

## Carcinoma mammario e nutrizione

di Gabriella Reggina

### Bibliografia di riferimento

1. Žuža Praštalo, M.; Pokimica, B.; Arsić, A.; Ilich, J.Z.; Vučić, V. Current Evidence on the Impact of Diet, Food, and Supplement Intake on Breast Cancer Health Outcomes in Patients Undergoing Endocrine Therapy. *Nutrients* 2025, 17, 456. <https://doi.org/10.3390/nu17030456>
2. Papandreou P, Gioxari A, Nimee F, Skouroliakou M. Application of Clinical Decision Support System to Assist Breast Cancer Patients with Lifestyle Modifications during the COVID-19 Pandemic: A Randomised Controlled Trial. *Nutrients*. 2021 Jun 20;13(6):2115. doi: 10.3390/nu13062115. PMID: 34203025; PMCID: PMC8235424.
3. Janthongkaw A, Klaophimai S, Khampaya T, Yimthiang S, Yang Y, Ma R, Bumyut A, Pouyfung P. Effect of Green and Red Thai Kratom (*Mitragyna speciosa*) on pancreatic digestive enzymes (alpha-glucosidase and lipase) and acetyl-carboxylase 1 activity: A possible therapeutic target for obesity prevention. *PLoS One*. 2023 Sep 21;18(9):e0291738. doi: 10.1371/journal.pone.0291738. Erratum in: *PLoS One*. 2024 Jun 18;19(6):e0305988. doi: 10.1371/journal.pone.0305988. PMID: 37733688; PMCID: PMC10513218.
4. Ferraris, C., Ballestra, B., Listorti, C. et al. Red clover and lifestyle changes to contrast menopausal symptoms in premenopausal patients with hormone-sensitive breast cancer receiving tamoxifen. *Breast Cancer Res Treat* 180, 157–165 (2020). <https://doi.org/10.1007/s10549-020-05534-4>
5. Hutchins-Wiese, H. L., Picho, K., Watkins, B. A., Li, Y., Tannenbaum, S., Claffey, K., & Kenny, A. M. (2013). High-Dose Eicosapentaenoic Acid and Docosahexaenoic Acid Supplementation Reduces Bone Resorption in Postmenopausal Breast Cancer Survivors on Aromatase Inhibitors: A Pilot Study. *Nutrition and Cancer*, 66(1), 68–76. <https://doi.org/10.1080/01635581.2014.847964>
6. Rhee, Y., Song, K., Park, S., Park, H. S., Lim, S. K., & Park, B. W. (2013). Efficacy of a combined alendronate and calcitriol agent (Maxmarvil®) in Korean postmenopausal women with early breast cancer receiving aromatase inhibitor: a double-blind, randomized, placebo-controlled study. *Endocrine journal*, 60(2), 167-172.
7. Martínez, N., Herrera, M., Frías, L. et al. A combination of hydroxytyrosol, omega-3 fatty acids and curcumin improves pain and inflammation among early stage breast cancer patients receiving adjuvant hormonal therapy: results of a pilot study. *Clin Transl Oncol* 21, 489–498 (2019). <https://doi.org/10.1007/s12094-018-1950-0>
8. Zahrooni N, Hosseini SA, Ahmadzadeh A, Ahmadi Angali K, Assarehzadegan MA. The Effect of Coenzyme Q10 Supplementation on Vascular Endothelial Growth Factor and Serum Levels of Interleukin 6 and 8 in Women with Breast Cancer: A Double-Blind, Placebo-Controlled, Randomized Clinical Trial. *Ther Clin Risk Manag*. 2019 Dec 4;15:1403-1410. doi: 10.2147/TCRM.S234930. PMID: 31824163; PMCID: PMC6900311.

9. Park, H., Parker, G.L., Boardman, C.H. et al. A pilot phase II trial of magnesium supplements to reduce menopausal hot flashes in breast cancer patients. *Support Care Cancer* **19**, 859–863 (2011). <https://doi.org/10.1007/s00520-011-1099-7>
10. Caffa, I., Spagnolo, V., Vernieri, C. et al. Fasting-mimicking diet and hormone therapy induce breast cancer regression. *Nature* **583**, 620–624 (2020). <https://doi.org/10.1038/s41586-020-2502-7>
11. Garrido-Maraver J, Cordero MD, Oropesa-Avila M, Vega AF, de la Mata M, Pavon AD, Alcocer-Gomez E, Calero CP, Paz MV, Alanis M, de Laveria I, Cotan D, Sanchez-Alcazar JA. Clinical applications of coenzyme Q10. *Front Biosci (Landmark Ed)*. 2014 Jan 1;19(4):619-33. doi: 10.2741/4231. PMID: 24389208.
12. Nencioni A, Caffa I, Cortellino S, Longo VD. Fasting and cancer: molecular mechanisms and clinical application. *Nat Rev Cancer*. 2018 Nov;18(11):707-719. doi: 10.1038/s41568-018-0061-0. PMID: 30327499; PMCID: PMC6938162.