

CARDIOTOXICITY CAUSED BY CHEMOTHERAPY: NOT ONLY ANTHRACYCLINES

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The tumor is a complex disease and to defeat it we must use every weapon at our disposal. Chemotherapy and radiotherapy are very valuable techniques in this fight, but often they are also harmful for the body to such an extent that can themselves cause irreversible damages. Heart disease induced by anticancer drugs is among these. Until recently, the cardiotoxicity was considered related only to the use of anthracyclines (particularly the adriamycin). In recent years, however, we have seen that almost all drugs used in chemotherapy, inhibitors of topo-isomerase, the antimetabolites, alkylating agents, up to monoclonal antibodies can cause serious and irreversible heart damages. Only in a few cases we know the mechanism behind the toxicity. Only for a few drugs you can establish a relationship between cumulative dose, administration schedule and incidence of adverse cardiac events. In this scenario it is important to recognize the cardiologist a leading role in the choice of remedies. Natural substances, especially phytotherapeutic elements, can be considered a great help in fighting and preventing damages induced by anticancer drugs. Resveratrol is one of these. The action known on the cardiomyocyte, stabilization of mitochondrial function, reduction of ROS or its anti-inflammatory action through the inhibition of NFkB, can be considered as the main strengths of Resveratrol. Other supplements/drugs, of which we know all the mechanisms, may be used. Simply start to consider that the problem "cancer" is not only attributable to the classic Oncology, but this must be complemented by other medical figures can help to improve the quality of life for patients, reduce the irreversible damages and contribute to the creation of that psychophysical wealth that patients ask when they are afflicted with a disease so important and complex. In other words, the realization of the Integrative Oncology.