



## Ear acupuncture service for men

This treatment aims to help men with prostate cancer to improve their general well-being.

### 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 questionnaires 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 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 prostate cancer
- Be in generally good health
- If you are taking any hormonal treatment such as Prostag or Zoladex, you must have been taking it for a minimum of 6 months
- Be experiencing symptoms and/or side-effects from your cancer and/or side-effects from your treatment
- Have finished active cancer treatment (surgery, chemotherapy, and/or radiotherapy) a minimum of 6 months before accessing the service
- 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 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

## Tips for managing symptoms and well being:

- 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 information booklets on managing symptoms and side effects of treatment
- Drop in to the centre - no appointment needed
- 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)