

Agopuntura e riflessologia per le pazienti con carcinoma mammario

Claudia MAGGIORE, MD

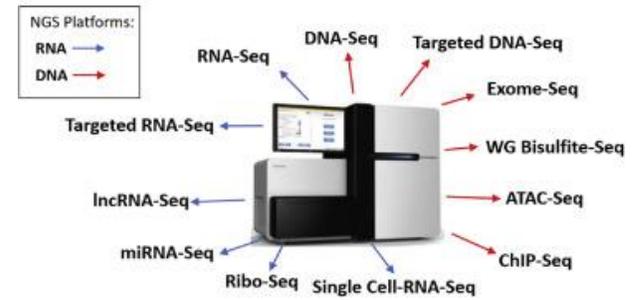
**Centro Komen Italia per i Trattamenti Integrati in Oncologia
Fondazione Policlinico Universitario A. Gemelli IRCCS**



300AC

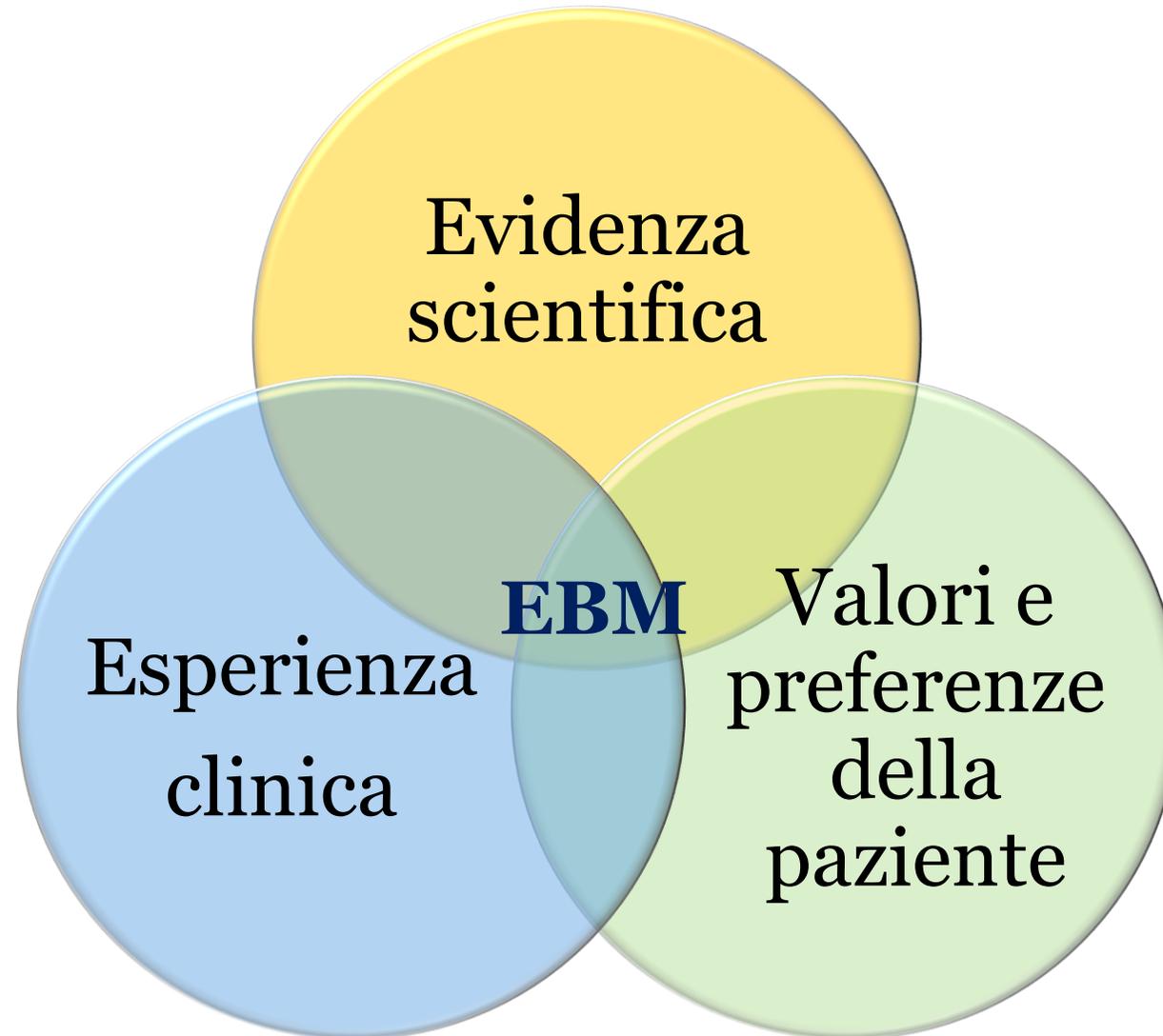
The Yellow Emperor's Classic of Internal Medicine

Next Generation Sequencing Platforms

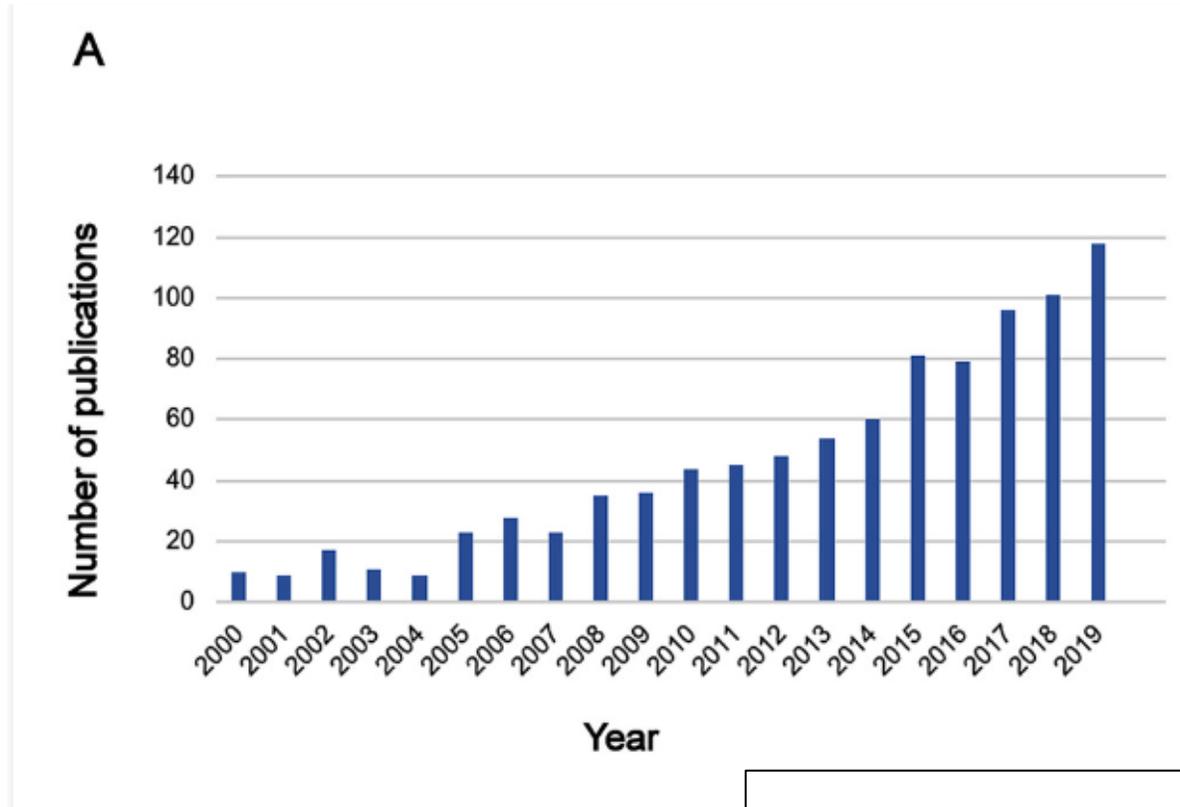


2022

NGS in NSCLC







Un totale di 927 articoli
pubblicati in 325 riviste

[Integr Cancer Ther.](#) 2020 Jan-Dec;19:1534735420959442. doi: 10.1177/1534735420959442.

