

## What is Auricular Acupuncture?

Nerves are stimulated directly by needles placed in one or more of the 200 specific points on the ears

This causes messages to be sent to the brain resulting in chemicals being released. For example the levels of Endorphins can rise during acupuncture. These are the body's natural pain relieving substances

Stimulation of the auricular acupuncture points may be an effective treatment for many complaints.

We use auricular acupuncture

to help reduce profuse sweating episodes. These may occur as a side effect of hormone treatment for prostate and breast cancers in some people. It may help with pain and chronic fatigue.

*Source*

*Olsen T & Nogier R in Auricular Acupuncture published by Churchill Livingstone, 2006*

## How can acupuncture help me?

If you suffer from these symptoms and drugs are ineffective, your nurse or oncologist may recommend a course of 6-8 auricular acupuncture treatments. Auricular acupuncture is effective in 80% of people

## What should I expect?

After an initial consultation, the therapist will insert very fine hair like needles into acupuncture points on both ears. This should not be painful.

The treatment lasts 40 min. During treatment you will remain fully clothed and sitting throughout. Usually you will relax after the first five minutes both physically and mentally. The therapist will remain with you throughout the treatment.

There are very few side effects. Very rarely the ears will be sore and red for a few hours. If you have a phobia about needles tell the therapist you may feel faint.

Acupuncture may be useful in helping with some of the side effects of cancer, such as hot flushes, night sweats, pain and fatigue.

[www.evidence.nhs.uk](http://www.evidence.nhs.uk)

[www.cancer.gov/cancer-topics](http://www.cancer.gov/cancer-topics)

[www.hopkinsmedicine.org](http://www.hopkinsmedicine.org)

You will be able to receive Acupuncture at the following Venues

- QUEEN ELIZABETH HOSPITAL
- FREEMAN HOSPITAL
- SUNDERLAND ROYAL HOSPITAL
- NORTH TYNESIDE GENERAL HOSPITAL
- SOUTH TYNESIDE FOUNDATION HOSPITAL
- WANSBECK HOSPITAL
- COPING WITH CANCER OFFICE

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## Coping with Cancer North East

The Medical Suite  
Cobalt Business Exchange  
Newcastle NE28 9NZ  
0191 280 5610  
[www.copingwithcancer.org.uk](http://www.copingwithcancer.org.uk)

*Charity No 513820 Registered in  
England and Wales.*



### Partners



*Prostate Cancer UK is a registered  
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and in Scotland (SC039332).  
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# Coping with Cancer North East



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