

WONDERS OF HERBAL SUPPLEMENTS: LIVED EXPERIENCES OF PEOPLE LIVING WITH BREAST CANCER

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Abstract

This study delved mainly on descriptive phenomenological approach that described the lived experiences, challenges and insights of diagnosed breast cancer patients taking herbal supplements. Research participants were carefully selected through purposive sampling and snowball sampling technique with inclusion criteria of diagnosed patients with breast cancer stage 1-2-3, 18 years old of age who have given consent of participants, currently undergoing cancer treatment, taking herbal supplement supplement (manufactured supplement) over a year and a resident of Davao City. The study utilizes Colaizzi's approach of qualitative data analysis that aims to gather data through in-depth-interviews and observation from 7 participants. The analysis of the transcript resulted in the three emergent themes that answered the three research questions. The 00emergent themes are *Ease of Comfort*, *Overcoming Adversities*, and *Illuminating Positivity* that explored the experiences of breast cancer patient while taking herbal supplements, how the intake of herbal supplements affected the participants, how did they cope from the challenges and what learnings and insight they gain from the experiences. The analysis and understanding of the experiences of breast cancer patients taking herbal supplements as a complementary management to cancer portrays a proactive role in the management of their disease. Based on the study's findings, the intake of herbal supplements among breast cancer patients was associated with improved physical strength, reduced chemotherapy-related side effects, and enhanced immunity. Therefore, it is recommended to promote public awareness on the potential benefits and risks of complementary therapies, emphasizing the need for guidance from qualified healthcare professionals to ensure safe and integrated cancer care.

Keywords: *Social Science, Qualitative Research, Breast Cancer, Herbal Supplement, Descriptive Phenomenology, Davao City*

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Introduction

The utilization of herbal supplements is on the rise among diagnosed breast cancer patients as use is common among women with breast cancer in both high income and low-

people take an active interest in improving their overall health. The complementary and alternative medicine middle-income countries (Hammersen et al., 2020). Cancer patients all around the

world utilize herbal medicine also known as phytotherapy as complementary and alternative medicine. Women Breast cancer in low- and middle-income countries frequently seek CAM from traditional healers or shamans which comprises herbal medicines, massage, ayurveda, unani, siddha, supernatural power healing rituals, and spiritual therapy including prayer and Qur'an recitation therapy (Ernawati et al., 2020).

Moreover, one of the most common reasons for continuing popularity of herbal medicines is the perception of natural origin and historical use. Many societies have established a tradition of herbal medicine utilization as a remedy for a wide range of ailments and diseases (Alipour et al., 2022). Herbal medicines are mostly over the counter and patients often consider it as Complementary Alternative Medicine as absolutely safe and effective. The placebo allows them to feel better for at least a couple of hours and the psychological effects by using complementary medicine is that it gives them a sense of autonomy to manage their own health (Bizzarri, et al., 2024). Similarly, in study of Hung et al., (2022) patients wanted for greater control and well-being. They reported improvements in their physical and psychological well-being following the usage of TCM. Despite existing impediments such as high cost, extensive treatment duration, and clinician disapproval, most survivors would suggest TCM to others. Furthermore, as noted by Hubner et al., (2021) almost half of cancer patients utilized complementary medicine in conjunction with conventional treatment during or after therapy. Commonly taken

substances are micronutrients, food supplements and herbal plants. The use of complementary medicine is an attribute to patient empowerment which bestows autonomy in one's health. In the Philippines numerous herbal and dietary supplements spread in the market promising beneficial claims but labelled with No approved therapeutic claims. As reported by Ombay (2024) traditional and herbal medicines will be regulated by FDA in adherence to international standards with clinical trials and various phases of testing in proving the safety and efficacy of herbals and food supplements.

Moreover, in the Cancer Institute of Zamboanga City Medical Center, a survey was conducted with 22 participants, more than half (65.4%) of the participants were noted to have used Herbal/Dietary Supplement and most (54.5%) of them were breast cancer patients with stage II-III disease. Treatment of cancer, coping with chemotherapy, and relief of cancer symptoms were the major reasons for herbal dietary use (Enriquez & Esplana).

