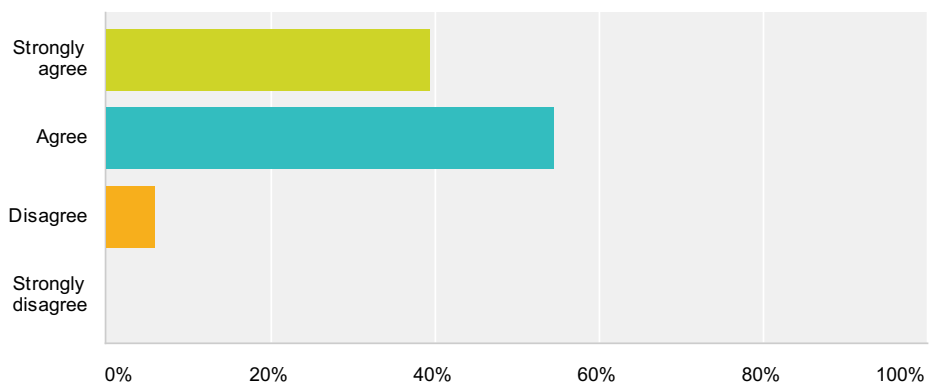


Q1 I believe treatment of hot flushes is an unmet need

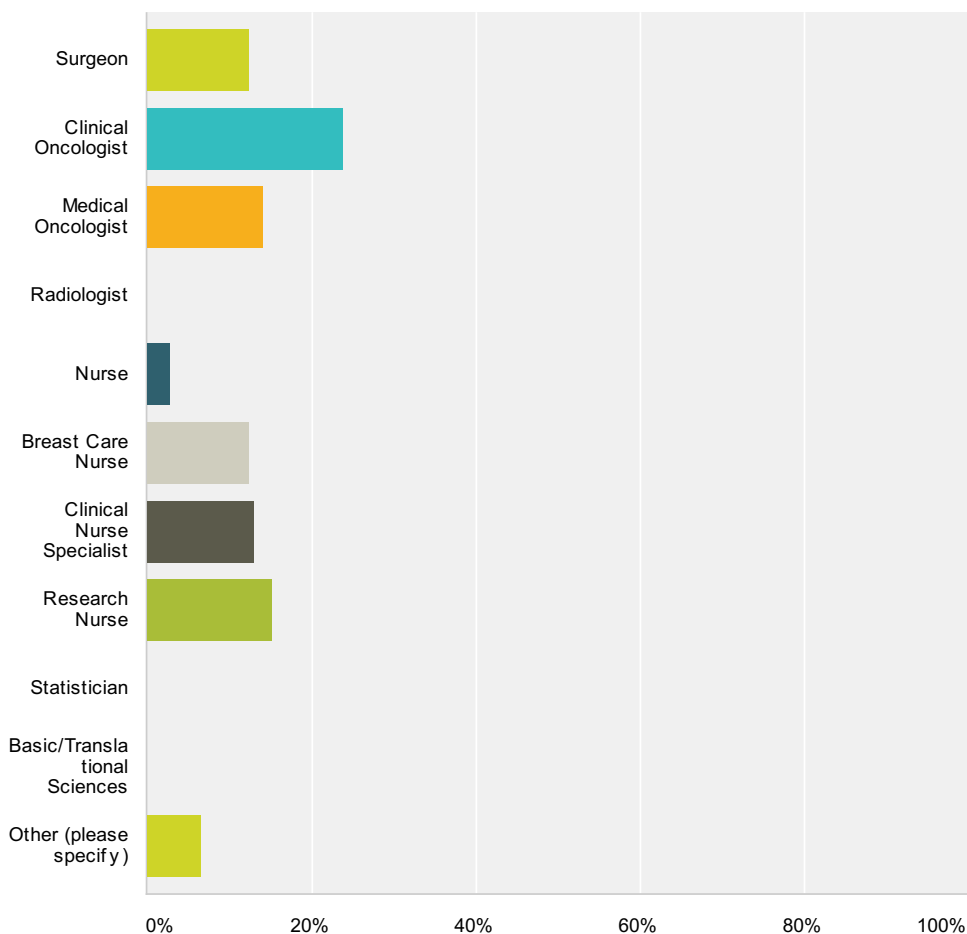
Answered: 185 Skipped: 0



Answer Choices	Responses
Strongly agree	39.46% 73
Agree	54.59% 101
Disagree	5.95% 11
Strongly disagree	0% 0
Total	185

Q2 What discipline do you represent?