Research Trends of Acupuncture Therapy on Cancer Over the Past Two Decades: A Bibliometric Analysis

Jing Guo ¹, Lixia Pei ¹, Lu Chen ¹, Hao Chen ², Dongmei Gu ¹, Chen Xin ¹, Yongjun Peng ¹, Jianhua Sun ¹

Agopuntura per sintomi vasomotori

VOLUME 33 · NUMBER 31 · NOVEMBER 1 2015

JOURNAL OF CLINICAL ONCOLOGY

ORIGINAL REPORT

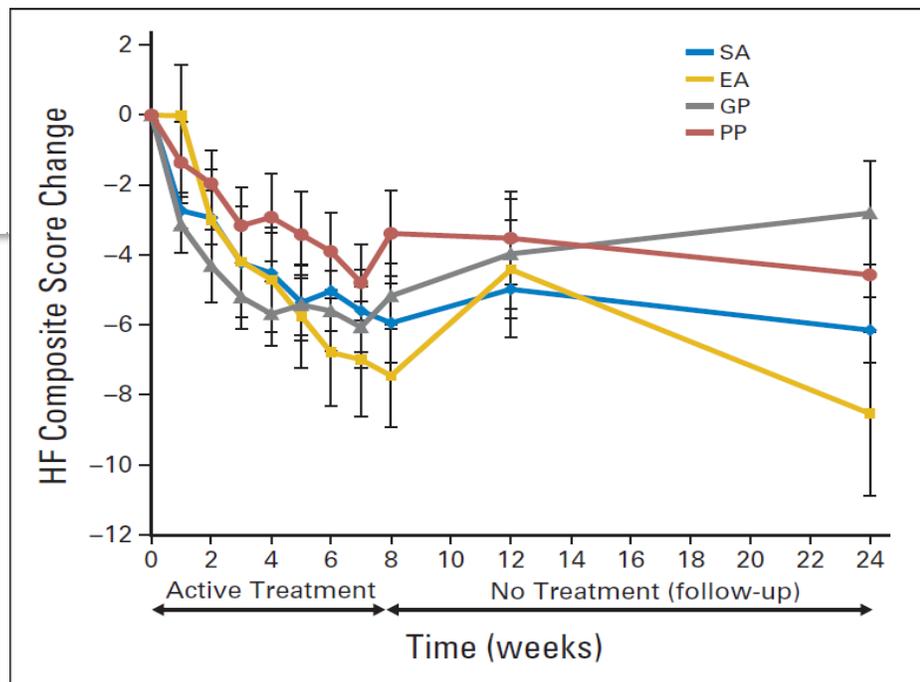
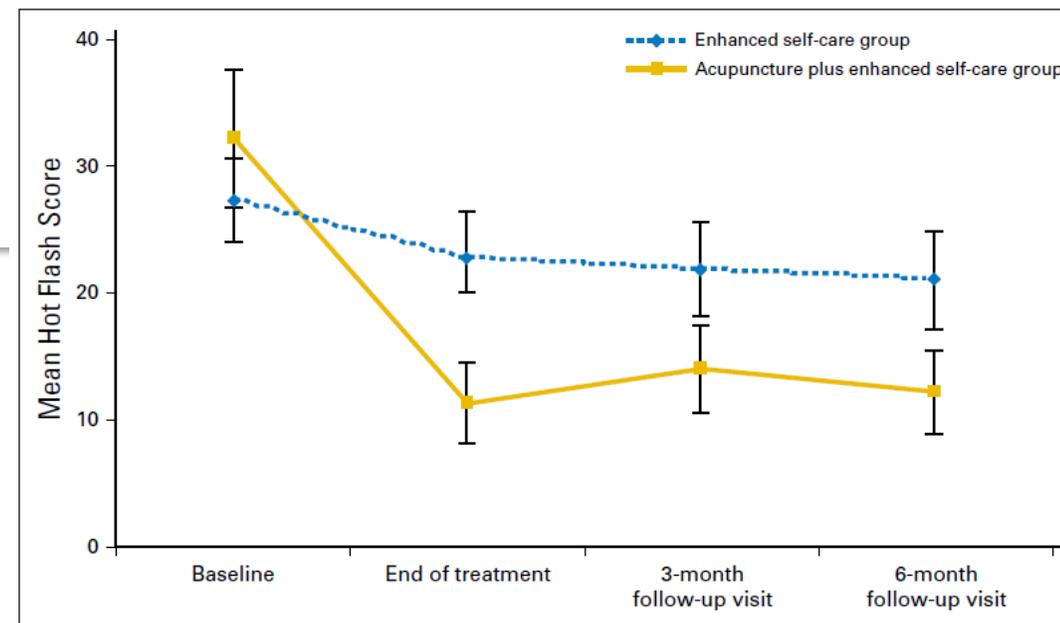


Fig 2. Mean change in hot flashes (HFs) by treatment groups over time. EA, electroacupuncture; GP, gabapentin; PP, placebo pill; SA, sham acupuncture.

VOLUME 34 · NUMBER 15 · MAY 20, 2016

JOURNAL OF CLINICAL ONCOLOGY

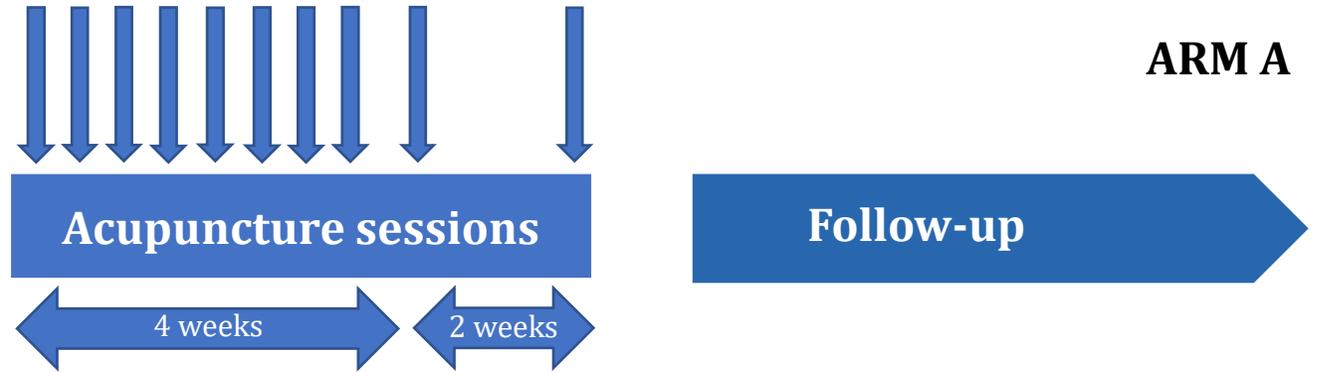
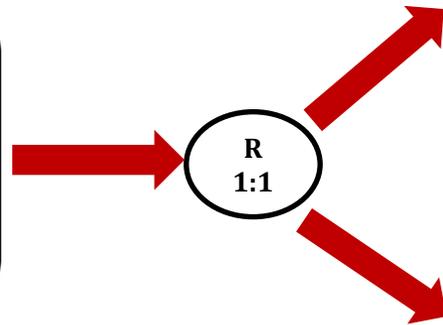
ORIGINAL REPORT



