

Creatine and cancer: Do they mix? (BROADCAST)

INTRO:

CREATINE HAS BECOME ONE OF THE MOST POPULAR SUPPLEMENTS FOR ATHLETES AND EVERYDAY FITNESS ENTHUSIASTS. BUT IS IT SAFE FOR PEOPLE WITH CANCER? THE ANSWER DEPENDS ON WHERE SOMEONE IS IN THEIR CANCER JOURNEY.

TAKE VO

CREATINE IS A NATURALLY OCCURRING COMPOUND MADE FROM THREE AMINO ACIDS. YOUR LIVER... KIDNEYS... AND PANCREAS PRODUCE IT – AND IT’S ALSO FOOD IN FOODS LIKE RED MEAT.

WHILE YOUR BODY MAKES CREATINE ON ITS OWN... AND YOU CAN GET SOME THROUGH YOUR DIET... THOSE AMOUNTS TYPICALLY AREN'T ENOUGH TO PROVIDE THE PERFORMANCE BENEFITS SEEN WITH SUPPLEMENTATION.

MOST ADULTS WHO CHOOSE TO SUPPLEMENT SHOULD AIM FOR ABOUT THREE TO FIVE GRAMS PER DAY... ACCORDING TO GABRIELLE RAUCCI... AN OUTPATIENT CLINICAL ONCOLOGY DIETITIAN WITH OSF HEALTHCARE CANCER INSTITUTE. WHILE CREATINE HAS A NUMBER OF HEALTH BENEFITS... IT’S IMPORTANT TO SPEAK WITH YOUR ONCOLOGY CARE TEAM BEFORE ADDING ANY ADDITIONAL SUPPLEMENTS.

TAKE SOT | GABRIELLE RAUCCI | OUTPATIENT CLINICAL ONCOLOGY DIETITIAN | OSF HEALTHCARE CANCER INSTITUTE

"The main thing we focus on is that if you're undergoing an active treatment, like chemotherapy or immunotherapy, the kidneys can sometimes take a hit with those treatments. When your body breaks down creatine, it breaks it into a byproduct called creatinine," Raucci says. "When your oncologists are closely looking at your blood levels, we wouldn't want to take a supplement that could potentially bump your creatinine. So, make sure to talk with your care team if you're on an active treatment and you want to use one of these supplements. Because it could potentially affect your kidneys."

VO TAG

FOR CANCER SURVIVORS WHO HAVE COMPLETED TREATMENT... CREATINE MAY BE AN OPTION TO HELP REBUILD MUSCLE MASS... PARTICULARLY WHEN COMBINED WITH REGULAR STRENGTH TRAINING. AS WITH ANY SUPPLEMENT – PEOPLE UNDERGOING CANCER TREATMENT OR MANAGING OTHER MEDICAL CONDITIONS SHOULD ALWAYS TAKE WITH THEIR HEALTH CARE TEAM FIRST.