Patient Handout: Acupressure for Menopause Symptom Relief

What is acupressure?
Acupressure is a technique from Traditional Chinese Medicine that uses finger pressure on specific points of the body. It is like acupuncture but without needles. You can do it yourself at home, anytime.

Does it work for menopause symptoms?
Yes, research shows it helps.

- A 2025 study of 499 women found acupressure significantly improves sleep quality in menopausal women
- A 2024 study of 146 women found acupressure reduced overall menopause symptoms by 5.5 points and improved quality of life
- Research shows acupressure helps with hot flashes, night sweats, insomnia, anxiety, and mood swings

Important: Acupressure complements medical care. Always discuss new therapies with your doctor.

Key Pressure Points for Menopause

Symptom	Point	Where to Find It	How to Press
Hot flashes & night sweats	SP6	4 finger-widths above inner ankle bone	Firm pressure, 60 seconds
Night sweats (main point)	HT6	One pinky width above wrist crease, in line with little finger	Clockwise rolling motion, 60 seconds
Cooling & hot flashes	KD1	Center of sole (ball of foot)	Press on a small marble, 60 seconds
Anxiety & calming	DU24	Center of forehead, just into hairline	Rub away from face, 60 seconds
Insomnia	Ear Shen Men	On the ear, at triangular depression	Press or use ear seed, 60 seconds

Simple Daily Routine
Morning (hot flashes, mood):

1. DU24 (scalp) – 60 seconds
2. HT6 (right wrist) – 60 seconds
3. SP6 (right leg) – 60 seconds

Bedtime (night sweats, sleep):

1. HT6 (left wrist) – 60 seconds
2. SP6 (left leg) – 60 seconds
3. KD1 (both feet) – 60 seconds

Tips for Best Results

- ✓ Be consistent – practice daily
- ✓ Use firm but never painful pressure (mild ache is normal)
- ✓ Breathe slowly while pressing
- ✓ Combine with healthy lifestyle: exercise, stress management, sleep hygiene
- ✓ Eat phytoestrogen-rich foods: soy, flaxseeds, beans
- ✓ Drink water after each session

Safety – When to AVOID Acupressure

- Fever or active infection
- Bleeding disorder or blood thinners (e.g., warfarin)
- Recent surgery (within 6 weeks)
- Skin infection or rash at the point
- Pregnancy (avoid SP6 and lower abdomen)

Stop and see a doctor if you experience:

- Dizziness or nausea with pressure
- Sharp pain
- Unusual bruising

When to See Your Doctor (Not Just Use Acupressure)

- Any vaginal bleeding after menopause (12+ months without periods)
- Severe hot flashes not improving
- Depression lasting more than 2 weeks
- New breast lump or change

Quick Summary

Question	Answer
Can I do it myself?	Yes
How often?	2-3 times daily
How long to see results?	2-4 weeks of consistent use
Is it safe?	Yes for most healthy women – see precautions above
Does it replace hormone therapy?	No – discuss with your doctor first

This handout is for educational purposes. Discuss any new therapy with your healthcare provider before starting.