Answered: 185 Skipped: 0



Answer Choices	Responses
Surgeon	12.43% 23
Clinical Oncologist	23.78% 44
Medical Oncologist	14.05% 26
Radiologist	0% 0
Nurse	2.70% 5
Breast Care Nurse	12.43% 23
Clinical Nurse Specialist	12.97% 24
Research Nurse	15.14% 28
Statistician	0% 0
Basic/Translational Sciences	0% 0
Other (please specify)	6.49% 12
Total	185

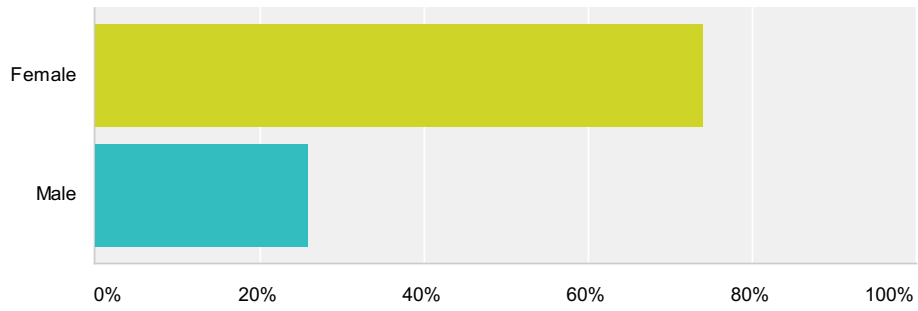
#	Other (please specify)	Date
1	Advanced nurse practitioner	5/8/2013 6:18 AM
2	radiotherapy info & support radiographer	5/7/2013 8:24 AM
3	oncology nurse specialist	5/3/2013 1:01 AM
4	Gynaecologist	5/2/2013 4:09 AM
5	Nurse Practitioner	5/2/2013 2:26 AM

Hot Flushes 1

6	AHP	5/2/2013 2:08 AM
7	Patient	5/1/2013 9:45 AM
8	oncology Researcher	5/1/2013 8:00 AM
9	bresat specialist research nurse	5/1/2013 2:22 AM
10	Macmillan Radiotherapy Specialist - Radiographer	5/1/2013 2:15 AM
11	Consultant Nurse	5/1/2013 1:51 AM
12	Research radiographer	5/1/2013 1:49 AM

Q3 What is your gender?

