

At Sylvester Comprehensive Cancer Center

Our team of dedicated licensed board-certified acupuncturists are here to help you feel better during and after cancer treatments.

Things to know about acupuncture:

- Acupuncture is not painful and patients find it to be very relaxing.
- Acupuncture needles are sterilized and single use only.
- Acupuncturists are trained to meet the special needs of cancer patients.
- Let your acupuncturist know if you have a pacemaker, metal implants or electronic device.

How many treatments will I need?

Acupuncture is given during the first appointment and can last between 40 - 60 minutes. We recommend a minimum of 4 - 6 treatments with the possibility of 12 or more during your cancer treatment. Try to wear loose fitting and comfortable clothing to your appointments.

Insurance

Some insurances are accepted (contact your insurance provider to check benefits). A self-pay fee is charged to those without insurance coverage. Information about cost can be discussed when scheduling the appointment.

To schedule an appointment call:

305-243-3414

305-243-4129

Locations:

Available at various locations.



References

1. <https://www.cancer.gov/about-cancer/treatment/cam/patient/acupuncture-pdq>
2. National Institute of Health Consensus Conference on Acupuncture. Program and Abstracts November 3-5 1997
3. Neurosci. Lett. 2004, Volume 361, Pages 258-261
4. Evid Based Complement Alternat Med. 2013; 2013: 267959
5. J. Acupunct. Meridian Stud. 2014 Volume 7, Issue 3, Pages 105-114
6. Integr. Cancer Ther. 2007 Sep 6(3) 251-257
7. Evid Based Complement Alternat Med. 2008 5(2): 145-151

The National Cancer Institute Recommends Acupuncture to Reduce Cancer Treatment Symptoms



Acupuncture Treatments can be beneficial during and after chemotherapy, radiation, or surgery.

BENEFITS OF ACUPUNCTURE:

Lower stress levels

Reduce nausea and vomiting

Improved digestion

Boost appetite

Relieve pain

Decrease neuropathy

Improve fatigue

Improve sleep

Decrease frequency of headaches

Relief of neck, back, and joint pain

Improved mental clarity

Lower inflammation

Improve saliva production

Reduce hot flashes



NUMEROUS SCIENTIFIC STUDIES HAVE SHOWN ACUPUNCTURE CAN:

- Provide pain relief.
- Provide a sense of “well-being” and improved mood.
- Improve immune responses to promote healing by increasing the activity of the immune system.
- Decrease inflammation in the body by releasing anti-inflammatory chemicals in the blood.
- Increase blood flow to injured areas to speed healing and stimulate collagen production to repair damaged tissues.

Acupuncture has been used safely for thousands of years as a way of encouraging the body to promote natural healing.

HOW DOES ACUPUNCTURE WORK?

Acupuncture involves the placement of very thin stainless-steel needles into specific points on the body. Each point has a specific function and activates specific areas of the body to increase blood flow and nerve activity to improve the bodies functioning. Points are located in areas that have an abundance of nerve cells and blood vessels. Activation of these points by the insertion of a needle causes a cascade of activation both locally and distally involving both the central and peripheral nervous systems. Traditionally this activation has been referred to as the movement of Chi or Qi. Qi being a vital life force energy that we now know involves the movement of blood and the activation of the nervous system.