In addition, Davao City has numerous herbal and dietary supplement products proliferating in the market ranging from traditional to the most recent botanical supplement. There is insufficient scientific evidence to support the health benefits of herbal supplements, some of which are commercially available. The safety of these supplements which are typically consumed in the form of beverages or capsules has not been thoroughly investigated before. The benefits of the herbal drink, mix, or capsule are not well supported by the available data, nor is the claim that it is non-toxic, thus the toxicity

profile is unknown (Colina, 2023). Many complementary therapies, particularly herbal remedies, lack controlled clinical trials to test their effects and some may interact with standard treatments and cause adverse effects. This poses a significant challenge for oncologists (Ambrosoni et al., 2020).

Overall, the review of related literature discussed various perspectives related to breast cancer patients taking herbal supplements as a complementary cancer therapy. It highlights the different potential outcomes of herbal supplements including improving quality of life, achieving faster recovery, boosting immunity and the control of chemotherapy side effects. It is said from the literature that 70% of the general population of breast cancer patients are using herbal supplements as a complementary to cancer management.

Moreover, breast cancer patients reveal practical considerations such as psychological benefits like improved well-being and sense of hope. Sociocultural influences derived from cultural belief of natural and safe which drives the use of herbal supplements. On the other hand, other literature discussed insufficient scientific evidence to support the claims of herbal supplements. It suggested more studies and clinical trials to test the efficacy and possible drug interactions with the standard cancer treatments. Therefore, the consumer is warned to be cautious at all times.

The study was anchored on the theory proposed by Social Psychologist Icek Ajzen in 1985, called the Theory of Planned Behaviour. It is a theory that links one's beliefs and behaviour. According to the model, the most important predictor of how people will

perform a given behaviour is the behavioural intention concerning the performance of the behaviour (Bosnjak, 2020).

The theory is built out of a construct. The first is Attitude; it's the perceptions of the advantages and disadvantages of performing a behaviour. Second construct is called Subjective Norm, it is the perception of the approval of significant others of performing the behaviour. The third construct is called the Perceived Behavioural Control, this refers to the perception about how much control a person feels they have to perform the behaviour (Bosnjak, 2020).

In relation to breast cancer patients, the attitude towards a decision to utilize herbal supplements is reliably based on the perception of the positive effects it can do to its current health situation that can contribute to a person's life. Breast cancer patients hope or believe about the health benefits they can get from utilizing herbal supplements in spite of health warnings provided. The second construct focuses on everything around the breast cancer patients involving the family, social network, cultural norms, group beliefs or opinions from other consumers about the products, thereby influencing the patient's decision in utilizing herbal supplements. Lastly the third construct reflects the display of self-efficacy and control of breast cancer patients over their health. This gives emphasis on the patient's beliefs that they are personally involved or have control of their health by utilizing herbal supplements.

The researcher found a gap in this phenomenon concerning the use of herbal supplements among breast cancer patients. It is unclear why patients

diagnosed with breast cancer take herbal supplements despite lack of approved therapeutic claims from the herbal supplements itself. Addressing the gap, this research study would capture the most significant data that would serve as the basis in understanding the lived experiences of breast cancer patients.

Statement of the problem

1. What are the experiences of breast cancer patients taking herbal supplements?
2. How do participants cope with the challenges of their experiences in taking herbal supplements despite no approved therapeutic claims?
3. What insights can the participants share to other breast cancer patients and the public in taking herbal supplements?

Method

This study is a qualitative descriptive phenomenological research which intends to explore, understand and interpret social phenomena of breast cancer patients taking herbal supplements as a complementary cancer treatment. Research participants are selected through purposive sampling and snowball sampling technique.

