

Publications List (as of November 2017)

NOTE: Many of these publications are available on the Lynda Jackson Macmillan Centre website www.ljmc.org. Follow the links below to download copies. Where items are not available, please contact beverley.devalois@nhs.net

Thesis

de Valois, B (2006) Using acupuncture to manage hot flushes and night sweats in women taking tamoxifen for early breast cancer: two observational studies. Thames Valley University. [Unpublished PhD thesis]
Available from the British Library
<http://ethos.bl.uk/OrderDetails.do?did=1&uin=uk.bl.ethos.432856>

Book

de Valois B. Acupuncture and cancer survivorship: a practical guide (provisional title). Donica Publishing: Potters Bar, UK. (to be published in 201?)

Book Chapters

de Valois, B. (2007) Acupuncture. In *Enhancing cancer care: complementary therapy and support*, Barraclough, J. (ed). Oxford University Press: Oxford, pp. 85-95.

Published articles

de Valois B & Glynne-Jones R (in press) Acupuncture in the supportive care of colorectal cancer survivors: four case studies – Part 2. *European Journal of Oriental Medicine*. 9(1)

de Valois B & Glynne-Jones R (in press) Acupuncture in the supportive care of colorectal cancer survivors: four case studies – Part 1. *European Journal of Oriental Medicine*. 8(6)

Langevin HM, Keely P, Mao J, Hodge LM, Schleip R, Deng G, Hinz B, Swartz MA, de Valois BA, Zick S, Tindley T (2016) Connecting (T)issues: How Research in Fascia Biology Can Impact Integrative Oncology. *Cancer Research* doi: 10.1158/0008-5472.CAN-16-0753
Freetext: <http://cancerres.aacrjournals.org/content/76/21/6159.long>

¹de Valois B, Asprey A, Young T (2016) “The monkey on your shoulder”: a qualitative study of lymphoedema patients’ attitudes to and experiences of acupuncture and moxibustion (acu/moxa). *Evidence-based Complementary and Alternative Medicine*. vol. 2016, Article ID 4298420, 14 pages. doi:10.1155/2016/4298420
Freetext: <http://www.hindawi.com/journals/ecam/2016/4298420/>

de Valois B, Young T, Glynne-Jones R, Scarlett C, Staebler F (2016) Limiting chemotherapy side effects by using moxa. Using daily self-administered indirect moxibustion to St 36 *zu san li* to reduce chemotherapy-induced pancytopenia: study protocol for a feasibility study. *European Journal of Oriental Medicine*; 8(3) 29-39.
Available courtesy of the publishers at:
http://www.ljmc.org/2_research/publications/moxa/ejom_83_chemo_moxa.pdf

de Valois B, Young T, Thorpe P, Preston J, Degun T (2015) Improving wellbeing of prostate cancer survivors using the NADA acupuncture protocol: a clinical outcome study. *Medical Acupuncture*; 27(3) 194-205
Final published version available at:

¹ Runner up in the Scientific Article Prize competition awarded by the International Society of Complementary Medicine Research (ISCMR) 2017. This international competition celebrates the best scientific article in the field of complementary medicine and integrated medicine published in the previous two years.

<http://online.liebertpub.com/doi/abs/10.1089/acu.2014.1086>

Freetext pre-publication version available at:

http://www.ljmc.org/2_research/publications/other_projects/de_valois_nada_prostate_wellbeing.pdf

de Valois B, Degun T (2015) Using the NADA protocol to improve wellbeing of prostate cancer survivors: five case studies. *European Journal of Oriental Medicine*; 8(1) 8-18

Available courtesy of the publishers at:

http://www.ljmc.org/2_research/publications/other_projects/EJOM_81_DeValois-Degun.pdf

de Valois, B (2013) Acupuncture and moxibustion in the management of non-cancer-related lower limb lymphoedema: three case studies. *European Journal of Oriental Medicine*; 7(4):13-21.

Available courtesy of the publishers at:

http://www.ljmc.org/2_research/publications/other_projects/EJOM_74-BdValois.pdf

Huntley AL, de Valois B, Dog TL, Borrelli F (2012). Complementary and Alternative Medicine and Cancer Survivorship. *Evidence-Based Complementary and Alternative Medicine*;2012:2.

doi:10.1155/2012/850429

Freetext available at: <http://www.hindawi.com/journals/ecam/si/587062/>

de Valois B, Young TE, Robinson N, McCourt C, Maher EJ (2012) NADA ear acupuncture for breast cancer treatment-related hot flashes and night sweats: an observational study. *Medical Acupuncture*. 24(4): 256-268 doi:10.1089/acu.2012.089

Available courtesy of the publishers at:

http://www.ljmc.org/2_research/publications/eatims/nada_hfns_medical_acupuncture_dec2012.pdf

de Valois B, Young T, Melsome E, Maher EJ (2012) Veranderende visie: het gebruik van acupunctuur bij de behandeling van lymfoedeem. *Fluvio*. 3:4-11.

Available courtesy of the publishers at:

http://www.ljmc.org/2_research/publications/amwell-sl/changing_perceptions_dutch.pdf

de Valois B, Young T, Melsome E (2011) Acupuncture in lymphoedema management: a feasibility study. *Journal of Lymphoedema*. 6(2) 20-31.

