

Patient Help Sheet

Melanoma

Here are some tips that you can use to help balance and support your health during this time. Please feel free to call me if you have further questions or concerns.

"The way is not in the sky. The way is in the heart." - Buddha

VOL 5.0

Melanoma is a serious type of skin cancer, with about 87,000 new cases being diagnosed each year in the United States. The vast majority of melanomas are caused from sun exposure.

Acupuncture and Traditional Chinese Medicine can offer a number of complementary treatments for Melanoma, in conjunction with biomedical interventions such as surgery, radiation or chemotherapy. TCM also offers a number of techniques one can do at home to aid in recovery from Melanoma.

Acupressure

Spleen 10

Located on the medial thigh, about three finger-breadths up from the top of the kneecap, directly superior (above) the upper medial corner of the kneecap, Spleen 10 is an important point for invigorating the blood. Melanomas, with their dark colorings, almost always have a component of blood stasis, which Spleen 10 alleviates. It also helps maintain proper circulation, which is vital during cancer treatment.

Lung 9

Located on the inside of the wrist crease, on the thumb side of the radial artery. Lung 9 the point that most strongly strengthens the lung energy in the body. The lungs in TCM control the skin, so it is important to continue to nourish the lungs during the presence of melanoma. Cancer always involves an underlying weakness in the body's energy, and in the case of skin cancer, that weakness is at least in part in the lungs.

Spleen 6

Located on the medial side of the lower leg, four finger-widths up from the medial malleolus (ankle bone), on the border of the tibia. Spleen 6 builds the body's Qi, blood and yin to support its ability to heal. Spleen 6 is also frequently used for treating skin diseases and can be effective at directing the body's own natural healing abilities to the skin.

Herbal Remedies

Herbs can be powerful tools in the fight against melanoma, but you should always talk to your oncologist about any herbs or supplements you are taking.

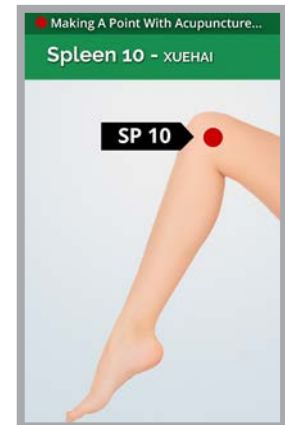
Green Tea

Green Tea contains chemicals called polyphenols, which are powerful antioxidants. Antioxidants may be helpful in fighting against the formation of cancer cells, and some

preliminary research shows polyphenols may prevent skin cancer from growing.

Turmeric (Yu jin)

Turmeric root, called Yu Jin in TCM, contains the chemical constituent curcumin, which has been shown to have anti-cancer and anti-inflammatory properties in the body. Yu Jin clears heat, cools the blood and moves the blood.



Cordyceps (Dong Chong Xia Cao)

Cordyceps is one of the strongest tonic herbs in Chinese Medicine – it nourishes the Qi, blood and yang energies in the body. It enters the lung channel and also has a function of transforming phlegm, which is an abnormal processing of fluids. Skin cancer often has a phlegm component. Scientific studies have shown Cordyceps may have anti-tumor, anti-inflammatory and antioxidant effects on the body.

Lifestyle

Do things that strengthen the lungs so they can transfer strength to the skin. Take part in activities that expand your breathing capacity, such as swimming or singing.

Brush the skin daily with a towel or brush (but do not brush over the melanoma, particularly if there is an ulcer.) Brush from the center of your body out to your limbs. This helps with healthy Qi flow throughout the channels, but also revitalizes the skin and helps to boost the immune system.

Sources: <http://bit.ly/2ok2l9T>, <http://bit.ly/2okcDXC>, <http://bit.ly/2pOvQkH>

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