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Propolis gel compared with Benzydamine hydrochloride in preventing Oral mucositis for patients irradiated in head and neck. A phase II study

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Background: Oral Mucositis refers to oral mucosa erythematous and ulcerative lesions and is caused by radiation dispensed in the treatment of malignant tumors of the head and neck. Propolis shows several biological activities such as antimicrobial, anti-inflammatory, anesthetic and cytostatic properties. These biological activities should prevent a mucositis.

Aim: Verify green propolis mucoadhesive gel effectiveness, in preventing oral mucositis in patients that underwent radiotherapy in head and neck.

Methods: This research is characterized as a phase II study with a mean duration of 12 weeks of patients follow-up. The selection of participants groups was randomized, conditioned especially to the availability of the patients during radiotherapy.

Results: Patients (n=26) were distributed between benzydamine (n=13) and propolis (n=13) groups and patients were assessed on an average of 4.5 times totaling 116 diagnoses of mucositis. The percentage of patients who had mucositis greater or equal to 2 in this study was 30.6% for the benzydamine group and 29.6% for propolis gel. Propolis gel shows a better performance in maintaining lower rates/grades and recovery of patients from the 17th session of radiotherapy.

Conclusion: Propolis gel shows a great possibility of further study in Phase III due to its good results and acceptance with patients.

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