Available courtesy of the publishers at:

http://www.ljmc.org/2_research/publications/amwell-sl/lymphoedema_feasibility.pdf

de Valois B, Young T, Melsome E (2012) Assessing the feasibility of using acupuncture and moxibustion to improve quality of life for cancer survivors with upper body lymphoedema. *European Journal of Oncology Nursing*. 16. pp 301-9. doi:10.1016/j.ejon.2011.07.005.

Available courtesy of the publishers at:

http://www.ljmc.org/2_research/publications/amwell-sl/ejon_acu_moxa.pdf

de Valois B and Peckham R (2011) Treating the person and not the disease: acupuncture in the management of cancer treatment-related lymphoedema. *European Journal of Oriental Medicine*, 6(6), 37-49.

Available courtesy of the publishers at:

http://www.ljmc.org/2_research/publications/amwell-sl/EJOM_Vol6No6_de%20Valois_Lymphoedema_case_studies.pdf

de Valois B, Young T, Melsome E, Maher EJ (2011) Changing perceptions: using acupuncture in the management of lymphoedema. *Journal of the Acupuncture Association of Chartered Physiotherapists* Spring 2001 pp.63-6.

Available courtesy of the publishers at:

http://www.ljmc.org/2_research/publications/amwell-sl/changing_perceptions.pdf

- de Valois B, Young TE, Robinson N, McCourt C, Maher EJ (2010) Using traditional acupuncture for breast cancer-related hot flashes and night sweats. *Journal of Alternative and Complementary Medicine*: 16 (10) pp 1047-1057.
Available courtesy of the publishers at:
http://www.ljmc.org/2_research/publications/tatims/JACM_acupuncture_2010.pdf
- de Valois, B (2008) Turning points: clearing blocks to treatment in women with early breast cancer. *European Journal of Oriental Medicine*. 5(6) pp.10-15.
Available courtesy of the publishers at:
http://www.ljmc.org/2_research/publications/tatims/turning_points_ejom.pdf
- Walker G, de Valois B, Young T, Davies R, Maher E J. (2007) Ear acupuncture for hot flushes -the perceptions of women with breast cancer. *Complementary*
Available for purchase from the publisher at:
<http://www.sciencedirect.com/science/article/pii/S174438810700045X?via%3Dihub>
- de Valois, B. (2006) Serenity, patience, wisdom, courage, acceptance: reflections on the NADA protocol. *European Journal of Oriental Medicine*, 5(3), pp. 44-49.
Available courtesy of the publishers at:
http://www.ljmc.org/2_research/publications/eatims/serenity_ejom.pdf
- Walker, G., de Valois, B., Davies, R., Young, T. and Maher, J. (2005) Opinions of research participants about study paperwork. *Bulletin of Medical Ethics*, No. 205, February, pp.21-24.
Available at:
http://www.ljmc.org/2_research/publications/tatims/opinions_of_research_participants.pdf
- Walker, G., de Valois, B., Young, T., Davies, R., Maher, E.J. (2004) The experience of receiving traditional Chinese acupuncture. *European Journal of Oriental Medicine*, 4(5) pp. 59 –65.
Available courtesy of the publishers at:
http://www.ljmc.org/2_research/publications/tatims/experience_ejom.pdf

Additional resources: poster presentations

Lymphoedema

Cancer-related lymphoedema

Traditional acupuncture improves wellbeing for cancer survivors with lymphoedema

Available at: http://www.ljmc.org/2_research/publications/amwell-sl/de_Valois_ILFP_2010.pdf

Cancer survivors with lymphoedema: perceptions of using traditional acupuncture as an adjunct to usual care

Available at:

http://www.ljmc.org/2_research/publications/amwell-sl/de_Valois_IN_CAM_RISC_Step_3.pdf

“Getting my life back”: how acupuncture improved quality of life for one woman with breast cancer related lymphoedema

Available at: http://www.ljmc.org/2_research/publications/amwell-sl/de_Valois_BLS_Case_Study.pdf

Cancer and non cancer-related lower limb lymphoedema

First steps: involving people with lower limb lymphoedema in evaluating traditional acupuncture for improved wellbeing

Available at: http://www.ljmc.org/2_research/publications/amwell-sl/taking_first_steps.pdf

Breast cancer related hot flushes & night sweats

Evaluating the NADA ear acupuncture protocol to manage breast cancer treatment related hot flushes & night sweats (HF&NS)

Available at: http://www.ljmc.org/2_research/publications/eatims/de_Valois_NADA_TA_HFNS.pdf

From research to practice: do users of an ear acupuncture service to manage breast cancer-related hot flushes & night sweats do as well as research participants?

Available at: http://www.ljmc.org/2_research/publications/eatims/de_Valois_IN_CAM_EAS.pdf

NADA ear acupuncture and breast cancer treatment-related hot flushes & night sweats (HF&NS): evaluating 10 years of service data

Available at: http://www.ljmc.org/2_research/publications/eatims/de_Valois_IN_CAM_EAS.pdf

Prostate cancer

Evaluating the NADA ear acupuncture protocol to improve wellbeing and quality of life for men diagnosed with prostate cancer

Available at:

http://www.ljmc.org/2_research/publications/other_projects/nada_wellbeing_for_prostate_in-cam_2014.pdf

Colorectal cancer

Acupuncture for colorectal cancer survivors: preliminary evaluation of an NHS hospital-based outpatient service

Available from the author

Moxibustion for chemotherapy induced pancytopenia

Limiting chemotherapy side effects by using moxibustion: introducing a novel intervention into the NHS

Available at: http://www.ljmc.org/2_research/publications/moxa/moxa_for_cip_portrait.pdf