AcuHOTFLASH Study Design



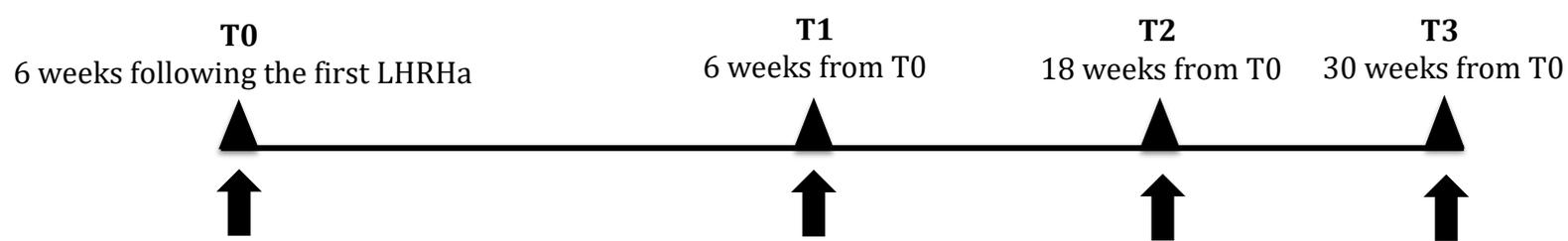
90 premenopausal BC
(stage I-III)
adjuvant LHRHa + ET
(Tam or AI)



ARM A



ARM B



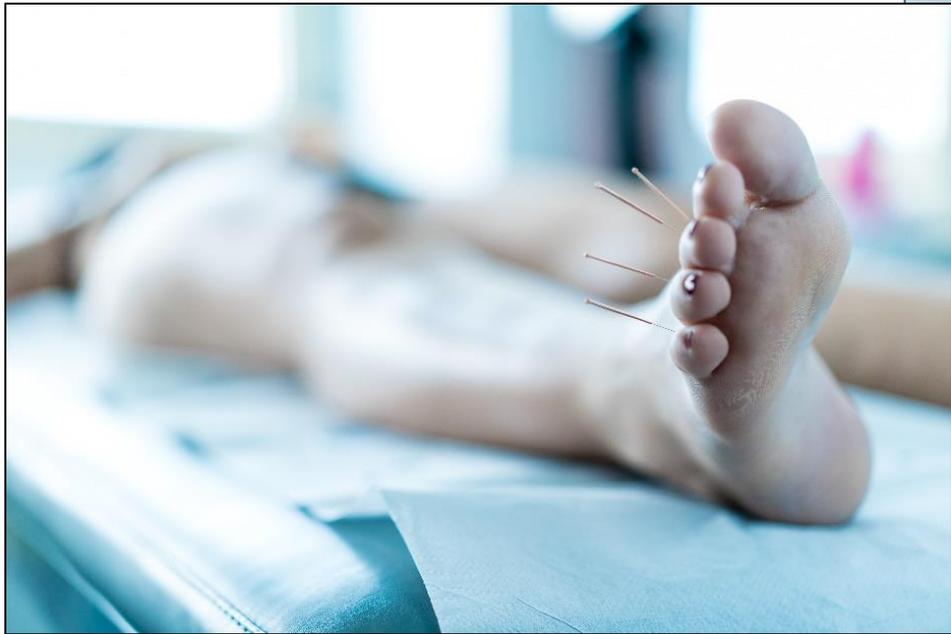
Primary endpoint
Intensity and frequency measured with the HFCS score at 30 weeks (T3) from T0, assessed by the *Hot Flash Composite Score* (HFCS) at 6 months

Secondary endpoints

- Sleep quality measured by the *Pittsburgh Sleep Quality Index* (PSQI)
- Quality of life measured by the Menopause-specific Quality of Life Questionnaire (MenQoL) and EORTC QoL Questionnaire (EORTC QLQ-C30).

Evidenza scientifica: Linee guida

ASCO-SIO, AIOM, ESMO and NCCN





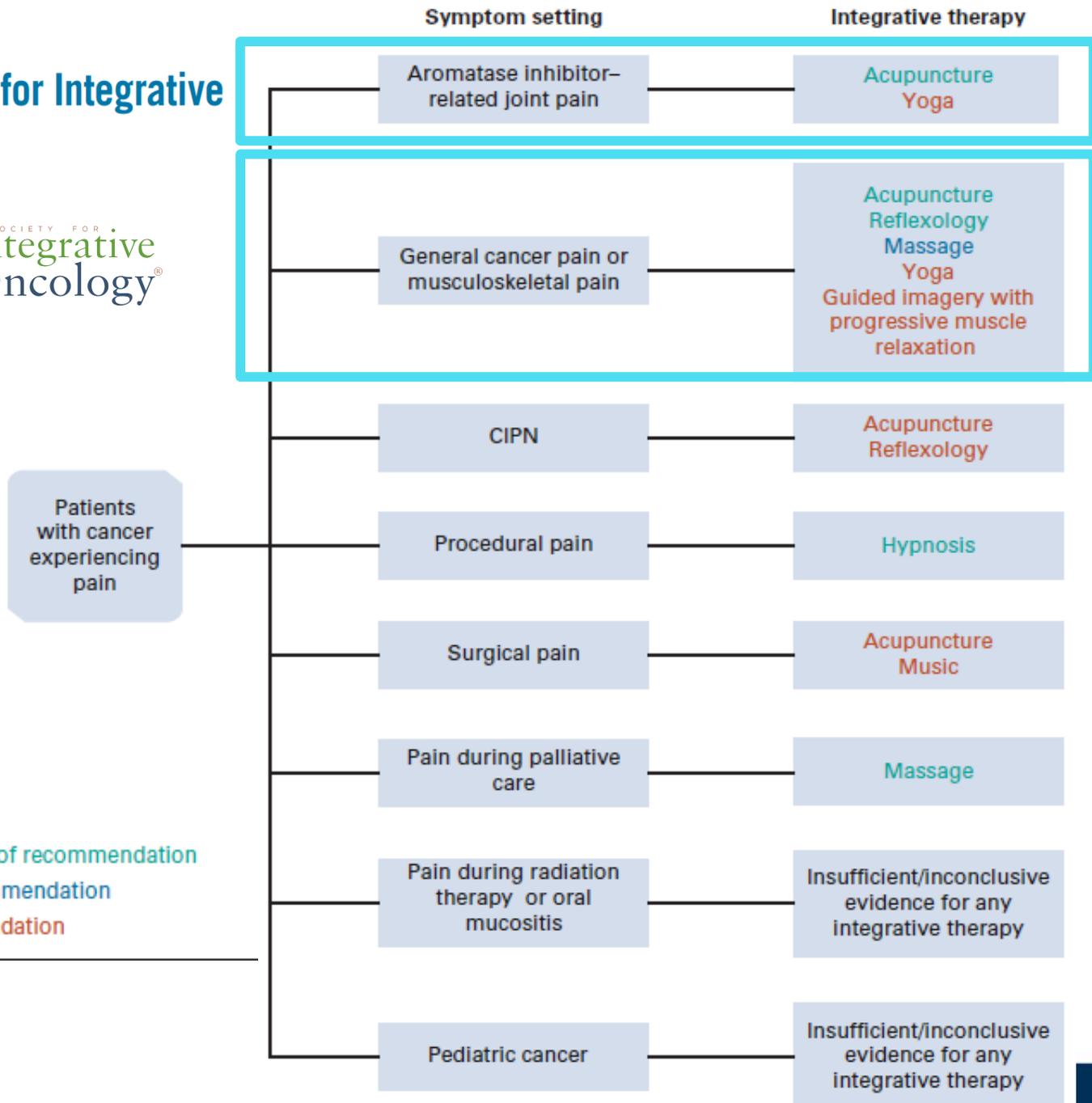
Integrative Therapies During and After Breast Cancer Treatment: ASCO Endorsement of the SIO Clinical Practice Guideline



Gary H. Lyman, Heather Greenlee, Kari Bohlke, Ting Bao, Angela M. DeMichele, Gary E. Deng, Judith M. Fouladbakhsh, Brigitte Gil, Dawn L. Hershman, Sami Mansfield, Dawn M. Mussallem, Karen M. Mustian, Erin Price, Susan Rafte, and Lorenzo Cohen

