Cancer Treatment Centers of America
Acupuncture In Oncology

AOMA Graduate School of Integrative Medicine

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Integrative Medicine Use

• Important and unique aspect of cancer care in an integrative model
• 62% of Americans using some form of CAM therapy
• 12% consulted with a licensed CAM practitioner
• 30 – 75% of people diagnosed with cancer using CAM therapies
• Important to communicate to oncologist

What is Acupuncture?

• Acupuncture is the insertion of fine needles at precise points along the body.
• It is a safe and effective form of medicine backed by thousands of years of practice and a significant amount of scientific research.

Concept of “Qi”

Indications for Acupuncture in the Oncology Setting (Inpatient and out patient)

• Patients who don’t respond well to medications
  – Insomnia
  – Pain
  – Constipation/Diarrhea
• Nausea/Vomiting
• Chemotherapy and radiation induced fatigue
• Peripheral neuropathy
• Stress/Anxiety
• Poor appetite
• Hiccup
• General quality of life
• Inflatable bowel syndrome
• Hot flashes
• Lymphedema
• Depression
• Xerostomia
• Immune boosting
• Acute and chronic pain
• Headaches
• Stroke recovery
• Wound healing/surgery recovery
• Vertigo
• Arthritis
• Smoking cessation
• Allergies/Asthma
• Acute cold/flu

World Health Organization

• Treatment of digestive and respiratory disorders
• Treatment of neurological and muscular disorders
• Treatment of urinary, menstrual and reproductive problems

http://apps.who.int/medicinedocs/en/d/a4908e/5.html
Scientific Explanation of Acupuncture

• Pet scan studies demonstrate a number of changes in areas of the brain related to gastric control when stomach 36 is stimulated.


• Another pet scan study demonstrates 10 measureable changes in the brain (prefrontal cortex and hippocampus) followed by stimulation of Spleen 6. This point is often used for insomnia, depression, anxiety and digestive complaints.


Prefrontal cortex: involved in planning complex cognitive behavior, expressing personality and intelligence, and expressing appropriated social behavior.

Hippocampus: involved in forming memories and emotional responses.

Scientific Explanation of Acupuncture

• Pain relief
  – Endorphin theory: Studies show that acupuncture causes endorphin release, which is one theory why acupuncture helps to relieve pain.


  – Gate theory: Acupuncture stimulates nerve fibers to block the ability to feel pain.

Cautions/Side effects

• Cautions
  – Thrombocytopenia
  – Neutropenia
  – Lymphedema
  – Needle phobia

• Side effects
  – Typically none
  – Occasionally pain may worsen for a day before improving
  – Changes in appetite, sleep, bowel or urinary patterns, and emotional state may be triggered as the body moves toward balance
  – Deep relaxation

Success Case

• 50 y/o Female triple negative breast cancer

• Chief complaints: Hot flashes, insomnia, anxiety, neck and shoulder pain

• Frequency of acupuncture: 2-4 times per week while receiving daily radiation treatments

• After 3 treatments, sleeping 8-10 hours per night, significant reduction in hot flashes and anxiety, pain 50% improved

• Upon follow up 5 weeks later, continuing to sleep well, anxiety low, occasional hot flashes, neck and shoulder tension still needs improvement
Points of Research

Hot flashes

Acupuncture for hot flashes in patients with prostate cancer.

Source: Division of Hematology and Medical Oncology, Oregon Health and Science University, Portland, Oregon 97239, USA.

CONCLUSIONS:
Multiple placebo-controlled trials have demonstrated a 25% response rate to placebo treatment for hot flashes. Of the 22 patients, 41% had responded by week 4 and 55% overall in the present pilot study, providing evidence of a potentially meaningful benefit. Additional studies of acupuncture for hot flashes in this population are warranted.

Nausea and Vomiting

Acupuncture to alleviate chemotherapy-induced nausea and vomiting in pediatric oncology

Department of Pediatric Hematology and Oncology, Saarland University, Homburg, Germany.

