



Ear acupuncture service for women

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

Is this service right for you?

Please look at the list below. If all the items apply to you, please contact the Lynda Jackson Macmillan Centre (LJMC) and they will arrange a referral for you.

Tel: 020 3826 2555, Mon–Fri: 9.30am–4.30pm

What will happen if I am suitable?

Once referred, you will be contacted by a therapist who will discuss the service and arrange your appointment for an intake interview.

You will be sent information and a medical questionnaire which you will be asked to complete and bring to your intake interview.

Following the interview, if you are offered the

service, you will be asked to complete a diary and questionnaires at different intervals of the treatment. This helps us monitor the long term effects and is valuable information.

Is there a waiting list?

There can be a wait before your acupuncture can begin. You will be informed of the waiting times when a referral is completed with the LJMC staff.

Please note clinics are at a fixed time each week, so you must be able to attend on these days.

What happens if I am not eligible?

If you are not eligible for ear acupuncture or are managing symptoms while waiting, you may find the tips overleaf helpful.

To be eligible you must:

- Have a confirmed diagnosis of breast cancer
- Be in generally good health
- Currently be taking Arimidex, Exemestane, Femara or Tamoxifen 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) at least 6 months ago
- Have experienced hot flushes for at least 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
- 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 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

Tips for managing menopausal symptoms:

- Relaxation sessions at the LJMC
Breathing exercises, visualisation and relaxation techniques designed for people living with cancer
Monday 2.30pm - 4.00pm
Tuesday 10.00am - 11.30am
Thursday 11.00am - 12.30pm
- Complementary therapy at the LJMC
Therapies include reflexology, aromatherapy, Indian head massage and reiki, and are by appointment only
- Ask at the LJMC for Breast Cancer Care information booklets on managing the side effects of hormone therapy
- Drop in to the centre - no appointment needed - to discuss your menopausal symptoms
- Whilst you are waiting for ear acupuncture or if you are not eligible for our service you may consider other local therapists - see our helpful hint sheet, Complementary Therapy Network (HHC 225)