

Geraniamania

Planting Since 1972



A Publication of the San Diego Geranium Society
The San Diego Geranium Society meets the Second
Tuesday of the month, 7 p.m., in Room 101 of the
Casa Del Prado in Balboa Park.
Meetings are Free! All Welcome!

President's Message

Don't you just love the crispy feeling in the air? The warm days and cool nights that November brings to San Diego? It pushes my gardening buttons, and I am out there early in the morning.

The cuttings I started last month didn't do well. I'm starting again using Perlite on newer, longer cuttings. I've put systemic fertilizer on all the plants. They are sprouting new green leaves. I'm thankful for the ability to start over with High Hopes.

I'm especially thankful for the friendships developed over the years through our Club. Looking forward to celebrating the Holidays with fellow Geraniamaniacs.

Our next meeting will be a short business meeting, planning for the Festival of Trees, getting nominations for 2019 officers, and then George Plaisted will present his seasoned advice on Fertilizers for Geraniums. See you then!

Marilyn Ketteringham, President

Happy Thanksgiving

SDGS Officers and General Contact

President - Marilyn Ketteringham

rmkett@sbcglobal.net

Vice President - Jack Ohmstede

jackohm@att.net

Treasurer - Brenda Archer

leocat25@cox.net

Secretary - Cathy Miller



November Meeting

Tuesday, November 13, 2018

7:00pm



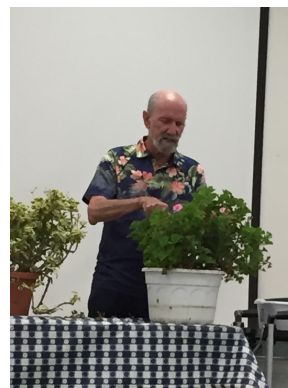
Don't forget to -
Bring Cuttings from your Garden -
Bring a plant for "Show and Tell"

Program

George Plaisted will be discussing fertilizer - what to use, how much to use - when to apply - pretty much anything and everything you wanted to know about the subject will be addressed!

Jack Ohmstede will share a slide presentation about the nursery he and Jean visited this summer. The Mendocino Botanical Garden in Ft Bragg, CA, was spectacular!

Jim Z Demonstrates Pruning/Shaping in October



Rose Geranium Oil May Ease Common Painful Nasal Symptoms Linked to Cancer Treatment Small Study Builds on Anecdotal Evidence, but Larger Scale Research Needed, Say Authors

The findings build on anecdotal evidence for the use of rose geranium oil to treat nasal vestibulitis, which affects the lining of the nostrils, causing them to become excessively tender, bleed, and form scabs.

But larger scale research would be needed to see whether the oil could become a viable treatment option, caution the authors.

Nasal vestibulitis is a side effect of cancer drug treatment, and is particularly common in people treated with a class of drugs called taxanes, which stop cell division, and/or vascular endothelial growth factors, or VEGFs for short, which stunt the formation of new blood vessels, so stifling tumour growth.

As yet, there is no recognized treatment for this unpleasant chemotherapy side effect and little guidance for doctors on how best to help affected patients.

Taking their cue from the anecdotal evidence, the authors set out to see if the oil might ease the symptoms of nasal vestibulitis in 40 women on chemotherapy for breast cancer between 2007 and 2017.

Over half (58%) were being treated with taxanes; the rest were being treated with a range of broad spectrum and targeted cancer drugs.

The most common nasal symptoms were bleeding (65%) and discomfort (63%), but other symptoms included dryness (30%), scabbing (13%), and sores (25%).

Each of the women was given a rose geranium oil spray in a sesame oil base and asked to use it, as needed. They were asked to score the severity of symptoms before and after use and to fill in a survey on their experience of using the oil.

The average severity score was just under 3 (out of 4), corresponding to 'moderately severe' symptoms. Twenty one women responded to the survey, one of whom didn't use the oil as her symptoms resolved when she stopped chemotherapy.

Among the 20 respondents, half said they used the oil daily, with 45 per cent saying they used it several times a day.

All of them said it had helped ease their symptoms: the scores of 11 (55%) women indicated that they had derived moderate benefit; the scores of six (30%) indicated substantial benefit; and in two cases (10%), the symptoms cleared up completely.

This is an observational study, and as such, can't establish cause. And the authors note that their findings are limited by the low response rate to the survey. Further research is needed, they emphasize.

But they nevertheless write: "Rose geranium in sesame oil nasal spray appears to be quite useful for patients who experience nasal vestibulitis from cancer-directed therapy."

SOURCE: https://www.eurekalert.org/pub_releases/2018-10/b-rgo102918.php

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