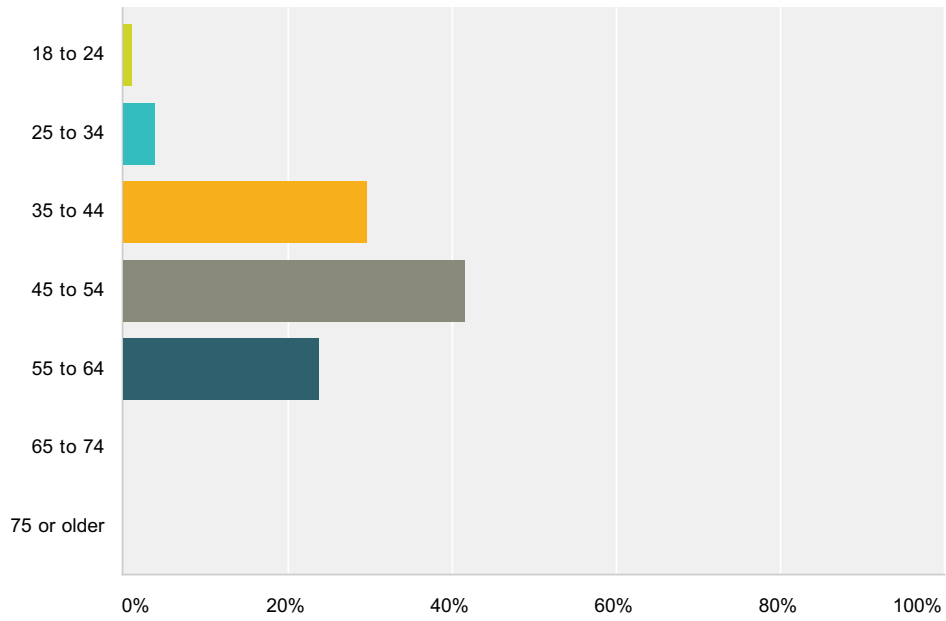
Answered: 185 Skipped: 0



Answer Choices	Responses
Female	74.05% 137
Male	25.95% 48
Total	185

Q4 What is your age?

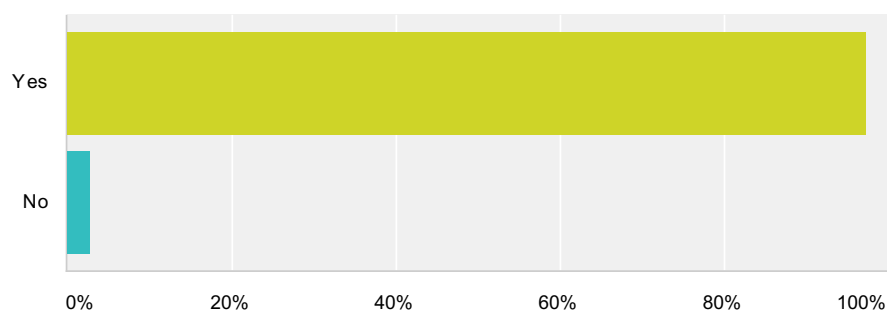
Answered: 185 Skipped: 0



Answer Choices	Responses
18 to 24	1.08% 2
25 to 34	3.78% 7
35 to 44	29.73% 55
45 to 54	41.62% 77
55 to 64	23.78% 44
65 to 74	0% 0
75 or older	0% 0
Total	185

Q5 Do you have direct clinical contact with patients?

Answered: 185 Skipped: 0

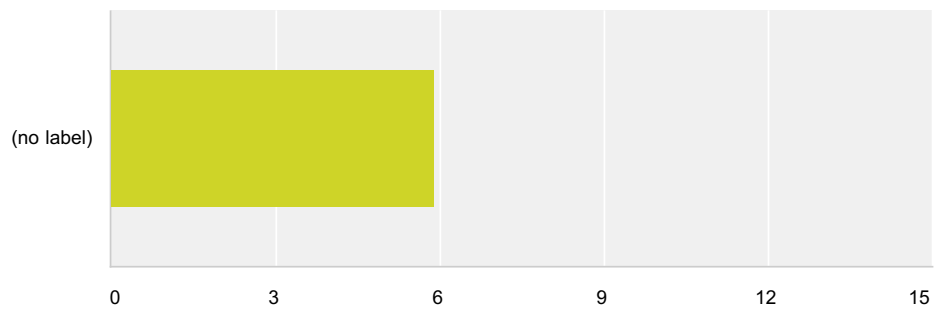


Answer Choices	Responses
Yes	97.30% 180
No	2.70% 5
Total	185

#	If you do not have direct clinical contact with patients you need not answer the rest of these questions. But please feel free to comment.	Date
1	nnn	5/2/2013 2:41 AM
2	Involvement in patient organisations and PPI means that I do hear about this. I will answer as percentage of patients I know.	5/1/2013 9:45 AM
3	Breast and Prostate	5/1/2013 7:07 AM
4	contact via users of our services	5/1/2013 2:52 AM
5	Yes over the phone. I can help them manage them well but am aware not everyone can	5/1/2013 1:53 AM
6	With all cancer patient types - however was a Breast Care CNS for 6.5 years	5/1/2013 1:53 AM

