

## Acupuncture

Acupuncture is a practice of traditional Chinese medicine. It has been used for thousands of years. The Integrative Medicine Center (IMC) at MD Anderson pairs this practice with current research.

Research has shown it helps with side effects of cancer and related treatments, including:

- Nausea and vomiting
- Pain (such as joint pain)
- Neuropathy (numbness or tingling in the hands or feet)
- Dry Mouth
- Hot flashes
- Fatigue



If you are interested in this service, please ask your health care team for a referral to Integrative Medicine.

### About Your Visit:

This service is offered in the IMC by a licensed acupuncturist.

### Safety Precautions

- Lab results will be reviewed before each session to check for your risk of bleeding and infection. If you have an infection or a high bleeding risk, you may not be eligible for this service.
- Please let staff know if you have a pacemaker, metal implant or other electronic device.

### Frequently Asked Questions

#### What will I feel?

Most patients feel little discomfort. Some patients feel heaviness, tingling or warmth around the insertion site. You may continue to feel this for a short period after the treatment is complete.

#### Is it safe?

Acupuncture is safe, minimally invasive and has very few side effects. Common side effects include bleeding, bruising and mild pain. Fainting and infection are rare but possible side effects. All needles are sterilized and used only one time.

### **How many treatments will I need?**

The exact number and frequency of treatments depends on your symptoms. During your first visit, you will provide your medical history and complete a physical assessment. You will be required to sign a consent form. The acupuncturist will work with you to develop a treatment plan. He or she will recommend a schedule of treatments that best fit your needs.

### **What should I expect from my session at the IMC?**

- The first visit takes about one hour. Any follow-up sessions take roughly 30-60 minutes.
- You will complete a form to assess your symptoms before and after each visit. This helps to measure how well the treatment is working.
- Vital signs will be taken before each session.
- Do not have a large meal before your appointment. A light snack is best.
- You may be asked to remove your clothing and put on a gown. Your privacy will be ensured; you will be covered appropriately.

### **Resources**

To find a qualified acupuncturist in your area, please visit:

- [www.nccaom.org](http://www.nccaom.org)
- Acupuncture licensing board for your state

For additional questions or concerns, please contact:

Integrative Medicine Center

Phone: 713-794-4700

Email: [myMDAnderson](mailto:myMDAnderson)

Fax: 713-794-4728

Hours: Monday-Friday, 8 a.m.-5 p.m.

Website: [www.mdanderson.org/integrativemedcenter](http://www.mdanderson.org/integrativemedcenter)