Purposive sampling is used in identified participants that qualify the criterion, while snowball sampling technique, the participants are recruited through referrals. There are seven participants in this research study, saturation is attained on the final sample size. Selected participants will go through one-on-one in-depth interviews guided with a validated questionnaire. Participant's inclusion criteria are:

- patients diagnosed with breast cancer disease stage 1-2-3,
- 18 years old and above
- taking herbal supplements (manufactured) over a year,
- Currently undergoing conventional cancer treatment and a resident of Davao City.

Researchers conduct a survey to identify possible participants. Identified participants who are willing to take part would be notified through text, call or emails and establish an agreement about the convenient date, time and venue of the interview. The researcher would introduce self formally as the researcher of the study to encourage rapport. Subsequently, an informed consent would be individually obtained to the participants to secure permission to conduct the study. Participants are informed about the objective, nature and purpose of the study, benefits and potential risk. Actual data collection would be guided through formulated guided questionnaires to achieve data accuracy and consistency.

Moreover, participants are made aware that they are free to withdraw or discontinue anytime in the conduct of the study. Gathered information from the participants would be treated with utmost confidentiality and anonymity. Throughout the interview, it would be digitally recorded via audio and video recording to capture visual and voice records with written supported field notes for data collection. Lastly, offer a formal thank you note for appreciation for their time and cooperation rendered. Furthermore, the study utilized the phenomenological descriptive data analysing procedure by

Colaizzi's method (1978). The first step is obtaining a general sense of each transcript, next is the extracting of significant statements followed by formulation of meaning. Then organization of formulated meanings into cluster themes. Afterwards, thorough assessment of the results is done. Finally is the validation of the findings from the participants.

Results and Discussion

This chapter presents the results and discussion of findings from the analysed data gathered from 7 breast cancer participants who took herbal supplements as a complementary cancer

treatment. The analysis of the transcript resulted in three Emergent themes: *Ease of Comfort, Overcoming Adversities and Illuminating Positivity*. The identified emergent themes were further substantiated into eight cluster themes: *Personal Triumph, Journey to Wellness, Glimpse of Hope, Abiding Directions, Passing through Hurdles, A Safe Refuge, Warm Embrace and Brighter Horizons*.

Profile of the Participants

Presented in Table 1 is the profile of the participants in this study. The study selected seven participants who were all females with age ranging from fifty three to sixty six years old.

Table 1: Participants Profile

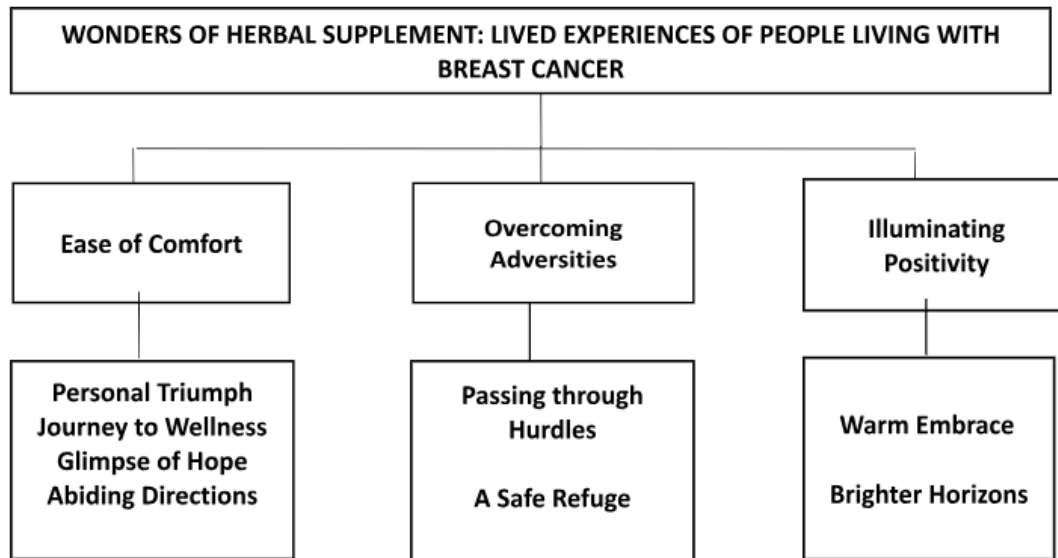
Code Name	Age	Breast Cancer Stage	Supplement
Participant 1	65	2	Capsule
Participant 2	62	3	Powder
Participant 3	53	3	Capsule
Participant 4	64	2	Powder
Participant 5	68	2	Powder
Participant 6	51	2	Capsule
Participant 7	66	1	Capsule