Q6 Roughly what percentage of your breast cancer patients have some problems with hot flushes

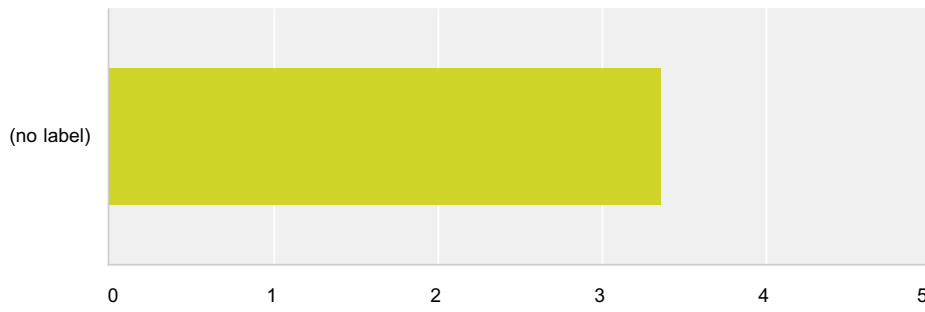
Answered: 179 Skipped: 6



	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%	Don't know	N/A	Total	Average Rating
(no label)	1.12% 2	1.68% 3	10.06% 18	15.08% 27	16.20% 29	14.53% 26	19.55% 35	13.41% 24	4.47% 8	0% 0	3.91% 7	0% 0	179	5.91

Q7 Roughly what percentage of your breast cancer patients have severe hot flushes that affect daily living and quality of sleep

