ACUPUNCTURE
(Objective)

• History
• Theory
• Setting up a clinic
ACUPUNCTURE
(Definition)

• By French Jesuits
• Latin *acus* (needle)
• Latin *punctura* (puncture)
HISTORY

• Stone age
  – Stone age human remain uncovered revealed marks on the LE long bones that corresponds to kidney meridian treatment for headaches and muscular pain
  – Neolithic Age (2,500 B.C.).
Ancient Egypt

medicine men/priests depicting curing illness with procedures done on specific points on the body correlating to main acupuncture points of Chinese medicine
HISTORY

• 2000B.C. - Xia Dynasty
• Original Chinese (classical) documentation
  – *Huang Di Nei Jing* (Yellow emperor’s Inner Classic) Han dynasty (206 B.C.)
  – Compiled during the first century B.C and early first century A.D.
  – 81 treatises organized
HISTORY

• 16th and 17 century
  – Jesuit missionaries
  – glass needles
  – brought into Europe (Holland) in 17th century

• 19th century
  – France
  – 1774 Dujardin’s *Histoire de la Chirurgie (History of Surgery)*
HISTORY

• 20th century (in North America)
  – 1971 James Reston (+)
    • New York Times - post op pain relief
  – Journal of American Medical Association (++)
  – 1972 President Nixon and physician witnessed surgery in China (+++)  
  – NIH offered research grants to evaluate
HISTORY

• Why so late in the United States?
• East versus West
  – Chinese medicine basis
    • Holistic pattern
    • Acausal relationships
    • Nonlinear logic
    • Non-reductionistic phenomenology
HISTORY

• Why so late in the United States?
• East versus West
  – Western medicine basis
    • Linear causality
    • Reductionistic scientific theories
HISTORY

• Ex: acupuncture provided pain relief of a toothache
HISTORY

• CHINESE MEDICINE
  – A needle in the ear cured a toothache!!!
  – end of discussion
HISTORY

• WESTERN MEDICINE
  – A needle in the ear cured a toothache??
  – What %#^&$^(-?&* is this?
  – What physiologic process was......
  – What type of needle....
  – Who was inserting....
  – What other literature are.....
  – What research backs up....
  – And so on....
  – Put it in the placebo waste basket!!!!
MY MIRACLE BABY
BY VANNA WHITE
Acupuncture helped me get pregnant
WORLD EXCLUSIVE — IN HER OWN WORDS
EXOTIC CHINESE MIRACLE CURES Wipe OUT CANCER, ARTHRITIS & AIDS

ANCIENT CHINESE healing practices have been around for thousands of years, but modern scientists are only now discovering the amazing treatments actually work!

Research suggests the age-old remedies can do just about anything — including helping patients cope with cancer, arthritis and even AIDS.

The Chinese system of medicine dates back 5,000 years. Some of its more popular methods include Qi Gong, acupuncture, herbs and manipulation.

Side effects

While the astounding treatments have been shown to work for obesity, arthritis, high blood pressure and low energy, they don't have any of the bad side effects linked with today's drugs.

Chinese healers have saved many cases of cancer, AIDS and arthritis.

Qi Gong (pronounced Choo Gong) is a technique in which the life energy of the healer is focused through his fingers into the patient's body. Like a masseur rolling his yoga mat, the "doctor" manipulates his hands in such a way that the client feels contact — although there is none.

Qi Gong is used to realign a person's life energy, which is a core of all Chinese healing medicine.

Over the past several years, Western doctors have become more attuned to the widespread methods due to China's new open-door policy.

And despite obvious reservations from medical authorities, this new wave of healing is being greeted with enthusiasm by former skeptics accustomed to the success rate of the mainstream treatments.

For instance, the Cross Cancer Institute in Edmonton, Canada, uses acupuncture as a pain reliever.

Davidson report that a 4,000-year-old technique involves the use of small needles to heal a wide range of diseases.

The stainless steel needles are an inch and a half long and are inserted into 360 points on the patient's arms, legs and abdomen.

The practice of manipulation is sometimes combined with acupuncture to speed along healing.

Moxibustion is burned at the end of each needle and the smoking herb is cupped with a glass vial which reveals a warming over the strategic point.

Body energy

Moxibustion focuses the flow of body energy to help get everything back on track — and break the hold of disease.

Moxibustion is one of thousands of techniques used by Chinese healers. Castor oil, kudzu and camphor matte are just a few more common drugs used to treat patients with arthritis or high blood pressure.

Other effective herbs include dried sea kelp (kidney ailment), sea asparagus (chicken pox) and hawthorn (heart disease).

