

Acupuncture

What is Western Medical Acupuncture?

Acupuncture is a therapy which has been practised in China and other Eastern countries (Japan, Korea, Vietnam, etc.) for thousands of years. Over time it has branched into two streams: Eastern acupuncture which focuses on improving overall wellbeing and Western which aims to treat specific symptoms.

Western medical acupuncture involves the insertion of very fine needles into specific points around the body using current knowledge of anatomy, physiology and pathology. Acupuncture works by stimulating receptors in your skin which in turn stimulates your nervous system.

What are the potential benefits?

Acupuncture is offered to help manage side effects and symptoms of cancer and its treatment, and that of other illnesses. This includes relief from chemotherapy-induced nausea, musculoskeletal pain, radiation burn pain, hot flushes, breathlessness and fatigue.

What happens during an Acupuncture treatment?

The acupuncturist will take information about your current symptoms, medical history, medication and general wellbeing. Based on the findings of this assessment the therapist will gently insert very thin needles at certain points on your body. The needles are left in place for approximately 30 minutes and may be gently manipulated. You may be asked to remove some clothing to access the necessary acupuncture points.

Where will this take place?

Acupuncture takes place at a physiotherapy clinic in St Leonards on Sea. The treatment room is wheelchair accessible and parking is available outside the clinic.

How long does a session last, how many will I have, and how often will they take place?

Acupuncture sessions last up to 50 minutes. The number of sessions depends on the issue being treated and will be outlined by your acupuncturist during your first session.

How will I feel afterwards and what should I do?

Acupuncture should cause virtually no pain. However, some people experience sensations such as heaviness, tightness, numbness or light headedness after a treatment. This is nothing to worry about, but it is advisable not to have too strenuous a day following an acupuncture treatment. You may feel thirstier than usual and it may help to have a glass of water to drink. It is recommended that you avoid alcohol on the day of the treatment.

Therapist qualifications

Sara Lee Trust acupuncturists are fully trained, experienced and registered. They undertake ongoing training and are fully insured.



Complementary therapies, including acupuncture, should not be regarded as an alternative to medical treatment prescribed by your doctor.

Further Information on The Sara Lee Trust Services

Who we are and what we do

The Trust was established in 1996, in memory of Sara Lee, who lived locally and died from cancer, aged 32. Today the Trust continues to provide essential care and services to people in Hastings and Rother affected by cancer and other life-threatening illnesses, including family members and carers.

We provide, free of charge, counselling, complementary therapies and group activities. The Trust delivers over 80 hours of therapy care per week to local people, including patients of St Michael's Hospice and The Rye, Winchelsea and District Memorial Hospital where we have therapy rooms and provide care on the wards. We also provide therapy in the community by visiting patients in their own homes, and from our Therapy Centre in Sidley, Bexhill.

To be referred for our services

Please speak to a health professional responsible for your care (e.g. nurse specialist, GP or consultant). They will need to complete a referral form, which can be downloaded from our website (see below for details).

To find out more about our services, or if you have any comments or suggestions to make about the Sara Lee Trust, contact us at:

The Sara Lee Trust
25 Upper Maze Hill
St Leonards on Sea
East Sussex
TN38 0LB

Tel: 01424 456608
Email: info@saraleetrust.org
Website: www.saraleetrust.org

Registered Charity Number 1055048