Participant's Profile

Using the seven steps of strategy of Colaizzi's descriptive phenomenological approach, the data collected was transcribed and interpreted using thematic analysis. The statements that were deemed

significant to the study were themed and clustered and associated with formulated meanings. Each formulated meaning was coded and grouped according to potential cluster themes.

Figure 1: Thematic Map



Emergent Theme 1: Ease of Comfort

The participants in this study expressed that they are taking herbal dietary supplements as a complementary management of their cancer disease. They described it as being able to ease their comfort during a cancer journey. The intake of herbal supplements helped them to regain physical strength and alleviate side effects of chemotherapy. Participants' experiences of positive outcomes they have encountered make them more optimistic on the use of herbal supplements. They aim to take it continuously to manage and ease their comfort in the day to day struggle of cancer disease. This were how participants narrated their experiences:

"It helped me to alleviate the pain in my breast and I had a better sleep during

those days I was in pain". (Participant 2, Line 62)

"It gives me strength, I feel energized even though I'm suffering from my disease. It helped me to recover my appetite."(Participant 3, Line 108)

"I don't feel weak, I don't get tired easily even if I'm still working as a teacher. Participant 4, Line 155)

"My neighbour said that I don't look sick, I really feel good and not weak during my cancer therapy. I feel better when I take the supplement." (Participant 1, Line 38)

Cluster Theme 1: Personal Triumph

As observed, participants show a strong motivation over the use of herbal

supplements. They emphasized that the use of herbal supplements is their choice because they believe that there's nothing

wrong in trying to help themselves. Moreover, participants share common reasons why they take herbal supplements. According to them, taking herbal supplements improves their well-being. They feel good about it and will continue to take it as part of their cancer. Participants also expressed that they do not rely on herbal supplements alone but rather they also seek medical treatment from the experts to guide them in their proper management. This reflected in the participant's statements below:

"As I experience, taking herbal supplements alleviate my pains. We can take herbal supplements but we should not rely only on herbal supplements alone, still we need to seek medical treatments." (Participant 2, Line 68)

"I think some breast cancer patients also take some kind of herbal supplement. If we take herbal supplements we should also get a prescription from doctors for our cancer." (Participant 5, Line 218)

Cluster Theme 2: Journey to Wellness

The participants in this study reflect on their actions as a way of improving themselves in order to live a fulfilling and productive life despite the challenges of having breast cancer. As experienced by the participants they take herbal supplements in the aim of improving their health status as to lessen the side - effects of chemotherapy. Participants expressed their personal experiences while taking herbal supplements like decreasing level of

pain in breast tumors, cancer cells not progressing, normal laboratory results, they feel energized and witness an improved adaptation to chemotherapy side effects cancer treatment. This

acquired information was shared by some participants as follows:

"In my experience during my chemotherapy I did not suffer a lot, very minimal side effects I have experienced. I did not lose much weight, I don't easily get tired. I tried these supplements due to their anti-metastatic effects." (Participant 1, Line 28)

"I have seen a testimony from other users of that product and the results are good, the tumor had shrunk, that is why I tried it myself and so far it helped me alleviate the pain in my breast". (Participant 2, Line 70)

"I really wanted to be cured from this illness I'm suffering from. I want to know someone who takes these supplements who has a breast tumor like me and the results are promising. That's why I take it and for me the result is also good. It helped me to become active unlike before. I feel so weak. I have noticed that my episodes of constipation have decreased and that gives me a lot of comfort." (Participant 3, Line 125)