Many of the techniques known to Qi Gong experts have been used in the West, such as acupuncture and some modern drugs, but are used only to supplement traditional arts.
JULIE CHRISTIE
ACUPUNCTURED
as if to soothe an ache in the ancient Chinese way
suddenly new to American journalists who’ve found it
flourishing among the medics of Cathay.
Acupuncture brings dead scientist back to life

A MAN WHO was declared dead on the operating table after his vital signs ceased to function for nearly an hour was miraculously revived by acupuncture when all else failed, according to doctors' reports and the patient himself.

The astounding story of Langley Doddsworth's return from the dead began when the 55-year-old British scientist suffered a massive heart attack during a speaking engagement at Peking University in China.

Feverishly

He was rushed to the university hospital where doctors worked feverishly to save his life.

But midway through the delicate operation, Langley's vital signs plummeted.

“He ceased to breathe and his blood pressure dropped to zero, then his heartbeat stopped altogether,” explains cardiologist Dr. Xi Yung.

“We administered the standard procedures—artificial respiration and heart massage—but these failed to produce an effect. After 50 minutes, the patient was declared dead.”

It was then that acupuncturist Muo Ling—who had attended Langley's lecture about hydroponic agriculture and was observing the operation—volunteered his services.

“I was more than willing to let Ling try to revive the patient,” Dr. Yung observes. “After all, we had nothing to lose.”

Just minutes after Ling began poking his acupuncture needles into Langley's face, the dead man's heart began to flutter and he started breathing.

Extraordinary

Within the hour, his life signs returned to near normal and Dr. Yung was able to successfully complete the operation.

Langley—who says he recalls nothing of his extraordinary experience—was understandably stunned when informed of the incredible procedure that brought him back to the land of the living.

But Dr. Yung says acupuncture—when performed by an expert such as Ling—has been re-

ACUPUNCTURE LIKE this revived Langley Doddsworth

A LIVING MIRACLE: Langley Doddsworth responsible for similar “miracles” before.

Preoccupied

“I probably should have used Ling’s services earlier,” the surgeon notes, “but I was preoccupied with what I was doing. I'm only thankful he was there when we needed him.”
and a very close male friend who affectionately calls her “Squidgy,” asks her to blow kisses at him and professes his love for her. She, in turn, describes her marriage as “torture” and makes plans to meet the man secretly, under the guise of going for acupuncture treatment.

C. Tens of thousands of his subjects have dialed a special dollar-a-minute toll line to hear a secretly recorded phone conversation between his wife, it is said, and a very close male friend who affectionately calls her “Squidgy,” asks her to blow kisses at him and professes his love for her. She, in turn, describes her marriage as “torture” and makes plans to meet the man secretly, under the guise of going for acupuncture treatment.

By the end of this story, the answers will be obvious — if they aren’t already. In the case of Prince Charles, painfully obvi-
HISTORY

• Acupuncture needles classification by the FDA in the United States

Prior to 1996

Class III: investigational only
HISTORY

• Acceptance of Acupuncture in United States
  – NIH Workshop on Acupuncture in April 1994 (>\$100,000)
  – FDA reviewed the Workshop for 1.5 years
  – March 29, 1996: FDA reclassified the needles from Class III to Class II

Class II: safe and effective but require restrictions indicated on special labeling
HISTORY

• Acupuncture needles
  – FDA Class II restrictions
    • Single use only
    • Use by or on the order of qualified practitioners as determined by each State
  • Device material biocompatibility
  • Device sterility
HISTORY

• CURRENT TREND
  – NIH
    • Office of Alternative Medicine
    • Over $10 million per year for research
    • More than 50 exploratory grants funded
    • Funding university-based centers in the USA
    • Objective research
HISTORY

• CURRENT TREND
  – Alternative Medicine education
    • Medical schools
      – Alternative medicine courses in the curriculum of 27 US medical schools (Harvard, Stanford, Columbia, Johns Hopkins, Yale, UCLA, UCSF, Case Western Reserve)
    • US Federal Government accredited Oriental Medicine Schools
      – 16 schools
      – 4 year course
      – Degree of OMD
HISTORY

• CURRENT TREND
  – Alternative Medicine education
    • Medical Acupuncture CME
      – UCLA based course
      – For MDs and DOs
    • Other CMEs and workshops
    • Associations/Organizations
    • Certification
THEORY

• Human body is a vast network of energy (Chi) channels
• The flow of these channels keep the body in healthy condition
• A sickness or an injury can cause a “blockage/interruption” of the energy flow
• An interruption of the energy flow can cause sickness an injury
THEORY

- Every energy channel has multiple “gates” - excess points from outside the body
- Excessing these points from outside to inside “opens” up the channels
- Used to move the “chi” thorough the channels, expel noxious influence of the channels, and remove coagulated “chi” from the channels
- Reorganize the flow within the channels
THEORY

• Yin and Yang
  – complimentary
  – confronting
  – different
  – similar

Relative!!
WESTERN PHYSIOLOGY

• Acupuncture points have high concentration of microvesicles and perineural cells
• Increase the endogenous opioids
• Increase surface temperatures
• Influence the immune system: general leukocytosis
• Others
ACUPUNCTURE MEDICINE
(How many channels/points?)

