consented to the publication of this report.

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