Cluster Theme 3: Glimpse of Hope

The breast cancer participant in this study expressed feeling motivated by the potential benefits from the herbal supplements they are taking. The participant's experiences of positive outcomes of increased physical strength, boost immune system and decrease symptoms of chemotherapy gives them a sense of hope in the search of healing. Further, they believed that herbal supplements could also be a cure for

cancer prevention. Some participants described herbal supplements as an effective analgesia in breast cancer pain. Here are some of participant's responses:

"My father called me and told me to take that supplement because they have a neighbour in the province that is cured by taking the supplements. So I did not hesitate to try it for myself." (Participant 3, Line 125)

"When I read the supplement literature that explains the potential benefits of chemotherapy. I actually tried it and the results were good." (Participant 4, Line 173)

"I just decided on my own to take this supplement because I really wanted the tumor to shrink. Nobody really knows what this disease is all about. Let's just think positive for us to have positive results." (Participant 2, Line 99)

"My daughter is a teacher, her co-worker offered her the supplement so that I can try it too and the result is good. She says that a lot of patients get positive results while taking it." (Participant 5, Line 230)

Majority of the participants used herbal supplements based on their unfounded beliefs that herbal is natural and safe at all. Recommendations and encouragement from their families, friends and social media is one factor that contributed to their decision to incorporate herbal supplements as part of their cancer management.

Cluster Theme 4: Abiding Instructions

Breast cancer participants in this study expressed that they read and try

their best to understand the instructions of the supplements. Majority of the participants described the instruction as being within their comprehension capacity and that mostly are written in Basic English. Most of the participants

mentioned that they follow the instructions strictly to get positive results.

"I've read the supplement written at the back of the bottle, upon reading it I become more interested in taking it." (Participant 1, Line 42)

"Before I took the supplement I read it first, I tried to understand the instructions. Some instructions are translated to layman's terms." (Participant 4, Line 191)

Abiding instructions depicts the action taken by the participants in the experience of how they take the herbal supplements. The participants share common practice in taking herbal supplements. As described by the participants they take the herbal on an empty stomach, preferably before meals most participants take it once a day while others take it three times a day or as their body needs it. Participants described the supplement in the form of powder which is diluted in water, others described it as a capsule taken orally. Additionally, participants expressed that once they have taken the supplement they feel full and don't feel hungry for a period of time. Some participants described it as a functional food which nourished the body with complete nutrients from the supplements. Participant's responses are stated in the following:

"I take it every morning, preferably after breakfast. (Participant 1, Line 13) "I take it before a meal on an empty stomach. If I'm feeling ill I take it 4x a day." (Participant 3, Line 117)

"I take the supplement 30 minutes before meals in the morning. The supplements I

take have a specific function so I take them depending on the needs of my body. (Participant 4, Line 168)

Emergent theme 2: Overcoming Adversities

The breast cancer patients confess that taking herbal supplements is prohibited by their attending physicians during their cancer treatments. According to participants, doctors encouraged them to avoid herbal supplements for several reasons like increased bleeding during surgery, possible drug interactions and side effects from such supplements. As a result, participants tend to disclose the information to their doctor and just focus on the positive outcomes they have experienced from taking it. Here are some responses from participants;

"I actually intended not to tell my doctor about the supplements I'm taking, I'm afraid they will forbid it so I keep it as my personal choice". (Participant 1, Line 44)

"Upon consultation I asked my doctor if I could continue taking my supplements, but the doctor told me to stop it right away because it can further cause negative effects on my health." (Participant 5, Line 234)

"According to my doctor I need to discontinue taking that supplement. So I did follow her recommendations, but later on I became sicklier, I lost more

weight and made myself so thin. That's why I decided to take supplements again. (Participant 3, Line 125)

"I consulted two doctors about my intake of herbal supplements. They have different approaches. The other doctors said I need to stop taking it while the other doctor said it's okay to take it. So I

continued taking it and so far the result is good." (Participant 4, Line 184)

Another challenge is the statement labelled No Approved Therapeutic Claims printed on several marketed herbal and dietary supplements. Some participants expressed that the statement of no approved therapeutic claims does not impact them, other participants believe that those statements are just part of regulations in the pharmaceutical industry. Participants based their perception on the positive outcomes that they experience while taking it rather than on the warning labels.

