

189 - ACUPUNCTURE'S RESOLUTE IN CHEMOTHERAPY SIDE EFFECTS ADMINISTERED IN A BREAST CANCER PATIENT

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INTRODUCTION

Breast cancer is recognized as the most feared by women, especially their anatomical and psychological effects in the female and social context, because the image of femininity is threatened. The statistics indicate an increase in its frequency in many developed countries and developing countries.

Although considered a cancer of good prognosis when detected and treated early, the mortality rate for this disease remain high in Brazil. This fact is attributed to the fact that it is diagnosed in advanced stages, resulting in a higher rate of deaths among women due to this type of cancer.

In general, breast cancer is treated by different combinations of surgery, radiotherapy, chemotherapy and hormone therapy. The decision of the treatment to be adopted takes into account the staging, tumor size, status of lymph nodes and the general condition of the patient (BRASIL, 2004).

Acupuncture is an ancient Chinese method of treatment, simple and low cost. This practice has been widely used to treat pain (Silva Santos, Babinski, 2009) and interest in this therapeutic modality has grown significantly over the past 20 years, with therapeutic application in different specialties eg neurology (Oleson, 2002) orthopedics (PELIMON, 2000; GILBERTSON et al, 2003), ophthalmology (NEPP et al, 2002), gynecology (PROCTOR et al, 2002; WOZNIK et al, 2003), urology (HONJ et al, 2002) and cardiology (BUENO et al, 2001). However new studies show the effectiveness of this technique in symptomatology such as nausea and vomiting (Josefson, KREUTER, 2003; KOTANI et al, 2001; DUNDEE, YANG, 1991), edema, poor appetite and anemia caused by chemotherapy (CT) in breast cancer (German, 2005) as well as the side-effects of chemotherapy as standard treatment in several carcinomas (WEI, 1998, Zhou et al, 1999; Xianzhi, 2001; FANG et al, 2002).

Thus, the objective of this study was to assess the response to the intervention of TCM in combating the side effects of chemotherapy treatment of a pharmacy assistant female 47 years old with breast cancer.

PATIENT AND METHODS

Clinical services in acupuncture developed by us occur in the therapeutic environment in Natal (RN). Patients seeking this type of assistance with the expectation that minimize or remedy the symptoms are in office.

In our routine services provided in acupuncture designed to treat the complaints with a focus on obtaining energy harmony. Among the annoyances mentioned during the consultations described in this report the points made about the care of a lady as well as its energy diagnosis, treatment choice and subsequent results in patient's experience facing acupuncture treatment is happening.

After initial treatment ask the patient's permission we report the clinical history, diagnosis, treatment and outcome of therapy to the scientific community, preserving her identity and it ensures the possibility of noncompliance or failure to publish its service if it wanted. This way she signed a consent form approved the release of the data above.

CASE

The patient came to our attention in order to achieve improvement in the sick due to chemotherapy. It is with cancer of left breast and was diagnosed in April 15 2009 as a breast cancer T4b/N2/M0 in stage IIIB.

To combat the cancer was chosen by conventional medicine, therapy using ACTH in cycles where the 8 sessions of chemotherapy should occur each 21 days in order to reduce the tumor (neoadjuvant) in order to accomplish the total mastectomy by means axillaries clearance. Drugs selected were: doxorubicin 60mg/m² - 95 mg (total dose) and Cytoxan 600mg/m²- 950 mg (total dose) in initial 4 cycles and Taxotere 75mg/m²- 120mg (total dose) in the other cycles.

Applications programmed last around 2 to 3 hours, preceding each chemotherapy using anti-allergic, anti-emetic and anti-spasmolytic. After first chemotherapy session leucopenia has been delayed second session. Since this value had to be at a minimum for subsequent chemotherapy applications, and has presented nausea, vomiting, drooling, flatulence abundant by 5 days and alopecia after 20 days after first chemotherapy, she tried to minimize this situation through the acupuncture.

