



Ear acupuncture service for women

This treatment aims to help women with breast cancer to manage their hot flushes and night sweats.

Monitoring treatment

Women receiving treatment are asked to complete a diary and questionnaires before and at intervals after the end of treatment. These enable us to monitor short-term and longer term effects. This information is really valuable to us in helping us evaluate the use of acupuncture in cancer care.

Hot flush and night sweats diary

If you are suitable for this treatment, you will be given a diary at your intake interview. Please use this to record your flushing incidents for two weeks prior to your first treatment. In our experience many women find it helpful to keep the diary. It gives a record to help you track any changes that take place during your course of treatment.

Questionnaires

Along with the diary, you will be asked to fill out questionnaires. **It is important to complete and return these**, as they enable us to collect information about the effects of ear acupuncture.

You will be asked to complete the four sets of questionnaires and hot flush diary at the following intervals:-

- 2 weeks before your course of treatment starts
- At the end of your eighth treatment
- 4 weeks after your treatment ends
- 18 weeks after your treatment ends

Your own checklist - Please use the list below to see if you are a suitable for this service.

To be eligible you must:	Please tick
Have a confirmed diagnosis of breast cancer	
Be in generally good health	
Currently be taking Tamoxifen, Arimidex or Femara, or any combination of these, and have been doing so for a minimum of 6 months	
Have finished active cancer treatment (surgery, chemotherapy, and/or radiotherapy) a minimum of 6 months before accessing the service	
Have experienced hot flushes for a minimum of 3 months	
Have experienced an average of at least 4 hot flushes and/or night sweats in a 24-hour period	
Be under the care of an NHS consultant oncologist based at the Mount Vernon Cancer Centre (MVCC) or being treated at MVCC	
Be able to attend treatment at the specified clinic times.	
Expect to be able to complete the 8 treatments in a maximum of 10 weeks	
Not have had acupuncture at the Lynda Jackson Macmillan Centre before	
Not be on medication which may cause prolonged clotting times such as anti-coagulants	
Not be needle phobic	
Not be involved in any other study or trial, which would conflict with this study	
Be able to read and understand English	
Be able to complete and return questionnaires and hot flush diaries	

If you think you are eligible, please contact the LJMC who will then arrange a referral for you.