"I will continue taking it, I didn't listen on the negative side, I'm positive that I will be cured no matter what." (Participant 2, Line 84)

"I will not stop taking the supplements, it cannot cause harm because it is just herbal, natural." (Participant 3, Line 130)

"I think the statement 'No approved therapeutic claims' is just a reminder to consumers, maybe pharmaceuticals did not study these supplements because of research expenses, companies only want to profit." (Participant 4, Line 176)

Participant's reveal that the herbal supplement is quite expensive and most participants are financially

provided by their children and friends since most of them are aged and have no work now. These experiences from the participants are stated in the following verbalization:

"My daughter in Japan is the one who provided the supplements for me, it's expensive at about 7,000 pesos/ bottle and I can't afford it myself. (Participant 1, Line 36)

"Some of my friends and co-worker have given me financial assistance, with which I can buy supplements. It's really difficult because I don't have income. I stopped my work when I was diagnosed with breast cancer. (Participant 3, Line 133)

Cluster theme 1: Passing through Hurdles

Participants in this study expressed the experiences of adjusting and coping as passing through hurdles as they have to make their own adjustments. Participants described the series of follow up check-ups, lab test, diagnostics test, hormonal therapy, radiation and chemotherapy as hurdles that they need to surpass. That in every stage of the treatment they have to cope and adapt to it. Chemotherapy can take a toll on the physical and mental health either after treatment or as well as months later or years. Majority of the participants experience tiredness, muscle pain, decreased appetite, diarrhea, hair loss and anxiety after chemotherapy. These were some participants narrated their experience:

"If I have a schedule for chemotherapy, I stop taking the supplements for a week and then resume taking it after a few

days just to avoid possible side-effects." (Participant 2, Line 88)

"If I'm scheduled for chemotherapy next week, I start tapering the frequency until I stop at day 5 before chemotherapy. Then after 2-3 days after chemo I'm

observing if I still feel weak and nauseated. If not, I resumed taking my herbal supplements." (Participant 6, Line 264)

"During my chemo session I decided to stop taking herbal supplements because I have a lot of medicines to take, after the chemo drugs subsided in my body I resumed taking the supplements". (Participant 7, Line 280)

Participants also acknowledge the possible drug interactions of herbal supplements during chemotherapy, so they make some adjustment on the intake. Most of the participant's mentioned that they stop taking the supplements 3 -5 days before their scheduled chemotherapy and resumed taking it post 1-3 days of chemotherapy to regain physical strength, lessen the effects of chemotherapy and recover from weary days.

Cluster Themed 2: A Safe Refuge

Family is considered a safe refuge in the storms of life. The participants of this study expressed that their family is the greatest influencer in helping them to decide to take herbal supplements. Most of the patients expressed that with the help of their children, husband and relatives it made it easier for them to overcome the trials in life. From the moment of knowing the unexpected news of breast cancer, their families stayed beside them and stood out as a source of strength and a

shoulder to lean on. Participants' husbands, children and relatives accompany them to hospital during check-ups, chemotherapy and radiation sessions. During those times of difficulties the support of family

members brought so much hope to the participants.

“My father advised me to take the supplement even if I have a doctor’s prescription medicine for my breast cancer.” (Participant 3, Line 125)

“My children hired a house helper so I don’t have to work hard to care for the house chores. They have always been so supportive in my treatment.” (Participant 1, Line 58)

Emergent theme 3: Illuminating Positivity

Sharing difficult experiences to others helps in improving well-being emotionally. Participants in this study expressed their willingness to share their personal experiences being breast cancer patients as well as the experiences they had on herbal supplements. They wanted to share the potential benefits and the positive outcomes they experienced from it. Likewise, some participants encouraged other cancer patients to take their part in reading and doing their own research on herbal supplements that they are interested in. For them, being able to share their experiences and walk through challenges with other breast cancer patients might probably learn a thing or two from them. Other participants were encouraged to seek early treatment if they notice something in their breast.

