

ACUPUNCTURE RELIEVED MY MENOPAUSE

Woman's Day, Annette Campbell

22 November 2004

Helen Foley – a 41-year-old public servant and single mum from Hemmant, near Brisbane, QLD – found herself suffering the onset of early menopause, she decided to seek relief in acupuncture...



Q: Why did you decide to try this treatment?

A: I first tried acupuncture in my 20s. I wasn't sleeping well and was quite run down. It helped. More recently, I was looking for support coming off the contraceptive pill - after 25 years, I felt it was the right time to get some natural balance back in my body. My periods were less regular than ever, so I figured I was most likely pre-menopausal and I wondered if acupuncture could help with the transition.

Q: Did the needles scare you?

A: The needles are much finer than I expected so, not really. People have been using acupuncture for a long time and I figured if it was unbearable, it wouldn't have been so popular for so long. You do feel the needle go in, and when it touches a sensitive point. With me it's that points that are associated with stress that will sometimes 'bite'.

Q: What happened at your initial consultation?

A: My first consultation was with a Brisbane acupuncturist, Leanne Zaver. I let her know what I was hoping for and she asked questions about my general health, my specific problems and overall wellbeing. I then took off my shirt and bra, as the points she'd be using were in the torso, hands, feet and lower legs. She gave me a quick back massage, then I rolled onto my back, so she could start with the needles.

Q: How does acupuncture make you feel?

A: I love the immediate relaxation. I think I am a very responsible person - in my job, and as a mum - but for 45 minutes in the week I don't have to be Ms Responsible. I just lie back and leave it to someone else to decide what is best. That's heaven. I think it gives me perspective as well. If I do the grocery shopping on the way home from a treatment I often do silly spontaneous things like buy myself flowers or strawberries. I'm nicer to myself.

Q: How much does it cost?

A: Prices vary, however as a guide you can expect to pay around \$60 for the initial consultation and \$50 for follow-up treatments.

Q: How do I find a qualified acupuncturist near me?

A: The Australian Acupuncture & Chinese Medicine Association operates a national practitioner referral service. Just phone 1300 725 334 or visit their website at www.acupuncture.org.au

Find a Cure

The UWS Centre For Complementary Medicine Research in Sydney is asking women aged from 45 and 65 to volunteer for a 16 -week trial. The study aims to find out if using Chinese Herbs can be used to treat symptoms caused by hormonal changes. These trials will be carried out at clinics across Sydney. Please call Corinne Patching on 02 9555 6608 or email c.patching@uys.edu.au