- 12-14 main meridians (channels)
- 8 Supplemental meridians
- 295 points (original-Neijing, 400 B.C.)
- 349 points (256 A.D.)
- 361 points (1817 A.D.)
- 2001 points (Taiwan 1976)
- most acupuncturists remember 200-300 points
ACUPUNCTURE MEDICINE
(Distinct Meridian Subsystem)

- Direct access to the internal organs
- Uses principle meridians
Can we see the meridians?

Eczema that occurred along a right kidney meridian (Qian, female, 15), 1980.

Secondary Neurodermatitis that occurred along the right kidney meridian (Wang, female, 29), 1980.
ACUPUNCTURE MEDICINE
(Evaluation Process)

• History and Physical
  – Western
  – “Chinese”
    • 5 elements
    • Yin vs Yang
    • pulse
    • tongue
FIVE ELEMENTS

• Fire-Summer-Red-Bitter-Excitement-Heat-MH, Heart
• Earth-Harvest-Yellow-Sweet-Worry-Damp-Spleen
• Metal-Autumn-Spicy-White-Sadness-Dryness-Lung
• Water-Winter-Salty-Black-Fear-Cold-Kidney
• Wood-Spring-Blue/Green-Sour-Anger-Wind-Liver
ACUPUNCTURE MEDICINE
(Evaluation Process)

• Examination
  – Western
  – “Chinese”
    • Tongue and Pulse
TONGUE EXAM

- Thickness
- Quality
- Hydration
- Coating
- Color
- Shape
The Complete Illustrated Guide to Chinese Medicine
Tom Williams, PhD

The tongue is an invaluable diagnostic guide and is examined for its colouring and general condition.

Each area of the tongue represents a part of the body, and constitutional shape or color in any area points to a particular inner problem.

- Swollen tongue
- Stiff or deviated tongue
- Quivering tongue
- Short horizontal crack

- Tooth marks at side
- Shallow midline crack (root to tip)
- Long, deep midline crack (root to tip)
- Yellow white coating

- Pale red tongue
- Pale tongue
- Thick coat
- No coat/tongue peeled
- White coat
- Red tongue
- Purple tongue
- Blue/black tongue
- Tiny tongue
- Slightly moist
- Wet tongue
- Sticky coat
- Dry tongue
PULSE DIAGNOSIS

- Superficial/deep
- Characteristics
ACUPUNCTURE MEDICINE
(Treatment)

• Identify the circuit and points
• Needle the points
  – clean technique
  – sterile (disposable and reusable)
• Tonification
• Complimentary treatments
ACUPUNCTURE (NEEDLES)

• 1963: Stone needles dating back to the New Stone Age discovered in Mongolia
• 1978: Copper needles dating back to 400 BC discovered in Mongolia
• 1968: Gold and silver needles dating back to 113 BC discovered in Hebei Province
ACUPUNCTURE (NEEDLES)

• Current needles
  – Disposable/reusable
  – Stainless steel/copper coiled
  – Gauge: 0.12 - 0.30mm
  – Length: 7mm - 50mm
ACUPUNCTURE
GOLD NEEDLE

36 Years Experience and Teaching in Acupuncture and Gold Needle Acupuncture.
*Treats Incurable Illnesses*

- Allergy
- Amyotrophic Lateral Sclerosis
- Arthritis
- Asthma
- Athlete's Foot
- Back problems: Lumbago - Sciatica - Constipation - Diabetes - Digestive problems
- Frigidity
- Headaches
- Heart Problems
- Hypertension
- Insomnia
- Kidney Failure
- Menopause problems
- Multiple Sclerosis
- Narcotic Addiction
- Nervousness and mental Problems
- Paralysis - Facial - Other Parkinson's diseases
- Psoriasis
- Rheumatism
- Sinusitis
- Chronic skin diseases
- Strokes
- Stiff shoulder
- Dizziness
- Night sweat
- Joint pain

*And many other diseases that do not respond to other medical treatments:

DR. LIM
(415) 563-5886 or 7
TELEPHONE HOURS: 11-5
1634 POST ST., SAN FRANCISCO, CAL.
ACUPUNCTURE MEDICINE
(Tonification)

- Manual needle twisting
ACUPUNCTURE MEDICINE
(Tonification)

• Heat
  – Dry
  – Moxibustion
ACUPUNCTURE MEDICINE
(Tonification)