RESULTS: Forty-six chemotherapy courses with or without acupuncture were compared. The need for rescue antiemetic medication was significantly lower in acupuncture courses compared to control courses (p=0.001). Episodes of vomiting per course were also significantly lower in courses with acupuncture (p=0.01). Except for pain from needling (4/23) no side effects occurred. Patients acceptance of acupuncture was high.

CONCLUSIONS: Acupuncture as applied here seems to be effective in preventing nausea and vomiting in pediatric cancer patients.

Lymphedema

• 29 women, status post unilateral breast surgery – segmentectomy or mastectomy with axillary lymph node dissection
• 6 months post for 21 women, and over 10 years for 8 women
• 93% had radiation treatment
• 66% had adjuvant chemotherapy in addition to radiation
• All had lymphedema – grade I and/or restricted range of motion greater than 20 degrees in flexion and abduction

Lymphedema

• Once weekly for 6 months
• Acupuncture protocol was intended to promote lymph circulation, reduce lymphedema and lymphatic cysts, reduce the heaviness in the limb, promote movement, reduce pain, promote blood flow and reduce edema
• Needles were inserted at the contralateral limb
• Results:
  • 100% had a significant improved range of motion
  • 3rd month: improved abduction
  • 6th month: improved flexion
  • Subjective improvement in heaviness and tightness
Hot Flashes
DeValois et al, 2010

- 50 women with early breast cancer
- >35 yoa, 6 months status post treatment
- Taking Tamoxifen 6 or more months
- Hot flash records were reported at a frequency of more than 4 hot flashes per 24 hours for 3 months
- Diagnosed as having a Kidney Yin deficiency

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Hot Flashes
DeValois et al, 2010

- Once weekly for 8 weeks
- Monitored for 30 weeks, starting two weeks prior to the start of acupuncture treatment
- Evaluation completed at 5 different times over the 30 weeks via hot flash diary and questionnaires (2 weeks prior, after 4th treatment, at end of treatment, 4 and 18 weeks post treatment)

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Hot Flashes
DeValois et al, 2010

- 46% reported 50% or greater reduction in hot flashes and night sweats
- Longer term benefits: 41% reduction at 4 and 18 weeks post treatment
- Other side benefits: improved well-being, concentration, sleep and decreased anxiety

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Chemotherapy Induced Nausea

- Consider acupuncture as an addition to your anti-emetic protocols.
- Patients received acupuncture on the same day as or 30 minutes prior to chemotherapy.
- Repeat acupuncture on the 4th day if chemotherapy administered for more than 3 days.

results:

7 of the 8 patients in this case report responded to acupuncture treatment for control of nausea and vomiting.

http://www.medicalacupuncture.org/ama_narr/journal/16_1/2cased.html

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Chemotherapy Induced Nausea

• Conclusion (Guerra, MC):
  – Fewer hospitalizations for treatment of nausea and vomiting would improve patient quality of life and reduce treatment costs.
  – Improves tolerance and compliance for chemotherapy which can improve clinical outcomes for patients
  – Acupuncture is useful in patients who are refractory to standard pre-medications with steroids, serotonin receptor antagonists, and sedatives in the prevention of Chemotherapy induced nausea and vomiting.

Southwestern Regional Medical Center
Tulsa, OK

What makes CTCA unique?

• Unique model of care- We offer a fully integrated, innovative treatment model that combines advanced medical treatments, technologies and supportive therapies such as naturopathic medicine, nutrition, and mind-body medicine to heal the whole person and improve quality of life.

What makes CTCA unique?