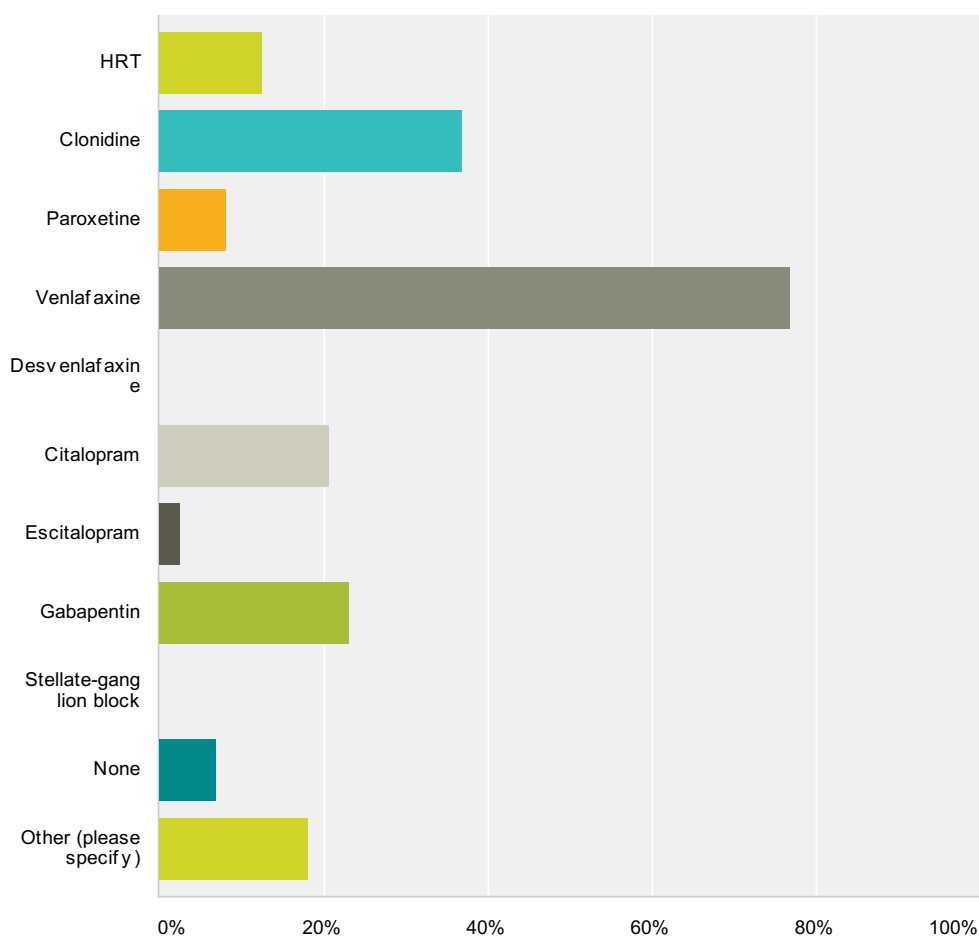
Answered: 180 Skipped: 5



	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%	Don't know	N/A	Total	Average Rating
(no label)	23.33% 42	22.22% 40	22.22% 40	8.89% 16	7.78% 14	4.44% 8	3.89% 7	1.67% 3	0.56% 1	0% 0	5% 9	0% 0	180	3.36

Q8 If you treat hot flashes medically what do you use? (tick all that apply)

Answered: 160 Skipped: 25



Answer Choices	Responses
HRT	12.50% 20
Clonidine	36.88% 59
Paroxetine	8.13% 13
Venlafaxine	76.88% 123
Desvenlafaxine	0% 0
Citalopram	20.63% 33
Escitalopram	2.50% 4
Gabapentin	23.13% 37
Stellate-ganglion block	0% 0
None	6.88% 11
Other (please specify)	18.13% 29
Total Respondents: 160	

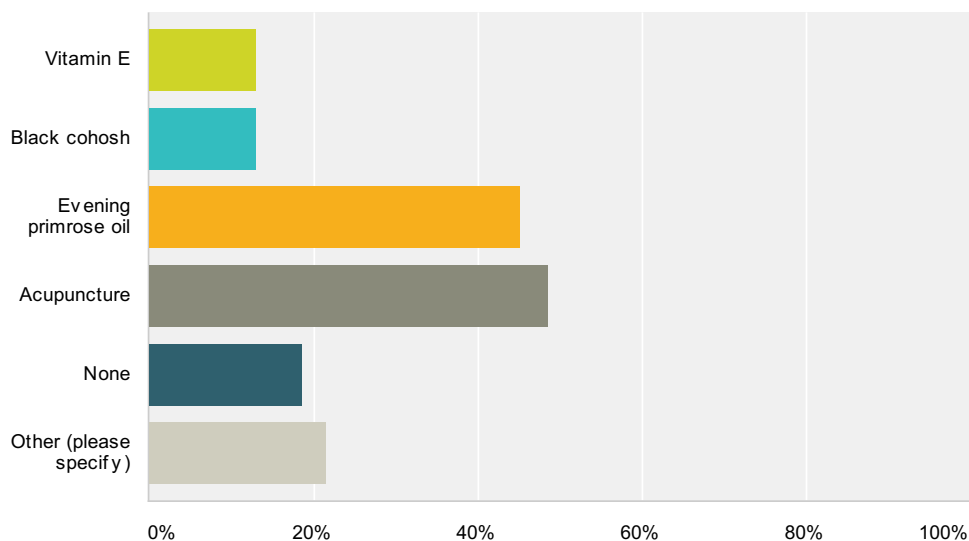
#	Other (please specify)	Date
1	we advise complimentary medication to begin with,	6/3/2013 3:32 AM
2	sage, red clover, black cohosh	6/1/2013 4:26 AM
3	Often initiated by GP	5/15/2013 8:57 AM
4	Patients are refferred toour Breast Cancer Menopause Symptom Clinic	5/15/2013 1:49 AM