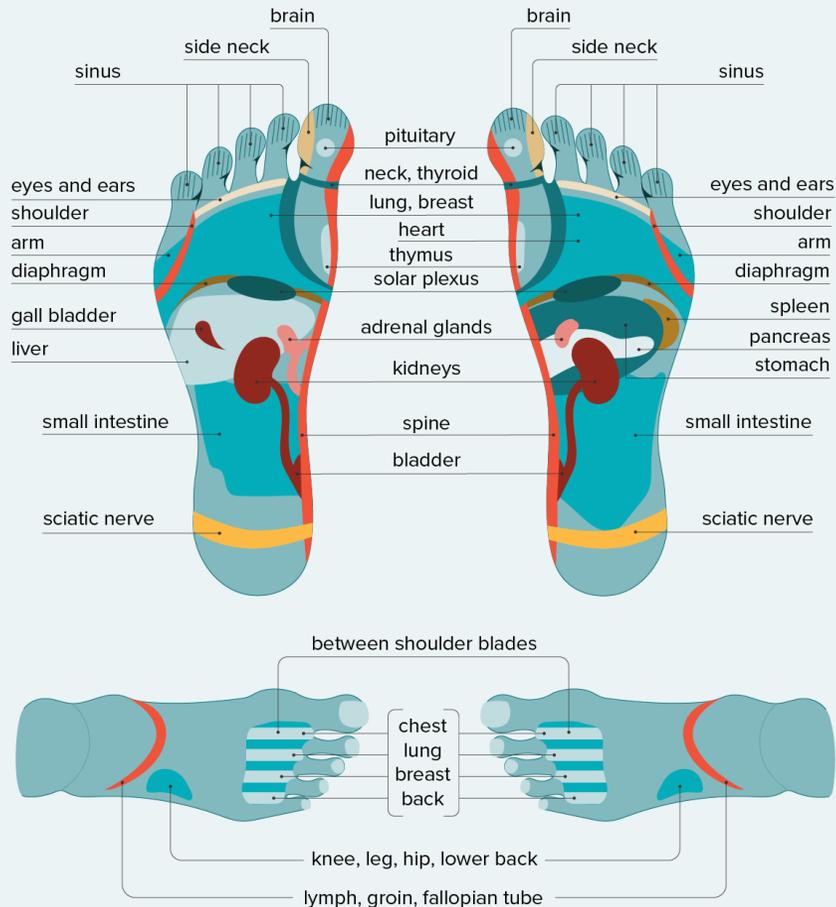
Symptom		Recommendation
CINV –chemotherapy induced nausea and vomiting	Acupressure Elettroacupuncture	Grade B
FATIGUE	Acupuncture	Grade C
PAIN	Acupuncture	Grade C
HOT FLASHES	Acupuncture	Grade C
ANXIETY STRESS REDUCTION	Acupuncture	Grade C
MOOD DISORDER DEPRESSION	Acupuncture	Grade C

Integrative Medicine for Pain Management in Oncology: Society for Integrative Oncology-ASCO Guideline



Notes:
 Intermediate quality of evidence; moderate strength of recommendation
 Low quality of evidence; moderate strength of recommendation
 Low quality of evidence; weak strength of recommendation

Foot Reflexology Chart



- ❖ Digitopressione stimolare aree/punti che per via riflessa promuovono reazioni fisiologiche nel corpo
- ❖ Corrispondenza tra specifici aree/punti su mani e piedi e ghiandole e organi interni
- ❖ Setting oncologico: **dolore** muscoloscheletrico e dolore correlato al tumore in generale, promuovere **rilassamento, migliorare qualità della vita**



National
Comprehensive
Cancer
Network®

Le **NCCN guidelines** raccomandano l'agopuntura per **dolore, fatigue, nausea vomito e vampate di calore** in un setting di cure palliative e survivorship.

Oltre **80%** dei Centri Oncologici riconosciuti dal **National Cancer Institute** raccomandano l'agopuntura per la gestione dei sintomi legati alle terapie oncologiche

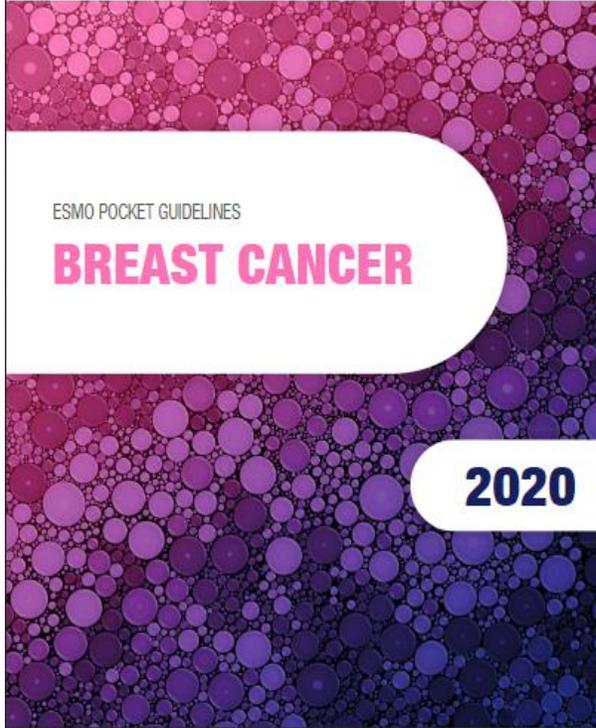
J Natl Cancer Inst Monogr (2017) 2017(52): 1gx005

doi: 10.1093/jncimonographs/1gx005
Article

ARTICLE

**The National Cancer Institute's Conference on
Acupuncture for Symptom Management in Oncology:
State of the Science, Evidence, and Research Gaps**

Farah Z. Zia, Oluwadamilola Olaku, Ting Bao, Ann Berger, Gary Deng, Arthur Yin Fan, Mary K. Garcia, Patricia M. Herman, Ted J. Kaptchuk, Elena J. Ladas, Helene M. Langevin, Lixing Lao, Weidong Lu, Vitaly Napadow, Richard C. Niemtzwow, Andrew J. Vickers, Xin Shelley Wang, Claudia M. Witt, Jun J. Mao



ESMO POCKET GUIDELINES

BREAST CANCER

2020

Search icon (magnifying glass) | Information icon (i)

Management of symptoms

Assess using PROMs

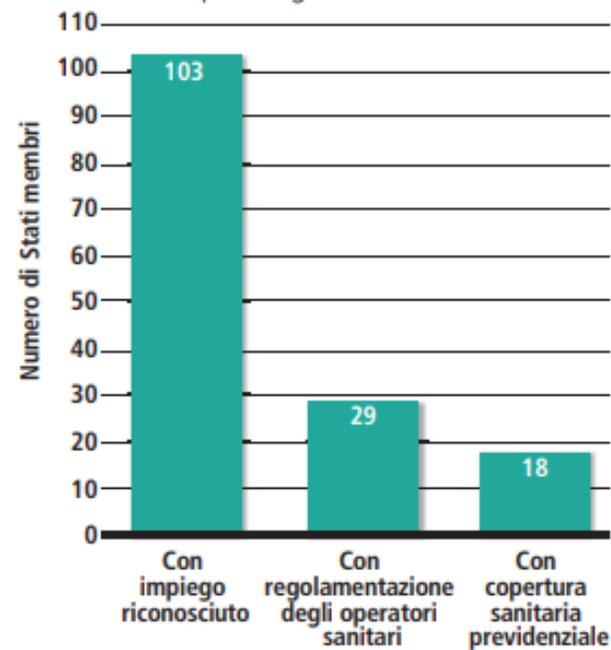
Pain	Cancer-related fatigue	CDK inhibitor-induced neutropaenia
Non-infectious pneumonitis related to mTOR or CDK4/6 inhibitors	Mucositis/stomatitis	Dyspnoea
Nausea and vomiting	Endocrine toxicities of mTOR inhibition	HFS
CIPN	Postmenopausal symptoms	Dyspareunia

- Systemic hormone therapy not recommended
- General: mind-body interventions, physical training, CBT
- Hot flushes: venlafaxine, oxybutynin, gabapentin, clonidine, acupuncture
- Sleep disturbances: melatonin

