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Aromatherapy,
Evidence Based Research for
Breast Health

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Objectives

Participant will:

• describe what an essential oil is and what it is not

• identify two essential oils, that are supported by evidence based research, that support breast health

• name two professional aromatherapy organizations to use as a resource for further information

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Essential Oils - Background

1. Organic compounds from the glands or cells of aromatic plants

2. Derived from different plant parts

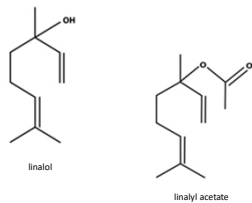
3. Produced through steam distillation, cold press, solvent extraction and CO2 extraction

4. Made of chemical constituents from different chemical families

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- Alcohols
- Aldehydes
- Esters
- Ethers and Oxides
- Ketones
- Lactones and Coumarins
- Phenols
- Terpenes

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Monoterpenes		Monoterpenols		Esters	
β-myrcene	0.69	α-terpineol	1.35	eugenyl acetate	0.88
β-ocimene	1.27	borneol	1.16	geranyl acetate	0.69
δ-3-carene	0.18	lavandulol	0.53	hexyl acetate	0.43
camphene	0.43	linalol	27.43	lavandulyl acetate	2.24
d-limonene	0.76	terpinen-4-ol	0.42	linalyl acetate	46.98
Sesquiterpenes		Ketones		Oxides	
β-caryophyllene	2.82	camphor	0.73	1,8-cineole	1.58
farnesene	0.67	octanone	1.44		


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Essential Oils - Absorption

- Inhalation
 - directly from bottle
 - inhalers/aromastick/patch
 - diffusion
- Topical
 - carrier application (2% dilution = 10-12 drops EO/oz carrier)
 - bath (5-8 drops in 1 tsp shampoo)
- Ingestion
 - not recommended unless prescribed by a physician



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Side effects of cancer and cancer treatment

Symptom management

- Anxiety
- Sleep
- Nausea
- Pain

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Essential Oils and Symptom Management

- Anxiety
 - Lavender *Lavandula angustifolia*
 - Research:
 - (Dyer) - 80% of patients who used a lavender blend aromastick for anxiety found benefit
 - (Jaruzel) – The use of Lavender patches showed a statistically significant reduction in anxiety for pre-operative patients
 - (Johnson) – Lavender decreased anxiety by 2.73 points on a 0-10 scale
 - (Ozkaraman) – Lavender reduced trait anxiety in patients receiving chemotherapy
 - Application: Inhaler, diffuser or bath

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Essential Oils and Symptom Management

- **Anxiety**
 - Sweet Marjoram *Origanum Majorana*
 - Research:
 - (Johnson) – Sweet Marjoram decreased anxiety by 2.73 points on a 0-10 scale
 - Application: Inhaler, diffuser or bath

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Essential Oils and Symptom Management

- **Sleep**
 - Lavender *Lavandula angustifolia*
 - Research:
 - (Dyer) - 71% of patients who used a lavender blend aromastick for sleep found benefit
 - (O'Malley) – Lavender has a positive effect on sleep, rest and pain
 - (Ozkaraman) – Lavender improved sleep quality in patients receiving chemotherapy
 - (Reis) – Lavender may have a small to moderate benefit effect on sleep
 - Application: Inhaler, diffuser or bath

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Essential Oils and Symptom Management

- **Nausea**
 - Ginger *Zingiber Officinale*
 - Research:
 - (Asay) – The systematic review showed evidence to support the use of aromatherapy for post-op nausea/vomiting
 - (Dyer) - 82% of patients used a ginger blend aromastick for nausea found benefit
 - (Johnson) – Ginger decreased nausea by 2.02 points on a 0-10 scale
 - Application: Inhaler or diffuser, *do not use in a bath*

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Essential Oils and Symptom Management

- **Pain**
 - Sweet Marjoram *Origanum Majorana*
 - Research
 - (Johnson) – Sweet marjoram decreased pain by 3.31 points on a 0-10 scale
 - Application: Inhaler, diffuser or bath
 - Lavender *Lavandula angustifolia*
 - Research:
 - (Johnson) Lavender decreased pain by 3.22 points on a 0-10 scale
 - (O'Malley) – Lavender has a positive effect on sleep, rest and pain
 - Application: Inhaler, diffuser or bath

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Professional Organizations

National Association for Holistic Aromatherapy
NAHA
naha.org

Alliance of International Aromatherapists
AIA
alliance-aromatherapists.org

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Questions?

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