Hot Flushes 1

5	only HRT occasionally if pt choice once potential risks explained	5/10/2013 3:55 AM
6	Megestrol occasionally . VERY rarely HRT, and only for patients on tamoxifen	5/5/2013 2:30 AM
7	Megace	5/3/2013 9:09 AM
8	change of hormonal therapy	5/3/2013 7:27 AM
9	Change of adjuvant endocrine therapy	5/3/2013 3:02 AM
10	Amitriptyline Progestogens	5/2/2013 11:20 AM
11	personally do not prescribe drugs, just tips to treat	5/2/2013 9:06 AM
12	work for charity - helpline and email support service, face to face information sessions. signpost to specialist to discuss symptoms	5/2/2013 6:01 AM
13	megace 40mg od	5/2/2013 5:56 AM
14	first venlafaxine	5/2/2013 2:41 AM
15	fluoxetine	5/2/2013 2:26 AM
16	Dont treat - refer to clinician	5/2/2013 2:08 AM
17	Megestrol acetate	5/1/2013 2:27 PM
18	small dose megestrol	5/1/2013 9:20 AM
19	megace	5/1/2013 8:30 AM
20	rarely HRT if patient insists	5/1/2013 8:09 AM
21	Acupuncture. MPA	5/1/2013 7:12 AM
22	Megestrol acetate	5/1/2013 5:54 AM
23	megestrol acetate 40 mg	5/1/2013 5:30 AM
24	dixarit - efexor - megace	5/1/2013 3:05 AM
25	megace	5/1/2013 2:16 AM
26	Supportive and referral to the menopause clinic	5/1/2013 1:59 AM
27	Nothing routinely - some have been ref. to Gynaecologist if really suffering	5/1/2013 1:53 AM
28	Megace	5/1/2013 1:50 AM
29	provera sometimes	5/1/2013 1:47 AM

Q9 Which complementary treatments would you recommend to your breast cancer patients for hot flashes? (tick all that apply)

Answered: 177 Skipped: 8



Answer Choices	Responses
Vitamin E	12.99% 23
Black cohosh	12.99% 23
Evening primrose oil	45.20% 80
Acupuncture	48.59% 86
None	18.64% 33
Other (please specify)	21.47% 38
Total Respondents: 177	

#	Other (please specify)	Date
1	chillow etc	6/6/2013 5:44 AM
2	chillo,hand held fans loose cotton clothing	6/3/2013 12:41 AM
3	referral to homeopathy clinic, exercise,	5/31/2013 6:09 AM
4	patients are referred to our Breast Cancer Menopause symptom clinic	5/15/2013 1:49 AM
5	hypnotherapy	5/10/2013 7:18 AM
6	I don't recommend any but suggest they may wish to try OEP if they hare having troublesome symptoms theat venlafaxine hasn't helped.	5/3/2013 7:50 AM
7	reflexology	5/3/2013 1:50 AM
8	"Chillo" pillows	5/3/2013 1:39 AM
9	Homeopathy	5/2/2013 3:09 PM
10	AROMATHERAPY AND HOMEOPATHY	5/2/2013 9:34 AM
11	chillow, magicool, awareness of triggers, temp regulation, gentle regular exercise and meditation/relaxation. Medical review as necessary .	5/2/2013 9:33 AM
12	Chillow	5/2/2013 9:06 AM
13	Sage	5/2/2013 6:44 AM
14	sage	5/2/2013 6:08 AM
15	work for a charity as above signpost	5/2/2013 6:01 AM
16	sage	5/2/2013 4:58 AM