“To other breast cancer patients they can try herbal supplements too but they

should not rely on it, they still need to seek medical guidance”. (Participant 2, Line 104)

“They can take herbal or dietary supplements if they want, it is just a supplement to our body. It’s okay to take

it as a complementary treatment to cancer. But don’t introduce anything to you without knowing what it is. They should make efforts to read and research supplements.” (Participant 4, Line 200)

“I tell my siblings, daughter, my relatives and friends to always check their breasts for tumors, and seek medical guidance as early as possible. Don’t wait until it’s severe, it’s difficult to manage. (Participant 5, Line 250)

Cluster Theme 1: Warm Embrace

Embracing positivity is facing life challenges head on, strengthening one’s self to face the hurdles in life, learning to dance in the rain and seeing the rainbow as a growth for opportunities and self-awareness. Breast cancer patients in this study manifest a positive outlook in life despite having such disease. According to them, acceptance is really difficult at first, yet through accepting the reality the risk of negative emotions might be lowered. Furthermore, the breast cancer patients expressed that God is the center above all things, the hardships they had gone through is just a part of challenges that they need to overcome with the guidance of the Heavenly father. These how participants narrated their insight;

“In my case I accepted this breast cancer because I have a sister who has breast cancer too. I’m thankful that when I reach the age of 65, my kids are

all grown up and they can already stand out on their own.” (Participant 1, Line 50)

“I can do nothing but to accept the reality that I have breast cancer. What I can do now is just to strengthen my faith in God for guidance and to help me overcome

these difficulties.”(Participant 5, Line 249)

Cluster Theme 2: Brighter Horizons

Finding the bright side means recognizing the silver lining even in the dark clouds. This is how the participants reflect their individual circumstances in life. They choose to focus on their experiences without ignoring the pain and hardship and moving forward with resilience. The breast cancer patients expressed that God is the center above all things, the hardships they had gone through is just a part of challenges that they need to overcome with the guidance of the Heavenly father. Participant’s do not dwell on negative thoughts, rather focus on possibilities of brighter perspectives. These how participants narrated their responses:

“Don’t worry too much and as much as possible avoid stress. Do something that makes you happy. I’d like to involve myself into a community group that caters the same life struggles for me to build relationships and acquire knowledge”. (Participant 1, Line 61)

“When I see some breast cancer patients who are older than me and very optimistic in life, it made me realize that I can also overcome these trials because I’m still young and able. As long as God is there and my prayers nothing is impossible. (Participant 3, Line 150)

Some participants described themselves as fulfilled. They described that reaching to an old age is already a God’s Gift, which most of them already enjoyed, that they are self-fulfilled seeing their children stable in their own lives. Majority of the participants point out that family support is very crucial for the

success of recovery. Breast cancer participants cultivate a habit of gratitude, finding joy in the little things and appreciating the positive aspects of lives.

Implications

The analysis and understanding of the experiences of breast cancer patients taking herbal supplements as a complementary management to cancer portrays a proactive role in cancer care. The participants in the study exhibit an active role in caring for themselves that implies a positive impact on nursing which provides a patient-centered care that focuses on the patient's values, needs and preferences that can further improve health outcomes. Moreover, the public is encouraged to seek professional healthcare guidance to outweigh benefits and risk of herbal supplements as a complementary cancer management in promoting safe nursing care.

Recommendation

The following are the recommendations of the researcher to further improve the research study. Future researchers can focus on specific herbal remedies often used by women with breast cancer, evaluating how work, their risk profiles as well as possibilities for interaction with traditional therapies. Additionally, a longitudinal survey can be added to examine herb use treatment

outcomes and quality of life in breast cancer patients. Furthermore, it is recommended to promote public awareness on the potential benefits and risks of complementary therapies, emphasizing the need for guidance from qualified healthcare professionals to ensure safe and integrated cancer care.

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