

Acupuncture and Chinese Medicine Supplement My Treatments

I was diagnosed with **breast cancer** 15 years ago. After mastectomy and chemotherapy, I was cancer free for 14 years till summer 2011. PET scan confirmed that my breast cancer has **recurred** and **metastasized** in four places including my **bone**. Due to the tumor in the lymph nodes in my **lung**, I suffered from pneumonia, severe pain, and difficulty of breathing. My first phase of treatment was eight cycles of Taxol chemotherapy, which swiftly eased the pain and the fluid in my lung but failed to effectively reduce the sizes of the tumors and the intensity of cancer activities.

Neuropathy

After chemotherapy with Taxol, I had **severe neuropathy** with my fingers and toes. My toes were so numb that I had to walk with a walking stick to prevent stumbling or falling when going for walks outside the house. After consulting with Dr. Luke Tian, I started acupuncture twice a week in the beginning of November 2011. After receiving acupuncture treatment for about a dozen times, my fingers showed **remarkable improvement in regaining feelings**. Before I took notice, I felt completely normal with my fingers and hands and my toes were getting better with each treatment. After about three months, my neuropathy was gone and my fingers and toes were in good shape.

Lung Condition

Due to the swollen lymph nodes and the fluid in my lung, I constantly have the problems of coughing, heaviness on my chest/lung, short of breath and occasional pains while breathing. My second phase of treatment was to take hormone medicine (Femara) to block estrogen. In the meantime, I continued the acupuncture twice a week at Dr. Tian's office. Dr. Tian monitors my physical condition by checking my pulse and tongue before each treatment. Based on his assessment, his acupuncture treatments have **gradually geared to improve my lung condition and my overall treatments**. When my condition went up and down during the months of November, December and January, the acupuncture provided a **"surprising" relief** for me. In a few instances, I clearly felt the impact of acupuncture as **it lifted the "heavy load" off my chest/lung, the air flowed easily, and suddenly I could breathe effortlessly**. I started to believe that acupuncture can be an effective supplement to my hormone treatment. In December, I took Dr. Tian's recommendation to start taking a Chinese herbal medicine which aims at sustaining and strengthening my lung. I take the Chinese medicine twice a day.

Assessments

PET Scan: To monitor my condition and assess the treatments, I had a PET scan at end October, CAT scan at early December, and PET scan at early February. **For the first time** since my diagnosis, my PET report in February clearly showed that **the tumors have shrunk in size and decreased intensity of activity**.

Tumor Marker: By comparing the results of my **CA 27.29** blood tests, the doctor confirmed that the current combined treatments have worked effectively to reduce the number of my tumor marker from **53** (tested on 11/21/2011) to **29** (tested on 1/26/2012), which showed **a clear decrease in 2 months**.

To sum up, the combination of hormone medicine and Chinese treatments has obviously worked well and brought good results. The weekly acupuncture treatments also play an important part in maintaining my daily well-being by providing constant "relief" for my on-and-off problems with coughing and breathing.

RL (March 2012)