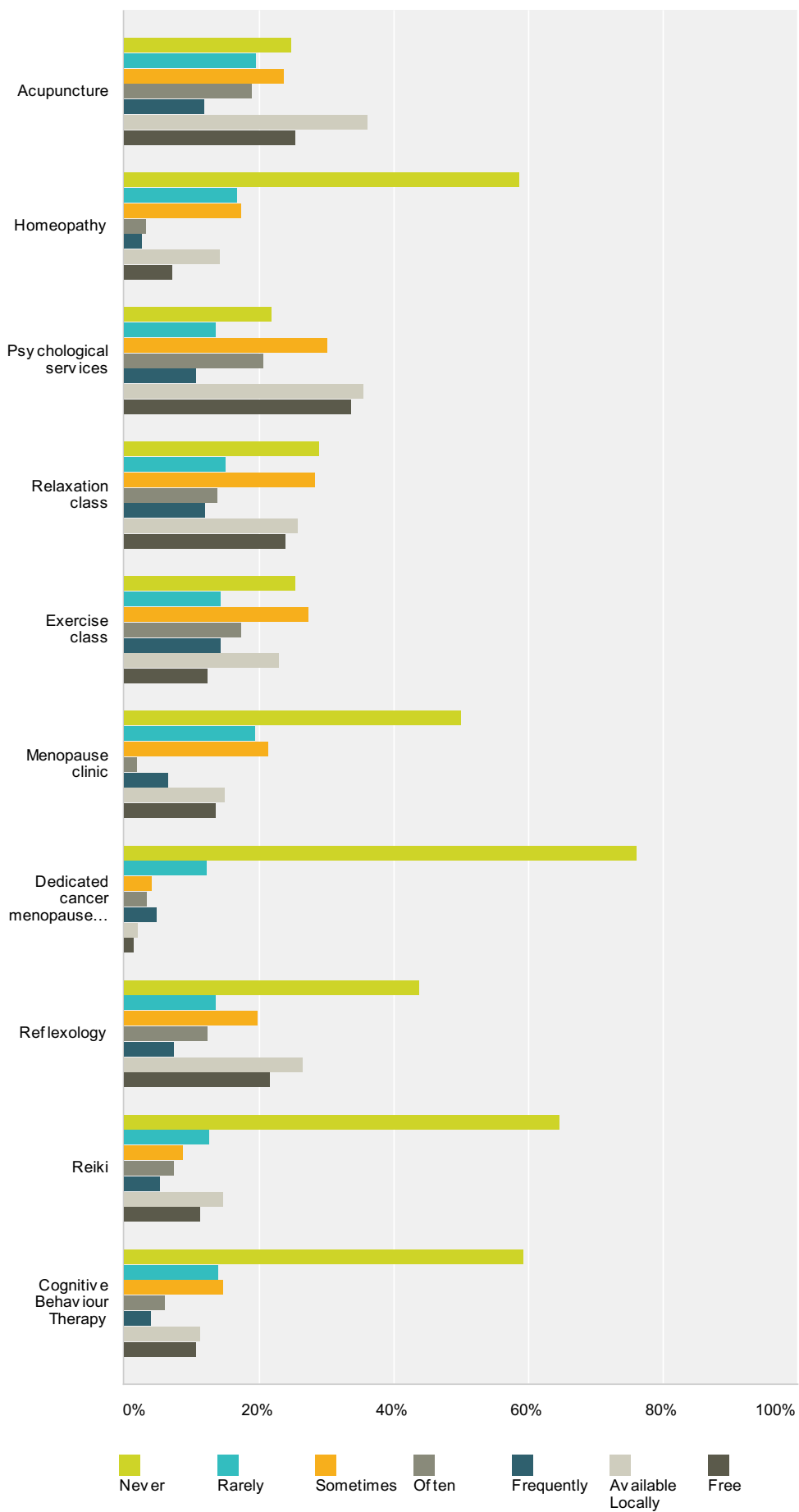
Hot Flushes 1

17	relaxation, chillow pillow,	5/2/2013 2:26 AM
18	Relaxation technique and diet (avoiding caffeine and spicey foods) CBT, exercise and reflexology .	5/2/2013 1:57 AM
19	clinical ypnosis	5/1/2013 11:02 AM
20	aromatheray /reiki/reflexology	5/1/2013 10:33 AM
21	sage and chillows	5/1/2013 9:54 AM
22	No-one I know has had obvious benefit from these other than acupuncture.	5/1/2013 9:45 AM
23	Starflower oil	5/1/2013 7:27 AM
24	sage tea / sage tablets	5/1/2013 7:07 AM
25	Red clover	5/1/2013 6:03 AM
26	hypnosis!	5/1/2013 4:05 AM
27	Various proprietary herbal treatments from Boots etc, also soy with advice about its minor oestrogenic effects which are not likely to be significant in a clinical context.	5/1/2013 3:27 AM
28	relaxation therapies	5/1/2013 3:26 AM
29	SAGE- NO ROBUST EVIDENCE THAT ANY ARE HELPFUL!!!	5/1/2013 3:02 AM
30	practical advice on layering clothes, using cotton, access to a small fan etc	5/1/2013 2:57 AM
31	Menopausal magnets	5/1/2013 2:15 AM
32	raspberry leaf tea	5/1/2013 2:11 AM
33	relaxation techniques (yoga)	5/1/2013 1:54 AM
34	Not confident with others as info seems to change frequently and do not want to cause harm	5/1/2013 1:53 AM
35	Sage, Homeopathy	5/1/2013 1:52 AM
36	Starflower oil	5/1/2013 1:52 AM
37	homeopathy referral	5/1/2013 1:50 AM
38	sage	5/1/2013 1:50 AM