Qualità Globale delle prove	Raccomandazione clinica	Forza della raccomandazione
BASSA	In popolazione con <u>artralgie</u> in corso di terapia con <u>inibitori delle aromatasi</u> un trattamento con <u>agopuntura manuale</u> può essere preso in <u>considerazione come prima opzione</u> (7,8)	Positiva debole

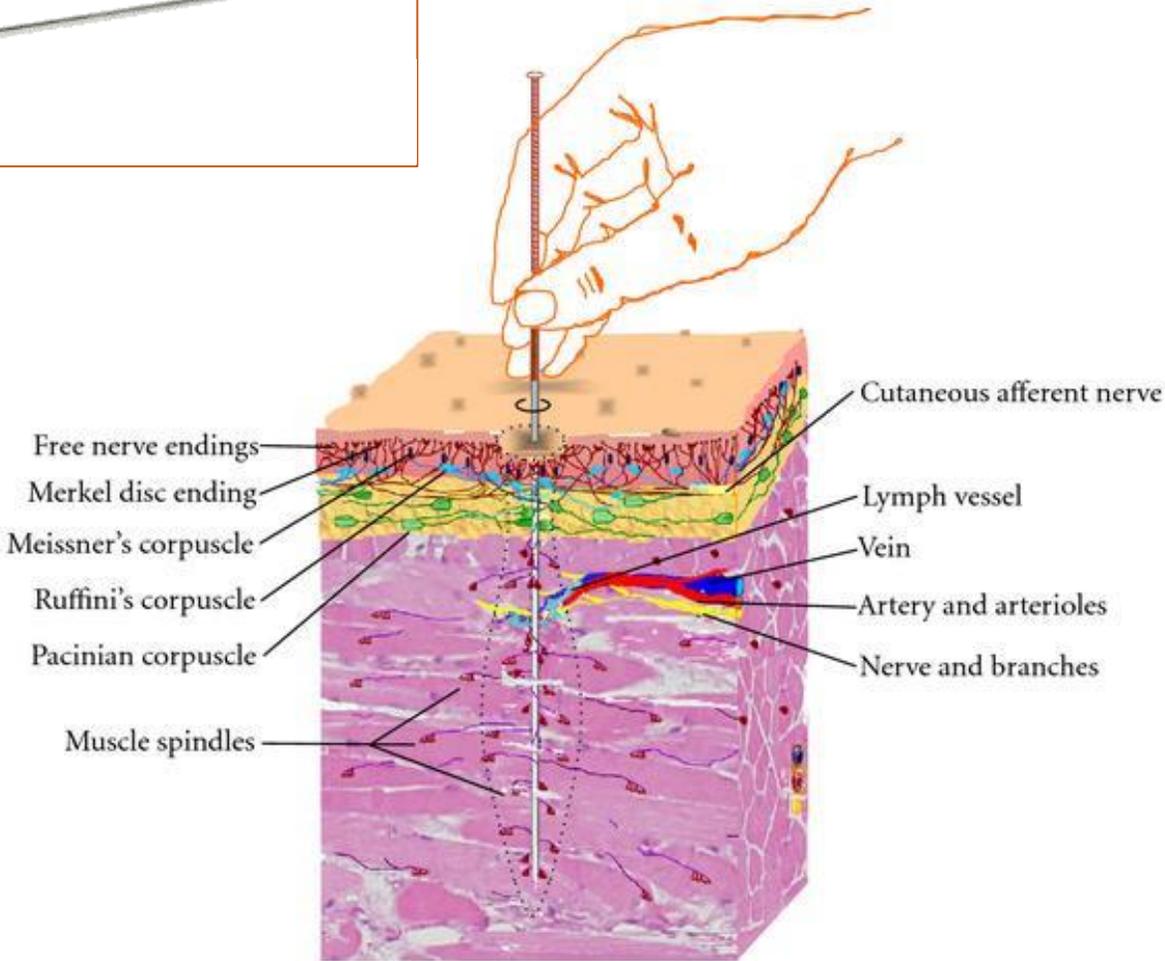
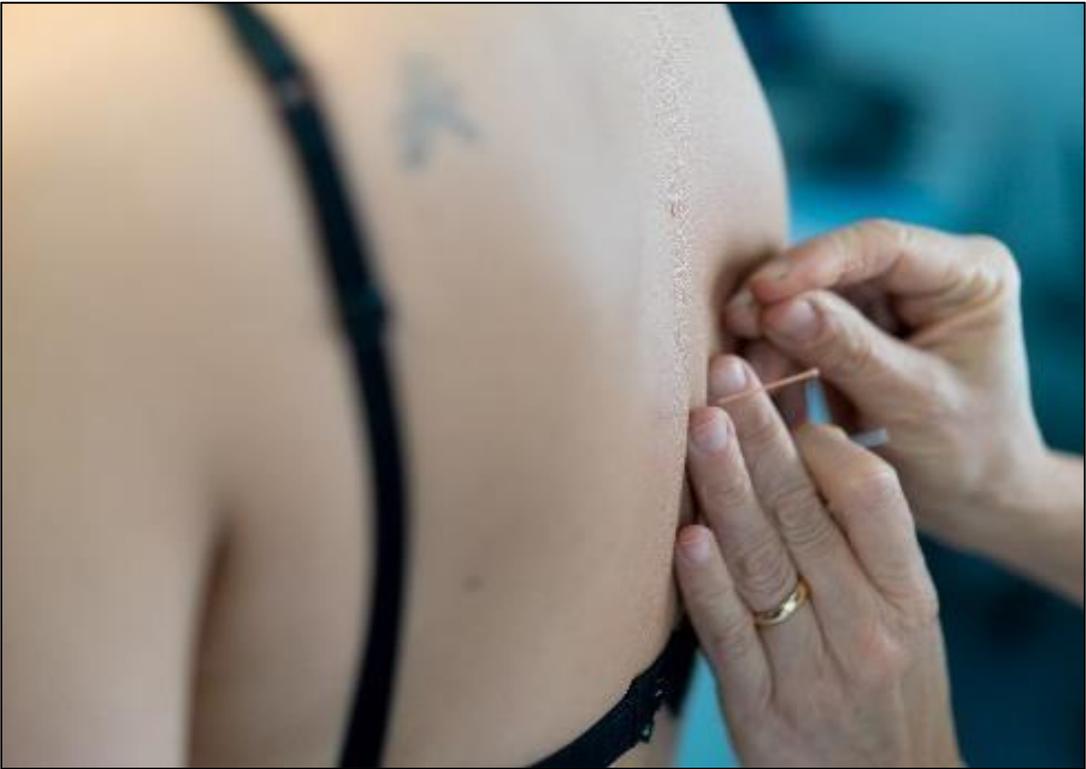


