



Misteltherapie bei Tumorerkrankungen -Evidenzlage-

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Misteltherapie - Entwicklung

- Entwicklung aus der Anthroposophie (R. Steiner)
- 20er Jahre Ita Wegmann erstes parenterale Mistelpräparat
→ Erfahrungen: ↑AZ, ↑Appetit, ↑Gewicht, ↑seelisches Befinden, ↓Schmerzen
- In DE heute 5 Mistelpräparate/-serien verfügbar
- Serienpackungen mit ansteigendem Wirkstoffgehalt
- Häufigste Applikationsform s.c. Inj. 2-3 x wöchentlich
- Häufigste Indikation supportiv und palliativ
- Das am intensivsten erforschte KAM Verfahren



Misteltherapie - Effekte

- Induktion der Makrophagen-Zytotoxizität
- Stimulation der Phagozytose-Aktivität von Immunzellen
- Stimulation der Zytokin-Sekretion (TNF-alpha, IL-1, IL-2, IL-6),
- Erhöhung der Zytotoxizität div. Zelllinien
- Antitumorale Wirkung möglich
- Hinweise auf Verbesserung der Lebensqualität
Kältegefühl, Appetitmangel, Gewichtsverlust, Erschöpfung,
depressive Stimmung, Schmerzreduktion

Kienle et al. Eur J Med Res 2003

Münstedt et al. 2003

Stange R ZKM 2010

Horneber et al . Mistletoe therapy in oncology (Review) The Cochrane Library 2010, Issue 4



Evidenzlage zur Misteltherapie



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Your search for **mistletoe** returned 7 result(s).

1. **Is it safe ?**

The above-mentioned Cochrane review showed that **mistletoe** extracts are usually well tolerated and cause few adverse effects. 24 Contraindications, precautions, warnings Avoid using **mistletoe** during
<http://www.cam-cancer.org/CAM-Summaries/Herbal-products/Mistletoe-Viscum-album/Is-it-safe>

2. **What is it?**

Scientific name / brand name / common name **Mistletoe** (*Viscum album*) is a semiparasitic plant that grows throughout Europe, Asia and North Africa (North American **mistletoe** is a different species), most
<http://www.cam-cancer.org/CAM-Summaries/Herbal-products/Mistletoe-Viscum-album/What-is-it>

3. **References**

modality with **mistletoe** lectin to prevent recurrence of superficial bladder cancer: a randomized, phase II study of gemcitabine and **Mistletoe** in patients with advanced solid tumors, NCCAM-02-AT-260, Clinical
<http://www.cam-cancer.org/CAM-Summaries/Herbal-products/Mistletoe-Viscum-album/References>

4. **Does it work ?**

the immune system. 7-11 Animal studies have demonstrated that **mistletoe** extract increases DNA stability, 12 experiments. 10,15 It has also been suggested that **mistletoe** may be beneficial in decreasing the adverse
<http://www.cam-cancer.org/CAM-Summaries/Herbal-products/Mistletoe-Viscum-album/Does-it-work>

5. **Does it work ?**

arterial embolization 38 Piao et al. compared in an open-label RCTi.v. **mistletoe** extracts with i better quality of life and less adverse events from chemotherapy in patients that had received **mistletoe**
<http://www.cam-cancer.org/CAM-Summaries/Dietary-approaches/Shiitake-Lentinula-edodes/Does-it-work>



N.B. (noch) kein klares Statement!





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Intervention Review

Mistletoe therapy in oncology

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Roman Huber³, Klaus Linde⁴, Matthias
Rostock⁵

Database Title

[The Cochrane Library](#)



Authors' conclusions

The evidence from RCTs to support the view that the application of mistletoe extracts has impact on survival or leads to an improved ability to fight cancer or to withstand anticancer treatments is weak. Nevertheless, there is some evidence that mistletoe extracts may offer benefits on measures of QOL during chemotherapy for breast cancer, but these results need replication. Overall, more high quality, independent clinical research is needed to truly assess the safety and effectiveness of mistletoe extracts. Patients receiving mistletoe therapy should be encouraged to take part in future trials.



