Debunking Medical Myths: Shark Cartilage Treats Cancer: Fact Or Fiction?

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No evidence that shark cartilage improved survival or course of illness

No indication that patients who received shark cartilage had improved quality of life

In a 2005 randomized, placebo-controlled, double-blinded, clinical trial, 83 patients with advanced cancers were treated with chemotherapy and a placebo or chemotherapy and a shark cartilage product. The study found:

1. No evidence that shark cartilage product improved survival or course of illness
2. No indication that patients who received shark cartilage had improved quality of life

PSEUDOSCIENCE AND FALSE MARKETING

The publication of the book “Sharks don’t get Cancer” in 1992 popularized the myth that shark cartilage supplements are an effective treatment for cancer. The book was promoted on 60 Minutes.

At the time, there was limited research that suggested sharks rarely get cancer. This was poorly used as support for this alternative medication.

Remember to seek peer-reviewed scientific research and consult your physician before considering untested or alternative treatments!

CLINICAL TRIALS FIND NO EVIDENCE OF IMPROVED CANCER TREATMENT

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SHARK CARTILAGE: FACT OR FICTION?

BRADLEY, B. DESAI, P. LI, N. MCKENNEY, T. SHERBIN, E. TAIGMAN, J.

ORANGE 31

CLINICAL TRIALS DEMONSTRATE NO EVIDENCE OF IMPROVED SURVIVAL IN LUNG CANCER TREATMENT

In a 2000-2006 randomized, double-blinded, placebo-controlled, clinical trial, 379 patients with stage III NSCLC were treated with chemotherapy and a placebo or chemotherapy and a shark cartilage extract. The study found:

1. No evidence that shark cartilage extract improved survival or course of illness
2. No indication that patients who received shark cartilage extract had improved quality of life

ADVERSE SIDE-EFFECTS

Shark cartilage ingestion has shown to contribute to:

1. GI intolerance (nausea, vomiting, constipation)
2. Low blood pressure
3. Fatigue
4. High Calcium Levels
5. Exacerbated asthma symptoms
6. Alzheimer’s disease due to neurotoxins!

Not only does shark cartilage not improve cancer treatment, it is associated with many adverse side effects!

CITATIONS:
4. OSTRANDER GK, CHENG KC, WOLF JC, WOLFE MJ. SHARK CARTILAGE, CANCER AND THE GROWING THREAT OF PSEUDOSCIENCE. CANCER RESEARCH. 2004;64(23):8485-8491. DOI:10.1158/0008-5472.CAN-04-2260

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