

Clinical Review

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1.0 The Need for Research

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Be a good consumer of research.

- Understand what good research is
- Does it show efficacy?
- Were there enough patients?

Newsweek 12/2/02

“Nearly half of all US adults go outside conventional healthcare system for some of their care. \$30 billion dollars

Rehab Management Dec ‘02

One of the theories of why cortisone shots work is simply because of the effect of the needle. Epidurals/cortisone, etc only work about 50% of the time. Acupuncture works about 80% of the time.

Acupuncture treats pain by:

- Acupuncture improves blood flow
 - This makes things better. It helps them relax.
 - If there is no restrictions in the flow of blood/qi, there is no problem.
- Helps to release endogenous opiates such (endorphins and encephalon’s) in the body.

E-Stim is also efficacious in treating pain related disorders. It helps to release the endogenous opiates of the body. (Either externally applied or direct acupuncture needles)

A mother lion grabbing the back of the cub’s necks increases the levels of endogenous opiates to quite them down.

GB37 has a proven change in functional MRI. With a visual reference and then blindfolded but with GB37 in, the functional MRI’s were the same.

Infrared thermal imaging shows that peripheral vascular disease of the lower extremities can be improved with acupuncture.

NIH efficacy statement back in 1997 – find it on the web.

In 1999, the NIH they created a center for acupuncture so you can get funding for research from the NIH now.

Orthopedic Doctors – annals of internal medicine (Effectiveness of Acupuncture as Adjunctive Therapy in Osteoarthritis of the Knee) This is really Osteoarthritis – it's not inflammatory, it's an over use. You can reduce pain to avoid surgery. You can do this for patients who can't have surgery or need to delay surgery. This is a good study and a good analysis. This is a good example of a study done here in the US. Summarize this for physicians.

The second study, Influence of Acupuncture of the Pregnancy rate in Patients Who Undergo Assisted Reproduction Therapy has a few problems, but it is a great study. The NIH center gave money to Maryland to reproduce this study. (This study does not take into account the “sham acupuncture”)

Avoid caffeine, avoid ice beverages, avoid large meals an hour before and an hour after treatment. Avoid heavy exercise two hours after. These activities all interfere by stimulating the sympathetic or parasympathetic nervous system and may counteract the effect of the needle (\$800/year insurance)

www.medicalacupuncture.org is a group of physicians with training. It's well done, there are good studies and well controlled.

The NIH site is nccam.nih.gov for national center for complimentary and alternative medicine.

Hypertension study was stopped because the acupuncture was showing too good. The results were published. (Milwaukee?)

If you submit something to the IRB, make sure you show up so you can talk to them.

His research:

- You want to get tissues to 40-45 degrees Celsius, but how do you prove you got it there
- How do you know what depth you got the heat to

He wants to see if warm needle technique does make a difference.

He can't use moxa effectively, but he found a ceramic “bead” to warm the needles as well.

There are plenty of references to show that getting the tissue to the appropriate temperature helps. He's just showing he can get the tissue to the appropriate temperature.

2.0 Clinic Review Q&A

- Five element info
- Case studies

- Use of antique points and where to use them (which type of conditions, what they are appropriate for)
- Dizziness and vertigo
 - Case 1 – patients complains of dizziness and vertigo, accompanied by tinnitus, flushed face, nausea, backache, redness of tongue body an wiry, rapid pulse
 - Upward attack of hyperactive yang of the liver.
 - Nourish yin to anchor the yang.
 - Treatment
 - UB23, KD3 - reinforcing
 - UB18, LV2, GB20 - reducing
 - Case 2 – patient complains of dizziness and vertigo with fullness and suffocating sensation of the chest and epigastric region , profuse sputum, anorexia, whitish sticky coating and rolling pulse.
 - Interior retention of phlegm-damp
 - UB-20, CV12 – reinforcing
 - ST40, ST8 – 8, tai yang(for dizziness) – reducing (PC5 for upper body phlegm)
 - Epigastric and abdominal distention or pain, acid fermented vomitus, belching, anorexia, constipation, and foul gas. The tongue is thickly coated and sticky and the pulse is rolling and forceful.
 - Retention of food
 - ST25, ST36, CV12, PC6, SP4 – reducing
 - Vomiting, acid regurgitation, continual belching, distending pain in the hypochondriac region, restlessness and irritability or depression, the tongue is thinly coated and sticky and the pulse is wiry
 - Disharmony of LV and ST
 - LV3, ST36, CV12, PC6, SP4 – reducing
 - Sallow complexion, vomiting after eating a very full meal, lack of appetite, slightly lose stool, general lassitude, forceless pulse, and thinly coated, sticky tongue
 - SP QI deficiency
 - UB20, ST36, CV12, PC6, SP4 – reinforcing
 - Woman, age 40, complained of H/A for many years. History of right temporal pain that began 20 years ago. Often preceded by nervous tension or over fatigue and aggravated during menses. She experienced boring pain in the right temporal region accompanied by cramping pain of the right eye. Bouts of usually subsided after 3 days, sometimes with slight pain remaining. Also complained of flushed face, restlessness, irritability, poor appetite with bitter taste in mouth, constipation, reddened tongue with thin yellow coat, a fine taut pulse that is weak at the left cubit.
 - Endogenous wind from liver due to yin deficiency and exuberance of Liver Yang
 - GB20, Tai Yang, GB8, SJ5, GB41, GB41 or GB43, LV2
 - Menstruation with shortened cycle, profuse dark purple and sticky menstrual flow accompanied by thirst, restlessness, and a red tongue with a yellow coating.

- Menstruation with shortened cycle caused by heat of blood resulting in hemorrhage
- CV3 (good for excess heat issues), SP6, LV3, SP10
- Menstruation with shortened cycle, profuse, thin and light colored flow, accompanied by pallor, lassitude, a pale tongue coating and weak pulse
 - Sp QI and blood deficiency
 - CV6, SP8 (qi issues of blood and sp), ST36 - reinforcing
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