Aloe Vera for prevention of radiation-induced dermatitis: A self-controlled clinical trial

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Objective:
To evaluate Aloe Vera for prevention of radiation-induced dermatitis
Patients with tumors in symmetrical areas of the body, e.g. head and neck, breast and pelvis, prescribed with an equal amount of radiation to both sides, were eligible.

An Aloe Vera lotion was provided to 60 patients (67% female with a mean age of 52 years and radiation dose of 54 Gy) and they were asked to use the lotion only on one side of the body in the radiotherapy field twice a day from the beginning until two weeks after the end of therapy, with no medication to use on the other half.
In the 53 patients evaluated at the 5\textsuperscript{th} week of radiotherapy, the grade of dermatitis (RTOG) was 1.28 on the untreated side versus 0.96 on the Aloe side (p<0.001).

Prophylactic use of Aloe Vera reduced the intensity of radiation dermatitis, specially in the weeks 4-6 of therapy and the month afterwards.