Q10 How often do you recommend the following services to your breast cancer patients? Are they available locally and free of charge? (tick all that apply)

Answered: 178 Skipped: 7

Hot Flashes 1



	Never	Rarely	Sometimes	Often	Frequently	Available Locally	Free	Total Respondents
Acupuncture	24.85% 42	19.53% 33	23.67% 40	18.93% 32	11.83% 20	36.09% 61	25.44% 43	169
Homeopathy	58.71% 91	16.77% 26	17.42% 27	3.23% 5	2.58% 4	14.19% 22	7.10% 11	155

Hot Flushes 1

Psychological services	21.89% 37	13.61% 23	30.18% 51	20.71% 35	10.65% 18	35.50% 60	33.73% 57	169
Relaxation class	28.93% 46	15.09% 24	28.30% 45	13.84% 22	11.95% 19	25.79% 41	23.90% 38	159
Exercise class	25.47% 41	14.29% 23	27.33% 44	17.39% 28	14.29% 23	22.98% 37	12.42% 20	161
Menopause clinic	50% 77	19.48% 30	21.43% 33	1.95% 3	6.49% 10	14.94% 23	13.64% 21	154
Dedicated cancer menopause clinic	76.19% 112	12.24% 18	4.08% 6	3.40% 5	4.76% 7	2.04% 3	1.36% 2	147
Reflexology	43.83% 71	13.58% 22	19.75% 32	12.35% 20	7.41% 12	26.54% 43	21.60% 35	162
Reiki	64.67% 97	12.67% 19	8.67% 13	7.33% 11	5.33% 8	14.67% 22	11.33% 17	150
Cognitive Behaviour Therapy	59.33% 89	14.00% 21	14.67% 22	6% 9	4% 6	11.33% 17	10.67% 16	150

#	Other (please specify)	Date
1	hypnotherapy	5/10/2013 7:18 AM
2	I'm afraid that I don't know where these services might be accessed and the costs	5/2/2013 10:09 AM
3	AROMATHERAPY	5/2/2013 9:34 AM
4	no menopause clinic available but I would refer if it was there!	5/2/2013 6:48 AM
5	signpost only	5/2/2013 6:01 AM
6	limited free alternative therapies	5/2/2013 3:51 AM
7	physical activity	5/2/2013 2:26 AM
8	Apologies, I have just taken over from a colleague on maternity leave and cannot respond to these questions at the moment.	5/2/2013 12:31 AM
9	clinical hypnosis available free locally	5/1/2013 11:02 AM
10	The big problem with most of these is that where available it is in working hours ...	5/1/2013 9:45 AM
11	yoga, deep breathing, chillow	5/1/2013 7:27 AM
12	information leaflet advice	5/1/2013 2:49 AM
13	We do acupuncture as part of an in-house pilot currently	5/1/2013 2:15 AM
14	Hypnotherapy -free and local (for some patients)	5/1/2013 2:14 AM
15	Limited acupuncture sessions free on NHS, and access to cancer-specific counsellor	5/1/2013 2:14 AM
16	massage and aromatherapy available locally and free for pt and carer	5/1/2013 1:53 AM
17	Advise exercise but no classes	5/1/2013 1:52 AM
18	aromatherapy massage - available free	5/1/2013 1:50 AM