In first acupuncture treatment she had a depression that we believe to be linked to internal values of the patient as a woman experiencing changes in their feminine image. We conceive that, previous structural changes, social and personal burden to be carrying a disease so aggressive that it could interfere her life cycle and his family are present in the framework of existing feelings inside.

The patient lives 300 km away from the place of care. This feature was the main reason for appointed consultations weekly. Despite its location in acupuncture treatment there, one of the reasons she was willing to move to the therapy was the possibility of this being distracted and physically distancing the environment in which they reside. We accept the choice of client since we conceive decisions of the individual inner part of the emotional context and as such must be considered to better assess the emotional imbalances existing and construct a diagnosis-energy functional. Thus the decisions about treatment used are based on the universe of the individual patient.

The approach of initial complaint was as usual, through detailed case history covering childhood history, personal history, family, occupation, medication used, physical examination, anthropometric aspect of the eyes, nose, tongue, throat, voice, skin, feeding habits, liquid intake, digestion, elimination, sexuality, sleep, lifestyle, climate preference, main characteristic of personality, body type, constitution of hands and behavior during consultation with the commitment to capture emotions brought about in the speech of the patient as she answered the questions and described feelings came to mind. Main features taken revealed that She is an emotionally concerned, regarded as intrinsic to the course of its existence, and realize that his thoughts were troubled, thereby boosting energy-functional imbalances of the same.

Given this first evaluation, we realized that the client has a constitutional ground, Yin nature, with general empty and carrying a chronic process of unknown preferably internal. Based on information obtained in the initial diagnosis arrived at the deficiency of energy "Qi" of pi, of xue xin of gan xue and Yang Shen. From this starting point, we have used in therapy, programmed specifically for this patient, acupuncture needles 0.25 mm x 30 mm (sterile and disposable), stick with moxibustion of mugwort and

mustard seeds and quartz crystal in the ear.

This treatment takes specificity, since the customer is routinely used in chemotherapy. Thus we emphasize side effects of drug use during the sessions of chemotherapy, namely myelosuppression, anemia, thrombocytopenia, nausea, vomiting, anorexia, alopecia, and tremor with the bile ducts, intestinal and renal excretory how these drugs (BONASSA, 1996).

Regarding the use of needles in the channel system, below are specified imbalances and their points used to obtain improvement.

To treat yang shen deficiency stimulate the UB23 (Shenshu) and UB52 (Zhishi).

With essential intent to minimize the deficiency of Qi pi worked the UB20 (Pishu);

Since patient got tired after chemotherapy sections and can develop diseases during this neoadjuvant treatment, we decided to stimulate UB13 (Feishu);

As a way to working xue gan chose to use L3 (Taichong);

To drain edema resulting from second chemotherapy cycle, we used K6 (Zhaohai), K8 (Jiaoxin), ST36 (Zusanli), ST40 (Fenglong), SP6 (Sanyinjiao), SP9 (Yinlingquan), SP10 (Xuehai), CV9 (Shuifen), LU7 (Lieque), LU9 (Taiyuan), TH6 (Zhigou) and LI10 (Naoshu);

To reduce chronic syndrome associated to general exhaustion, fatigue and anemia chose CV4 (Guanyuan) and CV6 (Qihai);

It was used yet EX-HN3 (Yin tang), LI4 (Hegu), CV12 (Zhongwan) and PC6 (Neiguan).

Initially, as in the routine of our calls, we applied acupuncture's therapy and/or moxibustion in the back so we can open channels to be worked out through the back Shu points and defaulted 20 minutes action later worked front points chosen, keeping the same time of action previously used. Insertion technique is applied to invigorating as it is a chronic process, starting with chosen points in the feet moving toward to pole head with the purpose of directing energy flow towards region of thymus as emotional context of patient requires vital energy and warmth. Also consider fact it is a female person and both insertion of needles has occurred initially on the right side of each pair of points to be inserted, while techniques of antiseptis by use 70% alcohol prior to drilling dermis.

