

Acupuncture for Tamoxifen Side Effects

A study carried out at Mount Vernon Hospital in Middlesex, England, has found that traditional acupuncture is able to relieve the hot flushes that many women experience when taking tamoxifen to prevent breast cancer. Of 54 women on tamoxifen suffering from side effects of flushes or sweats before the treatment, 36% reported that their symptoms had decreased by 50% or more, while 89% reported some improvement. These positive results were maintained after treatment had ended. Personal accounts also showed that the women felt their energy levels had increased, that they could do more, and that their overall quality of life had improved after acupuncture.

(UK Complementary Health Care Conference, 5th December 2002).

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