• Complete care under one roof- At CTCA, surgery, radiation, imaging, nutrition, medical oncology, rehabilitation, acupuncture-everything- is all under one roof.
• CTCA only treats cancer
• Patients are at the center of our care
• Weekend services
• Survival results

PEC Model

History at Southwestern

• Acupuncture program was started in 2009 with a part-time contract Acupuncturist.
• We successfully grew the program and determined 2 FTE full-time acupuncturists were needed to serve our patients.
• Providers:  
  – Shana Deneen, ND LAc. hired August 2010
  – Sunara Sotelo, DAOM hired September 2011
Patient Care Delivered

- Four intake rooms
- Acupuncture tables
- Electrical Stimulation
- Auricular therapy
- Spa aesthetics to increase relaxation experience:
  - Light dimmers
  - Recliners
  - Soft music

Dr. Sunara Sotelo

Sunara Sotelo, DAOM joined Southwestern in September 2011. She holds gold standard training having completed her Doctorate of Oriental and Asian Medicine through Bastyr University in Seattle, WA. She completed her Master’s in Oriental Medicine. She delivers exceptional care to patients and always goes above and beyond!

Dr. Shana Deneen

Shana Deneen, ND LAc joined Southwestern in August 2010. She completed her Naturopathic Degree from Southwest College in Arizona in 2007. Additionally, she completed her Masters in Acupuncture in 2009. By combining both Naturopathic and Acupuncture training she is able to deliver exceptional patient care.

SRMC Patient feedback

- “Since acupuncture has helped me with side effects I try to schedule it when I am here but a lot of times it is not available.”
- “My supplements are fully explained and I appreciate knowing how they can improve my well being. I also appreciate the acupuncture services provided.”
- “Also, I’m completely satisfied with Shana as she controlled side effects of treatment with acupuncture.”
- “More acupuncture. Hard to schedule. Fully booked for weeks.”
- “Move acupuncture to a quieter area.”
- “Make Acupuncture area quieter while treating.”

RESOLUTION: Director of Naturopathic Medicine replied - We are hopeful with the stakeholder lunch room moved from just outside the treatment area that traffic will lessen, decreasing noise volume. We offer patient ear plugs and also play relaxing

Future Acupuncture Plans

- Additional treatment space and time
- Introduce herbal therapies
- Combined Acupuncture and Laser appointments for patients.
- Hire cross functional NDs that have Acupuncture training
- Community Acupuncture Program
- Acupuncture Residency Program

Integrative Medicine Conference 2012 - Oct 26th & 27th

Committee Conference Chairs:
Katharine Anderson, ND, FABNO
Sunara Sotelo, AC, LAC

Featured Speakers:
Lise Alschuler, ND, FABNO
Daniel Weber, PhD MSc
Master Li Junfeng
Jeanne A. Drisko, MD

Who Should Attend:
This conference is perfect for those seeking to gain knowledge in integrative oncology. Speakers will present evidence-based information on primary health care and integrative oncology. This conference is open to NDs, MDs, DOs, Oncologists, Nurse Practitioners, and Licensed Acupuncturists. Proceeds from this event will benefit Gateway for Cancer Research (www.demandcurestoday.org).

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Job Opportunities: Staff Acupuncturist

Degree Required: LAc, NCCAOM credentialed;

Complete Description:
1. Obtains Acupuncture history and performs assessment on patients as appropriate
2. Formulates Acupuncture treatment recommendations for attending physician
3. Documents all information in patient medical records according to departmental standards and timelines
4. Answers patient questions during inpatient/outpatient visits, e-mail, telephone calls and comfort rounds
5. Maintains communications with other departments via meetings, e-mails, SHM messages, phone calls and conversations
6. Assists Director of Naturopathic Medicine as needed
7. Completes approved annual professional development, clinical and administrative projects Maintains patient confidentiality at all times, including discretion in discussing treatment in the proximity of other patients and/or visitors

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Job Opportunities: Staff Acupuncturist

• Minimum Qualifications:
  • Received the LAc degree from accredited school
  • Maintain current Acupuncture licensure
  • Maintain Continuing Medical Education (CME) credentials and continually updates knowledge base pertinent to job performance

Additional Information:
Weekend and/or Holiday Rotation may be required.

FOR FURTHER INFORMATION PLEASE CONTACT:
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