We believe that items scheduled for use during all encounters should not be worked out with needles. This decision was taken to prevent capillary fragility and thus derail the subsequent applications acupuncture's treatment in these locations. Under this premise we decided to apply moxibustion points UB13, UB42, UB45, UB49 and along GV meridian with intent to promote overall balance, breathing, sadness and thoughts. Likewise, as a strategy to boost immunity and increase the production of white blood cells also stimulate chosen with mugwort SP1 (Yinbai), SP3 (Taibai), SP10 (Xuehai), GB39 (Xuazhong) and L8 (Ququan). Finally, intends to promote and maintain vital energy, courage and vigor warmed K1 (KI), ST36 (Zusanli), CV4, CV (Qihai), CV8 (Shenque).

At the end of each session we mustard seeds (purpose of stimulating) and crystals (purpose of harmonizing) at specific points in the ear for treatment be continued during week until next meeting. The commitment of the patient is to eventually apply gentle stimulation at sites chosen during the days.

Ear points used during treatment consists mainly related to psychic regions, brainstem, shen men, anxiety, kidney, O + and spleen, repeating the display on the same sites each 15 days and alternate with other every week as availability of time the client by choosing one ear to each session.

RESULTS AND DISCUSSION

After first session the patient reported feeling calmer and has better morale in your routine life. Each session of chemotherapy performed, she presented a generally debilitated neoadjuvant associated with medications used and their side effects essentially as nausea, vomiting, fatigue and sadness after each session of first chemotherapy's cycle and myalgia, arthralgia and edema in lower and above limb after application of second chemotherapy's cycle.

We emphasize that after sharp drop in leukocyte count following first chemotherapy session, doctors chose to stimulate immune system of patient after second chemotherapy session (June 16, 2009) through use of a complex in protein and caloric basis of L-glutamine as a dietary supplement. This way client is consuming product orally 15g daily fractionated into 3 meals for 5 days, always a week before the chemotherapy.

Based on the reports of the patient to return to each session of acupuncture with regard to well being and minimize discomfort brought from the sessions of first chemotherapy cycle, we endorse what scientific productivity, they discuss acupuncture action on the side effects chemotherapy in cancer patients. In fact we found considerable improvement in the general account and countenance and expression of will of same with each new encounter with subsequent minimization representative of nausea, vomiting, fatigue, sadness and malaise.

Since acupuncture treatment that person has been going on, after second chemotherapy cycle is still happening, we reported that response of drastic reduction swelling has been going after each acupuncture session. There are medical records of loss up to 1.8 kilograms in a week between two subsequent acupuncture sessions. As regards acupuncture contribution in the maintenance and / or high leukocytes values, documentary record through laboratory tests.

In Table 1 highlight main points and therapies used in specific acupuncture treatment and effects against complaints by the patient to extent where its, as side effects appear after the chemotherapy sessions.

Table 1 - Answers of main therapies and acupuncture points

TERAPÉUTICA E PONTOS	RESPOSTAS OBTIDAS
Needling and moxibustion in CV4, CV6	Decreased chronic syndrome associated to general exhaustion, fatigue and anemia
Moxibustion in BP1, BP3, BP10, VB39, F8	Stimulation of immunity and enhancement in the production of white blood cells
Moxibustion in R1, E36, VC4, VC6, VC8	Increase in vital energy, courage and vigor
Needling and moxibustion in PC6, VC12	Reduction of nausea and vomiting
Needling in TA6, R6, R8, P9, IG10, BP6, BP9, BP10 Needling and moxibustion in E40, VC9	Reduction of edema

By Table 2 we observe effectiveness of acupuncture as an adjunct in increasing production of white blood cells and in maintaining standard values, whereas add-on therapy to achieve improvement in anemia regards food supplement orally.

