10,000 BC Survivors in Michigan Tumor Registry sent letter and study brochure over 3 ½ years

500 Screening Visits

375 BC Survivors found eligible and agree to participate

Randomization and then Baseline Visits

125 Relaxation Acupressure (RA)

25 Drop-outs

6 wks on study performing RA

4 wks on study no acupressure

100 Women Complete RA Arm

25 Drop-outs

6 wks on study performing RA

4 wks on study no acupressure

100 Women Complete SC

125 Stimulating Acupressure (SA)

25 Drop-outs

6 wks on study performing SA

4 wks on study no acupressure

100 Women Complete SC

125 Standard of Care (SC)

25 Drop-outs

6 wks on study performing SC

4 wks on study no acupressure

100 Women Complete SC

Once weekly follow-ups