



WOULD YOU LIKE TO BE ON DR. PHIL? [click here](#) to find out how.

LOCAL 8 NEWS

IN THE COMMUNITY

ONLINE RESOURCES

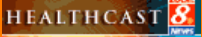
THE MORNING SHOW

News Weather Sports HealthCast Your Family First CrimeFighters Don't Waste Your Money News Team Contact Us

April 18, 2003

TICKER:

Search



CLICK HERE FOR

Healthcast Extra :

[Websites Mentioned on HealthCast](#)

[NEW: ACS Program Helps Children Cope with Parent's Cancer Diagnosis](#)

[Fight Cancer with Memorial Honor Gift to ACS](#)

[All About Anthrax](#)

[Domestic Violence](#)

[Breast Cancer](#)

[Lung Cancer](#)

[Skin Cancer](#)

[Baby Safety](#)

[Men's Health](#)

[Dealing with HMO's](#)

LOCAL 8 Special Features:

[Don't Waste Your Money](#)

[Healthcast](#)

[Your Family First](#)

[Larry Himmel's Neighborhoods](#)

[CrimeFighters](#)

[Special Assignment](#)

[Pet Friends](#)

HEALTHCAST



SPONSOR



Where the great Chefs of San Diego shop. [Click here for a FREE sample.](#)
www.specialtyproduce.com

Local 8 News at:
5am, 6am, 7am,
Noon, 4pm, 5pm,
6pm, 6:30pm and 11pm

ALTERNATIVES HELP EASE BREAST CANCER PAIN

[Printer-friendly version](#)

(04-08-2002) - Everyone deals with pain in their own way. But an increasing number of women with breast cancer are turning toward natural alternatives.

"I was looking for what I can do to help my situation... it was probably seven months after I was diagnosed and where I'm at now, I definitely feel stronger. I've gotten some great advice about alternatives. I didn't come here looking for acupuncture," remembers Kathy Gronborg.

But she found it. Now, Kathy has been fighting her pain with acupuncture for three years.

As an acupuncturist and registered nurse, Lisa Pugliese is familiar with both Western and alternative medicine. She has also met plenty of cancer patients who want a better quality of life.

"What they're seeking is relief from the side effects of their cancer treatment. They're seeking relief from the nausea and vomiting related to chemo, the pain and swelling related to radiation. They're looking for information on how to take better care of themselves so they can feel better during their treatments and recover quicker after their treatments and prevent an occurrence in the future," explains Lisa.

Lisa and her associates at the Keller Clinic say treatments like herbs, acupuncture, and heated Moxabustion sticks are working for many.

"The acupuncture is based on over 300 acupoints in the body that can influence areas of the body. However, if you look closely at it, there are treatments, traditional treatments that we do, like trigger point injections that have a scientific basis that relates to the acupuncture," says Dr. Mark Wallace.

Dr. Wallace, who runs UCSD Cancer Center's Pain Relief Unit, says the small acupuncture needles can have a great benefit.

"The stimulation of certain nerves at acupoints stimulates a release of our own endogenous pain relievers, such as our endorphins. They're like a natural narcotic," he adds.

It's a pain relieving sensation that sometimes lasts up to weeks after the treatment.

"I feel like it's changed my life as far as trying to keep strong through this whole process (that) I'm still in treatment. Most people wouldn't think that, but I feel really strong. So, it's really made a difference in my life," claims Kathy.

Alternative medicine practitioners also stress the importance of a balanced diet and plenty of rest when it comes to fighting breast cancer.

Microclimate:



Coastal
Hi: 65
Lo: 56
Partly Cloudy

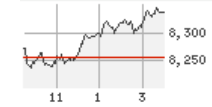
Chopper 8 Traffic:



[Live Traffic Updates](#) - Sponsored by Specialty Produce

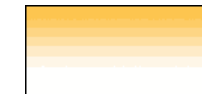
Marketwatch:

Dow Jones Industrial Average



[Click here for MarketWatch Top Stories](#)

Sponsors:



KFMB Stations:



If you'd like to download a guide on how to do a self exam, or if you and your Buddy would like a monthly e-mail reminder to do your self checks, [click here](#).

The Keller Clinic

3737 Moraga Avenue, Suite A-5
San Diego ca 92117
(858) 272-8215

Our Buddies for Life reports will air every month on the 8th.

[<-- back](#)

LOCAL 8 SPECIAL FEATURES:

 **CRIMEFIGHTERS**

 **YOUR FAMILY FIRST**

 **HEALTHCAST**

 **DON'T WASTE YOUR MONEY**

 **SPECIAL ASSIGNMENT**

 **PET FRIENDS**

 **ADOPT 8**

 **LARRY HIMMEL**