Table 2 – Chemotherapy and acupuncture sessions and subsequent leukocytes rates

DATE	SESSION	Leukocytes (x10 ³) (Standard: 4000 – 11000)
16 apr.	-	6730
19 may.	1st chemotherapy – cycle I	-
04 jun.	-	2820 (chemotherapy delayed)
13 jun.	Acupuncture	-
15 jun.	-	13000
16 jun.	2nd chemotherapy – cycle I	-
20 and 30 jun.	Acupuncture	-
06 jul.	-	5340
07 jul.	3rd chemotherapy – cycle I	-
13, 18 e 25 jul.	Acupuncture	-
27 jul.	-	5630
28 jul.	4th chemotherapy – cycle I	-
31 jul. and 15 aug.	Acupuncture	-
17 aug.	-	5520
18 aug.	1st chemotherapy – cycle II	-
21 and 29 aug.	Acupuncture	-
07 sep.	-	10800
08 sep.	2nd chemotherapy – cycle II	-
10, 12, 19 and 26 sep.	Acupuncture	-
28 sep.	-	10200
29 sep.	3rd chemotherapy – cycle II	-
01, 12 and 16 oct.	Acupuncture	-

Considering that diagnosis of breast cancer in this patient was made on 15.04.2009 and she keeps sequence of application of chemotherapy cycles to end on October 20 2009, responses illustrated in the tables above indicate effectiveness of acupuncture action for complaints referred to it.

In order to involve conduct ancillary to treatment it is important to mention even existence of practice of ear as an adjuvant therapy of acupuncture. This technique gained scientific support through the first publication in France in the mid 50's. Foundation of this therapeutic method to promote and diagnostic analgesia by stimulating specific points on the ear for psychosomatic homeostasis and control energy within the meridians (DALMAS, 2005). It is noteworthy that the set of actions relating to acupuncture treatment, it is necessary to combine items to meet specific needs of each individual. Following this reasoning, success of technique is based on diagnosis closer to the original energy dysfunction of the patient, because this time decisions are taken on the application site, needs toning, dispersion and/or harmonization and moxibustion use, windy, bleeding and/or electroacupuncture (Ross, 2003).

Considering problems presented in this report, acupuncture effectiveness can be enhanced through use of moxibustion technique, by applying heat coming from the plant *Artemisia* or coal with intent to energize affected meridian (IMAMURA, 1996; INADA, 2006).

Greatest difficulty encountered by researchers to develop treatments with acupuncture is unable to establish appropriate criteria to support studies within acceptable standards in the news, however, several studies show benefits of acupuncture with regard to symptomatology such as nausea and vomiting (Josefson ; KREUTER, 2003; KOTANI et al, 2001; DUNDEE, YANG, 1991), edema, poor appetite and anemia caused by chemotherapy in breast cancer (ALEM, 2005) as well as the side-effects of chemotherapy as standard treatment in several carcinomas (WEI, 1998, Zhou et al, 1999; Xianzhi, 2001; FANG et al, 2002).

CONCLUSION

In this light, treatment to minimize side-effects of chemotherapy in this study comply with methodological assumptions of traditional Chinese medicine and has been satisfactory. The aid treatment as moxibustion and ear are important interventions in achieving success in treatment.

Results are consistent with reports related to the treatment of symptoms of nausea, vomiting, malaise, decreased levels of leukocytes, edema and general weakness subsequent sessions of chemotherapy in cancer patients. Scientific knowledge was an important part to achieve success in obtaining substantial reduction in complaints in this report.

Keen awareness of information involved in the course subjective psyche and the emotional charge to customer was essential to obtain a concise diagnosis and subsequent treatment adopted. Currently, the patient meets general stable, mild edema, restored immunity and presenting a balanced emotional state. We stress that it will still refer to last session of the second chemotherapy cycle planned for 20 oct. 2009, and therefore remains in the acupuncture therapy as a way to maintain the framework of stability achieved.

