



*Napadow et al, 2005*

# ACUPUNCTURE FOR CANCER RELATED DEPRESSION AND ANXIETY

**Acupuncture can be a very effective stand-alone or adjunct treatment for a variety mental health concerns**

Electro-acupuncture has been shown in pre-clinical animal models and human clinical trials to regulate the biogenic-amine neurotransmitters, the Hypothalamic-Pituitary-Adrenal axis, Hippocampus, Amygdala, Pre-frontal cortex and other mood regulating structures. Proper understanding of electro-acupuncture frequency, point selection, and treatment time are essential to clinical efficacy. Most patients fall asleep during treatment and awake refreshed.

**ELECTRO-ACUPUNCTURE TO DU20 & DU24 CAN INCREASE HIPPOCAMPAL NEURONS AND PREVENT DEPRESSIVE BEHAVIORS IN STRESS INDUCED DEPRESSION RAT MODELS**

**IN CLINICAL TRIALS ELECTRO-ACUPUNCTURE TO DU20 & ST36 HAS BEEN SHOWN TO IMPROVE HAMD SCORES AND REDUCE SERUM IL-1 & IL-6 AND PERFORMED BETTER THAN FLUOXETINE**

**ELECTRO-ACUPUNCTURE HAS ANTIDEPRESSIVE AND ANXIOLYTIC EFFECTS IN RAT CHRONIC NEUROPATHIC PAIN MODELS THROUGH PHOSPHORYLATION OF NR1 IN HIPPOCAMPUS**

**DENSE CRANIAL ELECTRO-ACUPUNCTURE STIMULATION SIGNIFICANTLY REDUCED HAMD, CGI-S, & SDS SCORES IN MDD PATIENTS DURING THE 1<sup>ST</sup> 2WKS OF SSRI THERAPY**

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**Evidence-Based Integrative Medical Acupuncture**