Grafico 2: Impiego dell'agopuntura
da parte degli Stati membri

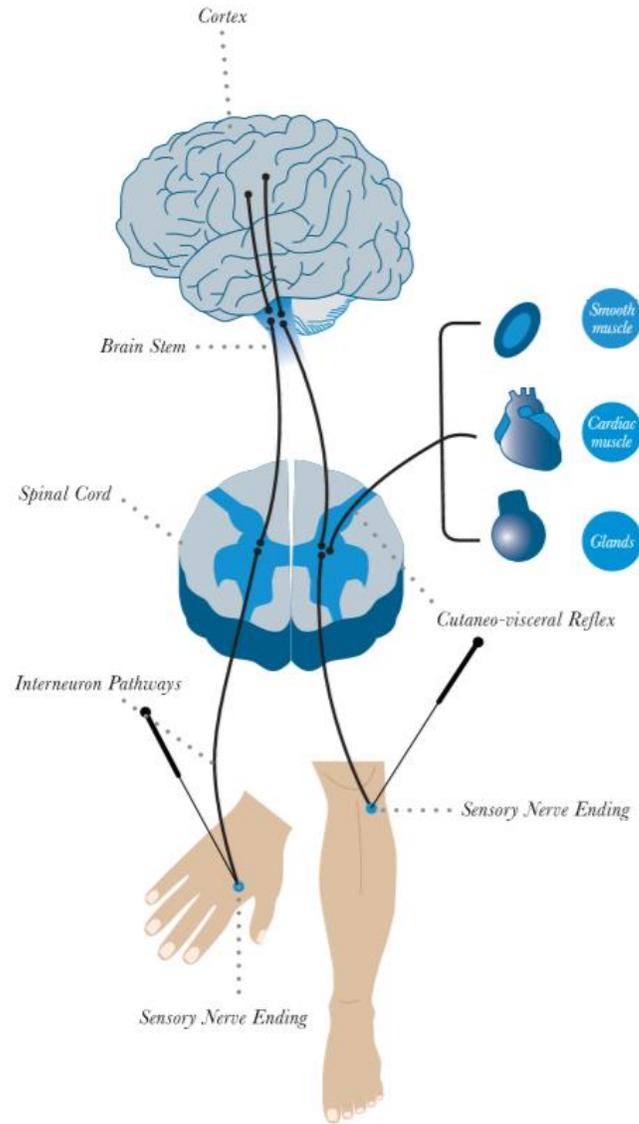


Fonte: dati provvisori dalla 2nd WHO Global TRM Survey all'11 giugno 2012.

Sicurezza e Scarsa invasività



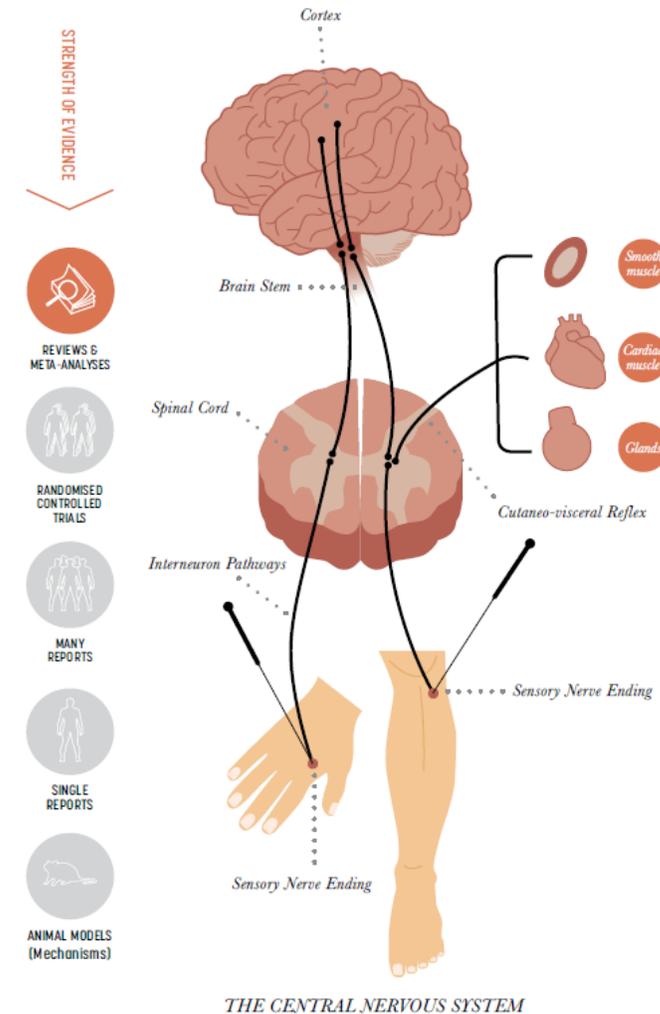
Meccanismo d'azione



- ❖ stimolazione i recettori sensoriali
- ❖ attivazione sistema ipotalamo-ipofisario
- ❖ rilascio di neurotrasmettitori in particolare **endorfine = oppiacei naturali del corpo**

Meccanismo d'azione

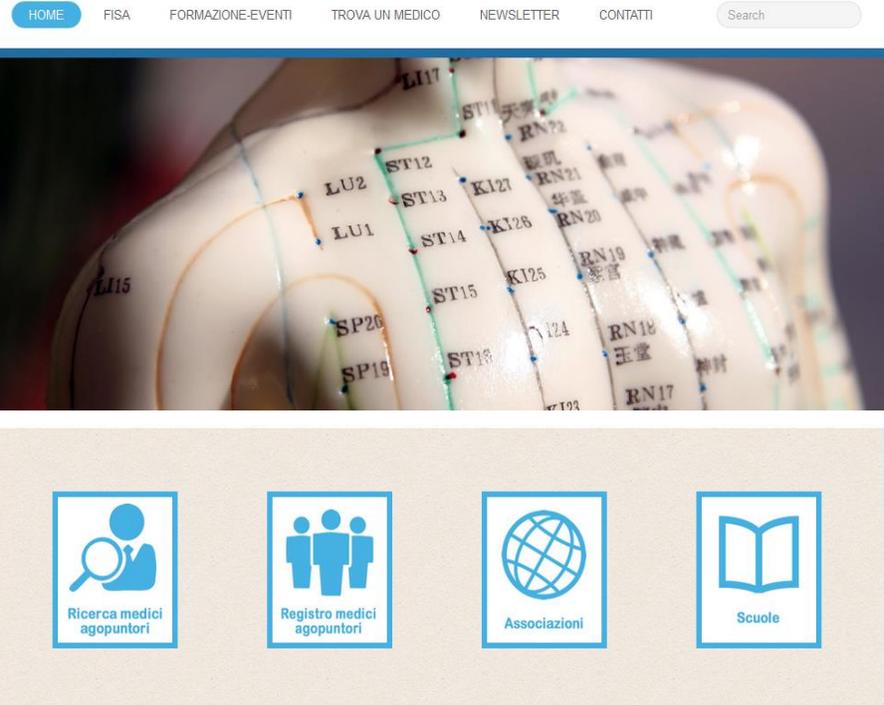
- ❖ Proprietà sedative sul **dolore**
- ❖ Miglioramento del **tono dell'umore**
- ❖ **Permettono il controllo** attraverso stimolazione, inibizione, modulazione, integrazione di molte funzioni dell'organismo, quali **secrezioni endocrine** e **ritmi di attività viscerali**