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ACUPUNCTURE'S RESOLUTE IN CHEMOTHERAPY SIDE EFFECTS ADMINISTERED IN A BREAST CANCER

PATIENT

ABSTRACT

Under holistic perspective of Traditional Chinese Medicine (TCM), we believe that anxiety, fear, sadness, anger and/or pain cause disharmony psychosomatic in humans and are responsible for symptoms of discomfort causing a decrease in life quality. Acupuncture is a MTC treatment, and accessible with minimum turnaround time to obtaining relief or cure of symptoms, especially no use of allopathic medications by western medicine. We describe in this report points made about the care of a breast cancer woman being treated by chemotherapy as well as its energy diagnosis, treatment choice and subsequent results in patient's experience facing acupuncture is happening. In this light, study's objective was to assess response to TCM intervention in combating side-effects of chemotherapy in a pharmacy assistant woman, 47 years old, with breast cancer. After anamnesis, we believe that patient has a constitutional ground, nature Yin, has been generally empty and has a chronic etiology preferably internal. Based on information obtained initial, diagnosis arrived was deficiency of energy "Qi" of pi, of xue xin of gan xue and Yang Shen. The meetings have taken place essentially once a week, where we used systemic application of needles, moxibustion and ear acupuncture. Currently, patient meets the general stable, mild edema, immunity restored and featuring balanced emotional state through acupuncture treatment using points as CV4, SP10, ST36 and PC6. She still will receive last chemotherapy session by scheduled second cycle, so has not yet discharged clinic

KEYWORDS: chemotherapy, drug effects, acupuncture.

RÉPONSE DE L'ACUPUNCTURE DANS LES EFFETS SECONDAIRES DUS A LA CHIMIOTHERAPIE APPLIQUEES DANS UN PATIENT SOUFFRANT DU CANCER DU SEIN

RÉSUMÉ

Dans le cadre du point de vue holistique de la médecine traditionnelle chinoise (MTC), nous pensons que, de l'anxiété douleurs disharmonie peur, la tristesse, la colère et/ou de provoquer psychosomatiques chez les humains et sont responsables de symptômes d'inconfort entraînant une diminution de la qualité de vie. L'acupuncture est un traitement de MTC, et accessible avec le temps d'exécution minimum pour l'obtention de mesures ou de guérir des symptômes, surtout sans l'utilisation de médicaments de la médecine occidentale allopathique. Nous décrivons dans le présent rapport les observations faites au sujet des soins d'une femme atteinte du cancer du sein traités par chimiothérapie, ainsi que son diagnostic énergétique, le choix de traitement et les résultats ultérieurs en ce que l'expérience du patient face à l'acupuncture qui se passe. Dans cette optique, l'objectif de cette étude était d'évaluer la réponse à l'intervention de la MTC dans la lutte contre les effets secondaires de la chimiothérapie dans un assistant de pharmacie de 47 ans présentant un cancer du sein. Après anamnèse croire que le patient dispose d'un moyen constitutionnel, la nature Yin, a été généralement vide et la porte d'une étiologie chronique de préférence interne. Sur la base des informations obtenues dans le diagnostic initial est arrivé à la carence de l'énergie "Qi" de pi, Xue du Xin, Xue du GAN et Yang du Shen. Les réunions ont eu lieu pour l'essentiel une fois par semaine, où nous avons utilisé l'application systématique d'aiguilles, la moxibustion et acupuncture auriculaire. Actuellement, le patient répond l'œdème général, stable légère, l'immunité restaurées et dotées de l'état émotionnel équilibrée grâce à un traitement utilisant des points d'acupuncture comme VC4, BP10, E36 et PC6. Nous soulignons qu'il se référera toujours à la dernière session du deuxième cycle de la clinique de chimiothérapie prévu, il n'a donc pas déchargé.

MOTS-CLÉ: chimiothérapie, effets de médicaments, acupuncture.

