



The Coenzyme Q10 and Fatigue in Cancer: A Literature Review

S Sakhri*

Department of Head of Medical Oncology, Algeria

*Corresponding Author: S Sakhri, Department of Head of Medical Oncology, Algeria

Received: 📅 March 17, 2023

Published: 📅 April 05, 2023

Keywords: Q10; Adverse effects; cancer; Diet; Dietary supplement; Fatigue

Short Communication

Cancer fatigue (CF) is defined as a great mental or physical suffering persistent, or emotional and/or cognitive weakness. The treatment of CF includes pharmacological and non-pharmacological therapies. The Q10 strategies with promising results have also been used. we aim to identify Q10 supplements that improve fatigue in patients with cancer. The literature review was conducted for Systematic Reviews and Meta- Analyses statement. Data were

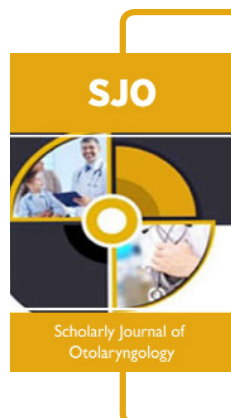
obtained from PubMed, Scopus, MEDLINE, the Google and Google Scholar. 893 studies were assessed, with cancer. The most commonly used supplement that improves fatigue was co-enzyme Q10. Dietary supplements or diet patterns are not often used to treat fatigue in patients with cancer. The results of this review showed that Q10 could be used to treat CF in patients with cancer. The studies had a low risk of bias with high-quality evidence on the efficacy of the interventions in treating fatigue in cancer in the study population.



This work is licensed under Creative Commons Attribution 4.0 License

To Submit Your Article Click Here: [Submit Article](#)

DOI: 10.32474/SJO.2023.09.000325



SJO
Scholarly Journal of
Otolaryngology

Scholarly Journal of Otolaryngology Assets of Publishing with us

- Global archiving of articles
- Immediate, unrestricted online access
- Rigorous Peer Review Process
- Authors Retain Copyrights
- Unique DOI for all articles