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USES OF ACUPUNCTURE IN THE HOSPITAL SETTING FOR SYMPTOM MANAGEMENT IN PATIENTS WITH BREAST CANCER

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Cancer is the leading cause of death worldwide, with a projected increase of 60 percent from 8 to 13 million deaths during the span of 2012 to 2030. It is projected to increase over 50 percent from 14 to 21 million new cancer cases during that time by NCI. The most recent worldwide mortality rate due to cancer in 2012 was 8.2 million reported by Cancer Research-UK. According to the National Cancer Institute more than 60 percent of new cancer cases are in Africa, Asia, Central and South America and with 70 percent of the world's cancer deaths come from those regions. These statistics leave patients apprehensive and seeking alternative or integrative forms of cancer therapy. Acupuncture is a safe therapy currently being used by persons with cancer to treat a variety of symptoms. As acupuncture has become more main stream, several comprehensive cancer centers offer integrative therapies such as acupuncture onsite for their patients. With current opioid overdose epidemic and increased medical and regulatory scrutiny acupuncture offers and additional non-opioid strategy for the management of pain. Due to the severity of the opioid epidemic in the US, the White House panel urged the United States President to declare the opioid crisis a national emergency on August 31st 2017 as the International Overdose Awareness Day by the Centers for Disease Control and Prevention (CDC). Acupuncture use for symptom management in hospitals is a frequently requested therapy for breast cancer patients. It can be used in conjunction with chemotherapy or radiation therapies to alleviate nausea, anxiety, hot flashes, peripheral neuropathy, insomnia, fatigue, lymphedema, constipation and chronic pain management. Breast Cancer is the most common cancer diagnosed among US women. About one in eight US women (12.4%) will develop invasive breast cancer over the course of her lifetime. In 2018 estimation of 266,120 new cases of invasive breast cancer

are expected to be diagnosed in women in US, reported by US breast cancer statistics on 1.9.2018. In the US alone, there were reported 600,920 cancer deaths overall in 2017. Patient reported outcomes show both from clinical trial data and author's empirical experience that patients often feel better in measurable ways after acupuncture. Providing acupuncture, massage therapy and medications are often incomplete in their ability to improve overall health and wellbeing. It is becoming increasingly important for patients to include lifestyle modification such as eating a healthy diet, maintaining a healthy weight, exercise and adequate sleep/rest to support their goals of improved wellbeing and reduction of recurrence risks.

Biography

Cynthia is a graduate of New England School of Acupuncture/ Mass College of Pharmacy and a diplomat in acupuncture and Asian bodywork therapy with professionally board certified from the National Certification Commission of Acupuncture and Oriental Medicine. She received her US licenses of doctorate acupuncture in RI, by the MASS Board of Medicine and by the MA Board of Massage Therapy. Formerly, Cynthia was on faculty at NESA as part of the "CAP" Community Affiliated Outreach Program at the Tufts Medical Center Boston, MA in Dept. of Hematology and Oncology specialized in pain management and enhancing the quality of life for her breast cancer and sickle cell patients in the Breast Cancer Clinic. She previously joined South Boston Yoga Community where she treated yoga students in Boston, MA and currently is at the Water House Wellness in Arlington, MA. Cynthia draws from her various clinical intern experiences at Winchester Hospital Walk-In Clinic and NESA's Newton, MA Clinic where she practiced both Japanese and Chinese acupuncture styles. Cynthia also has 11 years clinical experience as a zen shiatsu bodywork therapist, graduated Charles River School of Shiatsu in 2004 and received BA in Biology at Boston University 1994.

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