RESPUESTA DE LA ACUPUNTURA EN EFECTOS SECUNDARIOS DEBIDO A LA QUIMIOTERAPIA APLICADA EN UNA PACIENTE CON CÁNCER DE MAMA

RESUMEN

En virtud de la perspectiva holística de la Medicina Tradicional China (MTC), creemos que la ansiedad, miedo, tristeza, enojo y/o dolor pueden causar en los seres humanos la falta de armonía psicósomática y son responsables por síntomas de malestar que causan una disminución en la calidad de vida. La acupuntura es un tratamiento de MTC accesible con el tiempo de respuesta mínimo para la obtención de alivio o curación de síntomas, especialmente en el utilización de medicamentos alopáticos por la medicina occidental. Describimos en este informe los puntos de hecho sobre el cuidado de una mujer portando cáncer de mama en tratamiento de quimioterapia, así como su diagnóstico de la energía, la elección del tratamiento y los resultados posteriores en la experiencia del paciente frente a la acupuntura que está sucediendo. En este sentido, el objetivo del estudio eres

evaluar la respuesta a la intervención de la MTC en la lucha contra los efectos secundarios de la quimioterapia en una mujer, 47 años, con cáncer de mama. Después de la anamnesis, creemos que el paciente tiene una constitución tierra, la naturaleza Yin, ha sido generalmente vacío y tiene una etiología crónica de preferencia interna. Basado en la información obtenida inicial, el diagnóstico llegado fue deficiencia de la energía "Qi" de pi, xue de xin, de gan y Yang de shen. Las sesiones han tenido lugar fundamentalmente una vez a la semana, donde se hay utilizado: aplicación sistémica de las agujas, moxibustión y acupuntura en el oído. Actualmente, la paciente cumple el estable general, edema leve, la inmunidad restaurada y con el estado emocional equilibrado mediante tratamiento usando puntos como VC4, BP10, E36 y PC6. Todavía aún recibirá una última sesión de quimioterapia programada para el segundo ciclo, por lo que aún no se ha dado alta clínica.

PALABRAS-CLAVE: dolor de cuello, efectos de drogas, acupuntura.

RESOLUTIVIDADE DA ACUPUNTURA EM EFEITOS COLATERAIS DECORRENTES DA QUIMIOTERAPIA APLICADA EM UMA PACIENTE PORTADORA DE CÂNCER DE MAMA

RESUMO

Sob a ótica holística da Medicina Tradicional Chinesa (MTC), entendemos que a ansiedade, medo, tristeza, raiva e/ou dor ocasionam desarmonias psicossomáticas no ser humano e são responsáveis por sintomas de desconforto causadores do decréscimo na qualidade de vida. A acupuntura é um tratamento da MTC, acessível e com tempo de resposta mínimo para obtenção do alívio ou cura de sintomas, principalmente sem o uso de medicações alopáticas da medicina ocidental. Descrevemos neste relato as considerações tecidas acerca do atendimento de uma senhora portadora de câncer de mama sob tratamento com quimioterapia bem como de seu diagnóstico energético, terapêutica escolhida e subseqüente resultados obtidos na medida em que a experiência da paciente frente à acupuntura vem acontecendo. Diante do exposto, o objetivo deste trabalho foi verificar a resposta da intervenção da MTC no combate aos efeitos colaterais decorrentes da quimioterapia em uma auxiliar de farmácia de 47 anos portadora de câncer de mama. Após anamnese consideramos que a paciente possui elemento constituinte terra, natureza Yin, apresenta estado geral vazio e porta um processo crônico de etiologia preferencialmente interna. Tomando como base as informações colhidas na avaliação inicial chegamos ao diagnóstico energético de deficiência do "Qi" do pi, do xue do xin, do xue do gan e do Yang do shen. Os encontros têm ocorrido essencialmente uma vez por semana, onde utilizamos aplicação de agulhas sistêmicas, moxabustão e auriculoterapia. Atualmente a paciente encontra-se com quadro geral estável, edemas discretos, imunidade restabelecida e apresentando estado emocional equilibrado mediante tratamento de acupuntura utilizando pontos como VC4, BP10, E36 e PC6. Ressaltamos que a mesma ainda irá submeter-se à última sessão do segundo ciclo de quimioterapia programada, portanto ainda não recebeu alta clínica.

PALAVRAS-CHAVE: quimioterapia, efeitos de drogas, acupuntura.

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