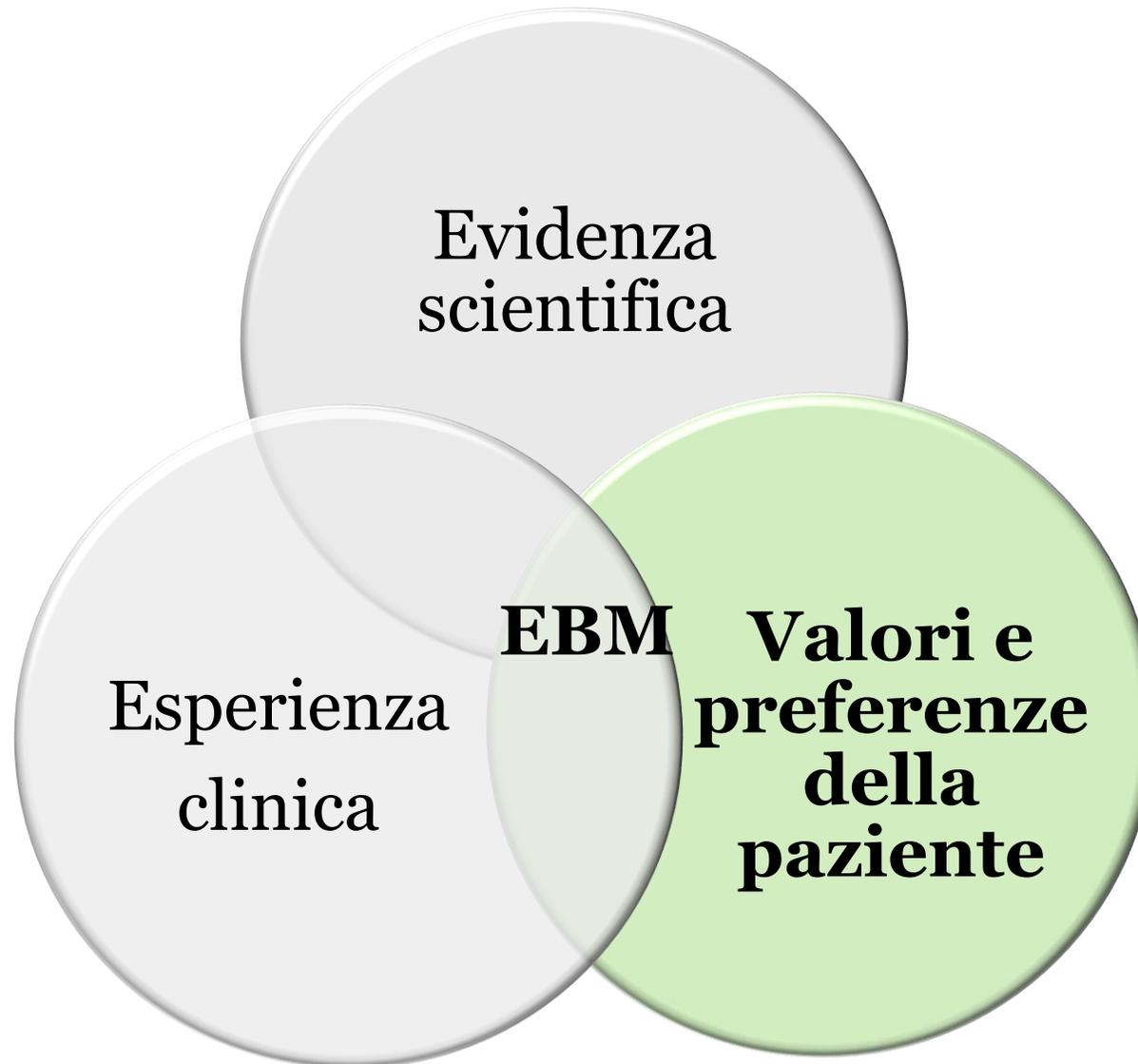




Registro degli Agopuntori presso ordine dei medici

In base alla sentenza della Sezione penale della Corte di Cassazione del 19/07/82 **l'agopuntura in Italia** è un **atto medico** pertanto **può essere praticata solo da Medici Chirurghi**





Valori e preferenze del paziente



Breast Cancer: 73% dopo la diagnosi, 43% durante cure oncologiche

ASCO 2021



40 % dei pazienti oncologici si avvale di qualche forma di terapia complementare

Malassiotis A et al, Ann Oncol 2005



48,9% dei pazienti oncologici usano o hanno recentemente usato CAM

Berretta M et Al, Oncotarget 2017





Centro Komen Italia



Chemio/radioterapia

- Nausea/vomito
- Dolori muscoloscheletrici
- Fatigue
- Neuropatie periferiche(CIPN)

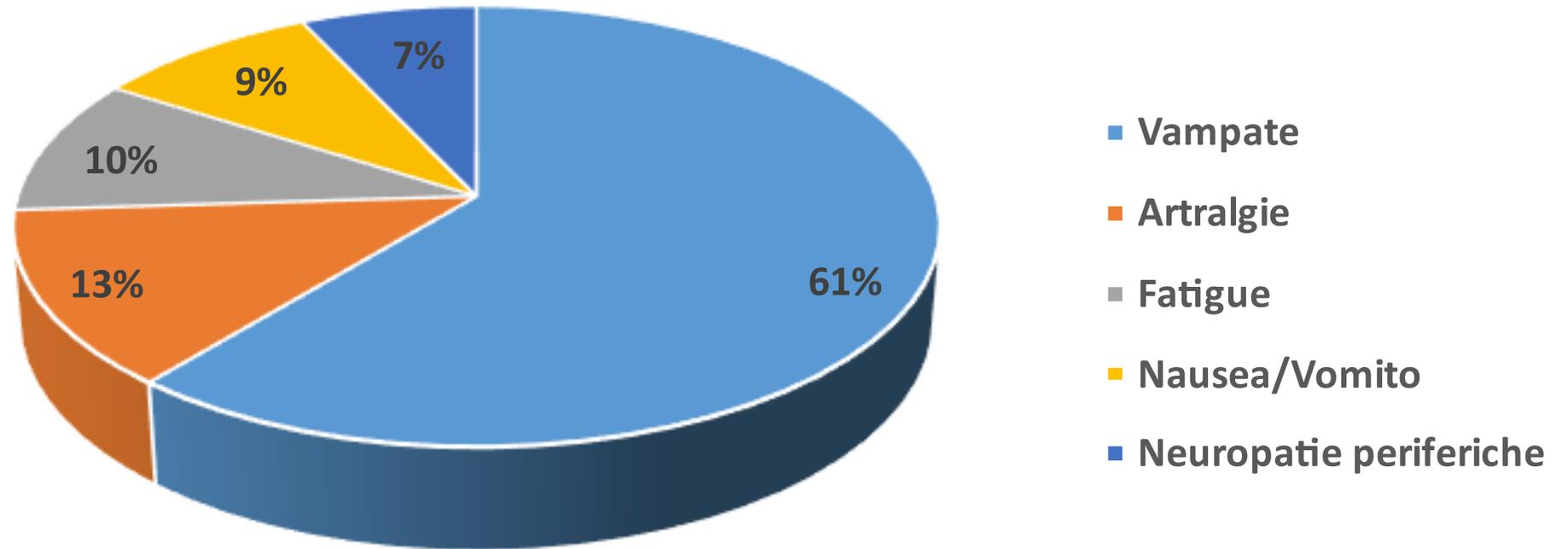


Terapie Ormonali

- Vampate di calore/sudorazioni notturne
- Artralgie
- Insonnia
- Ansia



Centro Komen Italia





SCALA CLIMATERICA DI GREENE

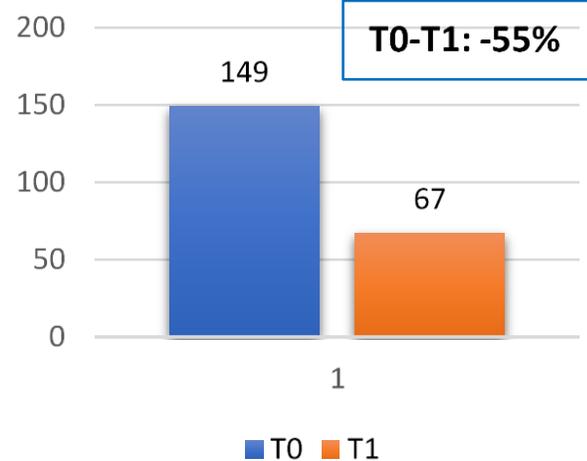
SINTOMI	NO 0	UN PO 1	PARECCHIO 2	MOLTISSIMO 3
1. Tachicardia/palpitazioni				
2. Tensione/nervosismo				
3. Disturbi del sonno				
4. Eccitabilità/emotività				
5. Attacchi ansia/panico				
6. Difficoltà concentrarsi				
7. Stanchezza/debolezza				
8. Perdita di interesse nella maggior parte delle attività				
9. Tristezza/depressione				
10. Crisi di pianto				
11. Irritabilità				
12. Sensazione mancamento/svenimento				
13. Pressione/costrizione alla testa				
14. Intorpidimento o perdita sensibilità parti del corpo				
15. Cefalea				
16. Dolore muscolare/articolare				
17. Perdita sensibilità mani/piedi				
18. Difficoltà respiratorie				
19. Vampate calore				
20. Sudorazioni notturne				
21. Perdita libido sessuale				
SCORE				

30 pazienti con diagnosi di carcinoma della mammella, trattate con agopuntura per **sintomi relativi alla sindrome climaterica indotta dalle terapie ormonali.**

