



SHARSHERET®

The Jewish Breast & Ovarian Cancer Community

**Mindfulness & Acupressure: Effective Self-Care Strategies
with Dr. Dana Fine, Dr. Anat S. Geva, and Dr. Benjamin Scheier
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Sharsheret is a national not for profit cancer support and education organization and does not provide any medical advice. The information provided by Sharsheret is not a substitute for medical advice or treatment for specific medical conditions. You should not use this information to diagnose or treat a health problem.

Always seek the advice of your physician or qualified health provider with any questions you may have regarding a medical condition.

The following information is provided by Dr. Dana Fine, Dr. Anat S. Geva, and Dr. Benjamin Scheier as follow up to questions received during the program. Please note that they answered all questions to the best of their ability and if you have further questions, you can contact Sharsheret or consult your medical provider.

Questions & Answers:

When doing acupressure on myself, how long do I apply pressure?

There is no set time for how long or when to hold pressure. The short answer is until you're feeling a bit better. Dr. Fine recommends usually for a few moments (around 30 seconds) throughout the day. And you can pick either hand/foot; don't need to do both, or you can do both.

How to advocate if my medical team doesn't encourage complementary medicine techniques?

This can be a challenging or awkward dynamic. It might help to set up a follow up visit to discuss this topic because it might just be a time crunch, not actual dismissiveness. You might need to ask for a second opinion, possibly even within the same medical group to find someone who is more open to it.

Can CBT and Mindfulness work together?

Yes, mindfulness can work with any modality of therapy and some types of therapy even include mindfulness in them.

Is there an acupressure point to address hot flashes?

Acupuncture and moxibustion are much more effective than acupressure. You can try to rub points Kidney 7 or Kidney 3 (google to find diagrams).

How do I find a reputable acupuncturist in my area?

When looking for a reputable acupuncturist you want to look for one that went to an accredited university. Look for LAc and or Dipl. OM after their name because those two things usually mean they went to accredited university. There is a website called <http://www.tryacupuncture.org> that helps you find acupuncturists. You don't want to see someone who took a weekend course on acupuncture and is doing it in conjunction with other therapies in their practice. Acupuncture school is a 4 to 5 year graduate program after college.

How should one consider the different methodologies when choosing an acupuncturist?

Your acupuncturist will know what is right for you. I rarely treat someone and just use needles. Moxibustion, cupping, and/or gua sha are used in conjunction with needles in almost every treatment that I do.

Could acupuncture/acupressure help for post mastectomy pain syndrome?

I work a lot with pain after surgery because the pain is usually scar tissue related. Acupuncture is great for helping with pain. Acupressure wouldn't be used for the pain but moxabustion and cupping could be used.

Please click this [link](#) to view the full recording of the webinar and find a handout with helpful acupressure points and diagrams.

Email info@sharsheret.org to connect with Sharsheret support, Sharsheret's genetic counselor, or to bring Sharsheret to your school, doctor's office, or community.

