ACUPUNCTURE

What is acupuncture?
Acupuncture is a therapeutic technique adapted from traditional Chinese medicine. Trained practitioners insert hair-thin, sterile, single-use needles through the skin at specific points on the body to help promote healing and a sense of well-being.

How can acupuncture help cancer patients?
Acupuncture, used in conjunction with standard cancer treatments, can help control symptoms that are common before or after cancer treatment. As a complementary therapy, acupuncture can ease many side effects including the following:

- Bone Pain
- Dizziness
- Fatigue
- Headaches
- Hot flashes
- Insomnia
- Nausea
- Neuropathy
- Pain
- Stress

Does acupuncture hurt?
The needles used in acupuncture are very thin. Most people do not find treatments painful. In fact, most people find them to be relaxing.

Is acupuncture safe?
Yes. Acupuncture at Huntsman Cancer Institute (HCI) is safe for people who are or have been treated for cancer. All needles are approved by the Food and Drug Administration (FDA). The needles are sterile, only used once, and then disposed.

HCI patients can receive acupuncture treatments at a reduced cost. This service is offered through the Linda B. and Robert B. Wiggins Wellness-Survivorship Center, located on the first floor of HCI’s cancer hospital.

About our acupuncturist
Annie Budhathoki, L.Ac, is a state licensed and nationally certified Diplomat of Acupuncture. Before HCI, she started a private acupuncture practice, Acupuncture SLC. Budhathoki graduated from Pacific College of Oriental Medicine in San Diego, California, and has a master’s degree in Oriental medicine specializing in orthopedics, pain management, neurology, and geriatrics. She has also studied Tibetan Medicine in Nepal.

For more information about acupuncture or to make an appointment, call Cathy Ricci at 801-587-4585 or visit www.huntsmancancer.org/acupuncture.