Misteltherapie

Problematische Effekte

Unspezifische Immunstimulation bei hämatologischen
Erkrankungen inflammatorischen Karzinomen
autoimmun-bedingten Begleiterkrankungen

Erhöhung der Körpertemperatur bei Fieber

Kienle et al. Eur J Med Res 2003

Münstedt et al. 2003

Stange R ZKM 2010

Horneber et al . Mistletoe therapy in oncology (Review) The Cochrane Library 2010, Issue 4



Misteltherapie - Sicherheit

Melzer J, Iten F, Hostanska K, Saller R

Efficacy and safety of mistletoe preparations (*Viscum album*) for patients with cancer diseases. A systematic review. Forsch Komplementmed. 2009

CONCLUSION:

Supportive 'mistletoe therapy' seems safe and beneficial for QoL in adult patients with solid tumours. But there is an urgent need to confirm its efficacy...

Offenbar sichere und QoL fördernde Behandlungsmethode bei Erwachsenen mit soliden Tumoren

Misteltherapie - Sicherheit

Kienle GS, Grugel R, Kiene H. Safety of higher dosages of Viscum album L. in animals and humans--systematic review of immune changes and safety parameters. BMC Complement Altern Med. 2011

CONCLUSIONS:

Application of higher dosages of VAE or ML is not accompanied by immunosuppression; altogether VAE seems to **exhibit low risk** but should be monitored by clinicians when applied in high dosages.

Keine Hinweise auf Immunosuppression
Insgesamt niedriges Risiko für UTW, NW

Misteltherapie - Sicherheit

**Weissenstein U, Kunz M, Urech K, Baumgartner S.
Interaction of standardized mistletoe (*Viscum album*) extracts with
chemotherapeutic drugs regarding cytostatic and cytotoxic effects
in vitro. BMC Complement Altern Med. 2014**

CONCLUSIONS:

Our in vitro results suggest that no risk of safety by herb drug interactions has to be expected from the exposition of cancer cells to chemotherapeutic drugs and VAE simultaneously.

Keine Hinweise auf problematische Interaktionen zwischen Misteltherapie und den getesteten CTx.

Weitere Übersichtsarbeiten



Kienle GS, Glockmann A, Schink M, Kiene H

Viscum album L. extracts in breast and gynaecological cancers: a systematic review of clinical and preclinical research. J Exp Clin Cancer Res. 2009 Jun

CONCLUSION:

VAE shows some positive effects in breast and gynaecological cancer. More research into clinical efficacy is warranted.



Weitere Übersichtsarbeiten

Kienle GS, Kiene H. Review article: Influence of Viscum album L (European mistletoe) extracts on quality of life in cancer patients: a systematic review of controlled clinical studies. Integr Cancer Ther. 2010

CONCLUSIONS:

VAEs seem to have an impact on QoL and **reduction of side effects** of conventional therapies (chemotherapy, radiation) in experimental trials as well as in routine daily application. The **influence on fatigue** especially should be investigated further.



Misteltherapie - Fazit

Studienlage erlaubt keine einheitliche Empfehlung

Hinweise auf Verbesserung der Lebensqualität

Therapie-Entscheidung unter Beachtung des Einzelfalls

(Tumorentität, konv. Therapie, Symptomatik)

Therapieversuch vertretbar, falls

LQ nach Ausschöpfen besser geeigneter Verfahren schlecht bleibt.

N.B.: aktuell von weniger als 10% der Betroffenen genutzt.

Kienle et al. Eur J Med Res 2003

Münstedt et al. 2003

Stange R ZKM 2010

Horneber et al . Mistletoe therapy in oncology (Review) The Cochrane Library 2010, Issue 4

Danke für die Aufmerksamkeit!

Kasuistiken zur Misteltherapie sind willkommen!