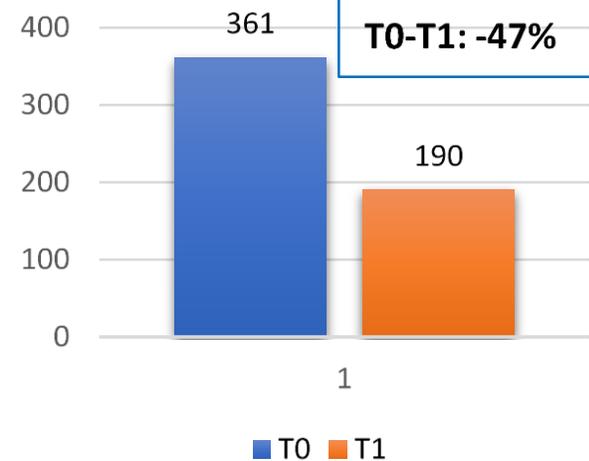
La **Scala Climaterica di Greene** indaga quattro settori: **psicologico** (items 1-11), **fisico** (items 12-18) **vasomotorio** (items 19-20), **perdita di libido** (item 21)



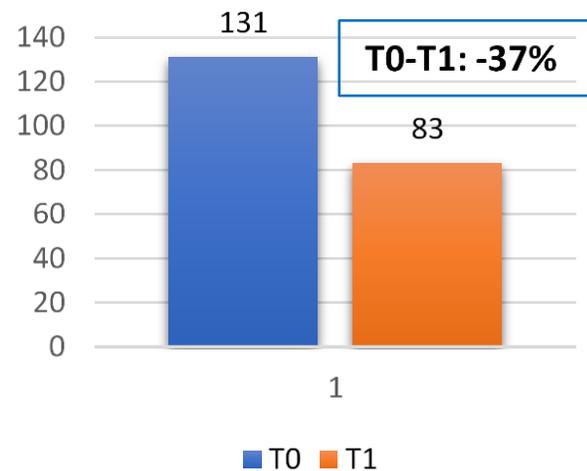
Area vasomotoria



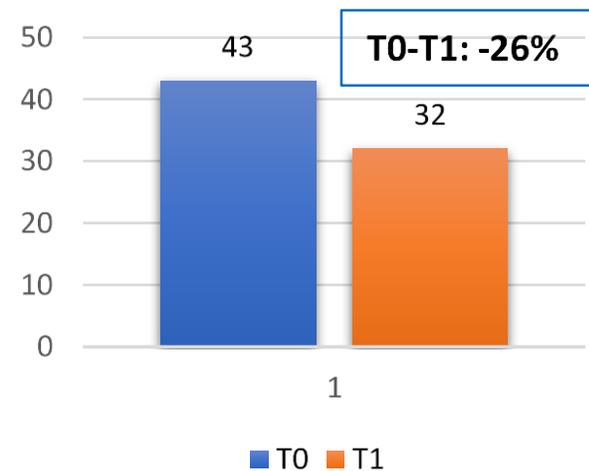
Area psichica

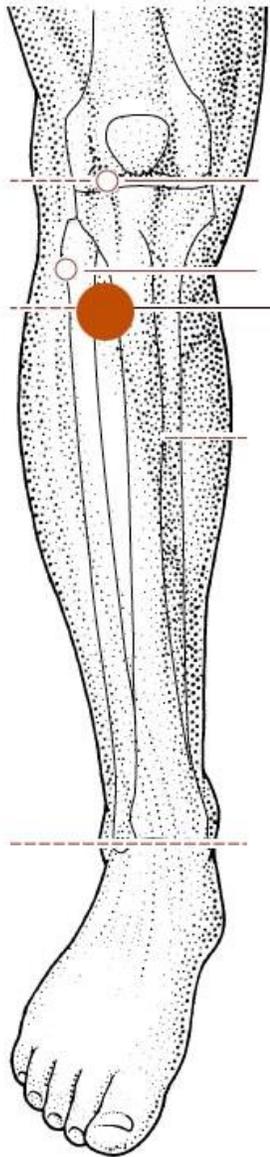


Area fisica



Perdita di libido





Zusunli ST-36

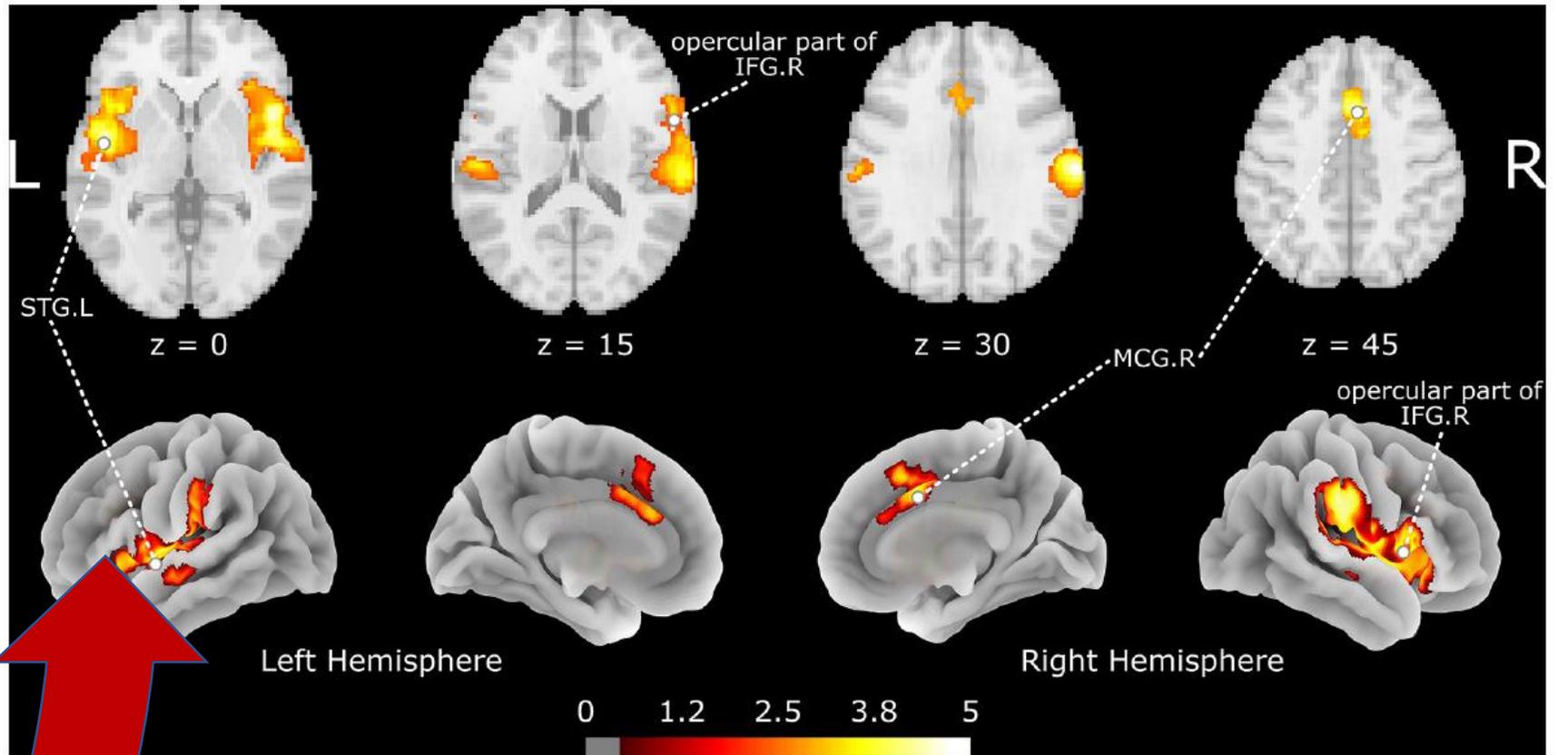


FIG. 1. The brain regions activated by acupuncture at ST36. The color map indicates the SDM-Z values with a cutoff level of 0.5; STG, superior temporal gyrus; IFG, inferior frontal gyrus; MCG, median cingulate/paracingulate gyri; L/R indicates the left or right hemisphere.

Grazie!