



## Hot Flushes after Breast Cancer?



Health  
South Western Sydney  
Local Health District

After breast cancer treatment many women experience hot flushes and/or night sweats which can have a debilitating effect on quality-of-life and compliance to life-saving medications.

South Western Sydney Local Health District in conjunction with NICM at Western Sydney University is conducting a randomised controlled trial examining the effectiveness of a Chinese herbal medicine as a therapy to reduce the frequency and severity of hot flushes after breast cancer.

Recruitment of this trial is currently underway.

### Eligibility

We are looking for participants who are:

- Over 18 years of age
- Completed chemotherapy and/or radiotherapy
- Willing to take Chinese herbal medicine
- Not pregnant or breast-feeding
- Not suffering from other chronic conditions

### What does the study involve?

If you decide to participate in this project, you will be asked to attend a screening session which involves completing a Participation Consent Form, and undergoing blood, liver and renal function tests (at no cost to you).

During the study you are required to record your hot flushes and/or night sweats in a daily diary and fill out monthly questionnaires on your quality-of-life.

Monthly follow-up over a 28-week period will be held at the Hospital and you will also be required to attend a focus group at the end of the trial.

For further information about the study, please contact the principle investigator, **Dianna Porter** on **0415 455 033** or email [d.porter@westernsydney.edu.au](mailto:d.porter@westernsydney.edu.au)

Human Research Ethics Committee Approval: The clinical trial has been approved by the South Western Sydney Local Health District Human Ethics Committee (Approval Number: HE17/013).