

Effects of Auricular Acupuncture on Hot Flashes Under Adjuvant Endocrine Therapy of Women With Breast Cancer

Authors: Lentschig, Frida; Voiß, PD Dr. med. Petra; Kohl-Heckl, Dr. med. Wiebke; Adler, Dr. phil. Bettina; Kliniken Essen-Mitte gGmbH, Klinik für Integrative Onkologie & Supportivmedizin, Henricistr. 92, 45276 Essen

Hot flashes (HF) under adjuvant endocrine therapy (AET) can affect well-being^[1] and contribute to treatment non-adherence^[2, 3], risking cancer recurrence^[4]. Conventional therapies for HF during menopause are contraindicated for breast cancer or cause relevant side effects^[5]. This suggests a necessity for complementary therapies with fewer side effects^[6] to achieve treatment adherence and potentially prevent cancer recurrence. Studies indicate body acupuncture to be effective^[7]; as auricular acupuncture (AA) offers comparative effects and several advantages, this trial analyzes the effects of AA on HF during AET. The three-armed, single-centered randomized clinical trial compares balanced AA according to Seeber^[8] with the NADA-protocol^[9] and a waitlist-control group.

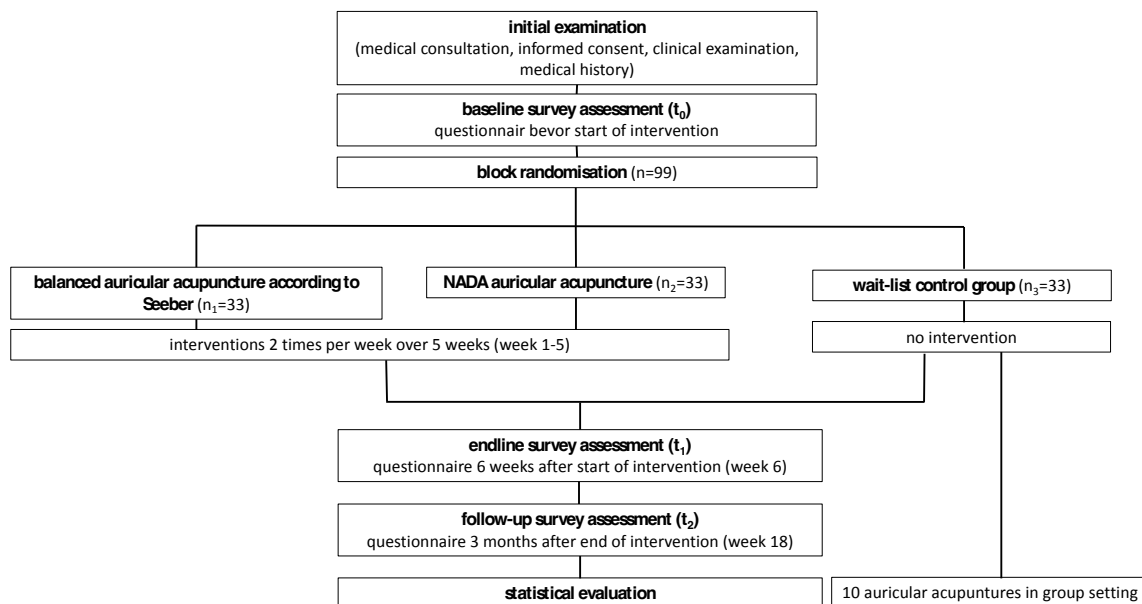


Figure: study design

99 women between 18-75 years with non-metastatic breast cancer under AET suffering from HF will be enrolled. Patients in the treatment arms receive two AAs per week for five weeks compared to waitlist control, with questionnaire assessments before, post treatment and 3 months follow-up. It primarily evaluates HF and secondarily examines additional AET induced symptoms, such as insomnia, for which AA has shown positive study results^[10], indicating potentially beneficial outcomes for HF.

Keywords: hot flashes; auricular acupuncture; breast cancer; adjuvant endocrine therapy

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