• Electric Stimulation
• 1816, Dr. Louis Berlioz, France
• 1825, Dr. Sarlandiere, used in clinical setting
  — Tonification: Low frequency (Chronic illness)
    • 2-8 Hz
  — Movement: High frequency (Acute illness)
    • 70-150 Hz
ACUPUNCTURE MEDICINE
(Complimentary Therapy)

• Auricular Acupuncture
  – used alone or in conjunction
  – excellent for withdrawal/craving symptoms and chronic pain/illness
Direct electrostimulation
ACUPUNCTURE MEDICINE
(Complimentary Therapy)

• Scraping (Gua Sha)
ACUPUNCTURE MEDICINE
(Complimentary Therapy)

• Plum blossoming
• Plum blossoming
ACUPUNCTURE MEDICINE
(Complimentary Therapy)

• Cupping
• Auricular Acupuncture
  – used alone or in conjunction
  – excellent for withdrawal/craving symptoms and chronic pain/illness
ACUPUNCTURE MEDICINE
(Complimentary Therapy)

• Herbal medicine
VETERINARY ACUPUNCTURE

• Dated back to 1000 B.C.
• 7th Century, Beh Luo Acupuncture
  – Earliest existing publication on animal acupuncture
• 1608 A.D., Horse Therapy
  – “Bible of Animal Acupuncture”
Other Complimentary Medicine

- Reiki (energy medicine)
- Aroma
- Touch
- Hypnosis
ACUPUNCTURE MEDICINE
(Contraindication)

• Local infection
• Open lesions
• Allergy to needle elements
ACUPUNCTURE MEDICINE
(Complications)

- Infection
- Local irritation
- Bleeding
- Needle shock
- Structural injury
- “high”
ACUPUNCTURE MEDICINE
(Post-Treatment)

• Vegetate
• No strenuous activity
• No extremes of food (hot or cold drinks, ice cream, etc)
• No heavy meals
• No sex
• Do nothing to upset the delicate balance of Chi
CASE 1

• 42yo American Indian female
• C5 incomplete tetraplegia
• MVA 15 years ago
• >10 years of bilateral wrist and hand pain with numbness/tingling over 3rd-5th fingers
• Exam c/w bilateral ulnar neuropathy with CTS
CASE 1

• Complete relief of finger pain
• Complete relief of shoulder blade pain
• Return of finger tingling but with less intensity
CASE 2

- Operation Chontalis 2003, Nicaragua
- 28 yo Blackhawk MEDEVAC Helicopter Pilot
- Hard landing caused severe upper trapezius muscle strain
- Any meds other than
- Ibuprofen grounds the pilot
- for 16-24 hours
- Only one set of crew for
- this mission
One treatment: pilot remained on flight status

Two additional treatment: pilot’s condition resolved
CASE 3

- 51 yo WM T6 complete paraplegia
- MVA 3 years ago
- Severe post spasm pain with chronic upper back pain and R rib cage pain
- on max of antispasticity and pain meds
- MRI-sig DJD of T-L spine with multiple disc bulging
- Nasty attitude
CASE 3

- Decreased noticeable spasm
- Decreased lower back pain
- Resolution of upper back pain
- Rib pain persists
- Positive mood change***
CASE 4

- National Training Center (Desert Training) 2002, Ft. Irwin, CA
- 22 yo M1 Tank commander (on turret)
- Tank fell off the cliff and ended up with front dug in the ditch
- His driver and ammo loader both were MEDEVAC with multiple facial and rib fracture
- Patient sustained severe lower back strain
- w/u neg
Usual Treatment: muscle relaxant, ibuprofen, PT, light duty for 3 wks

Added acupuncture when consulted on the same day
4 treatments over 5 days
RTD without restrictions on Day 6
CASE 5

- National Training Center (Desert Training) 2002, Ft. Irwin, CA
- 31 yo mechanic
- Pain on L shoulder after stripping a large screw on a HUMVEE struts
- Unable to lift any objects over 5 pounds
- Also sustained moderate neck strain
- W/u neg for fracture/ligament
Treatment: Acupuncture only
Disposition:
RTD with no restriction after 2 treatment
Setting Up Acupuncture

• Preparation
  – Education
  – Certification

• Allocation
  – Staff
  – Logistics

• Justification
  – Performance review
  – Productivity
Setting Up Acupuncture

• Preparation
  – Education
    • Medical center education
    • Grand round
    • Invited lecturer
    • (local and national)
    • Work shops
    • Work shadow
Setting Up Acupuncture

• Preparation
  – Certification
    • MD/DO –easiest: CME and hospital privilege
      – Annual review, competency review
      – Existing staff
    • Non MD (RN, LAc, OMD)
      – Difficult to grant privilege
      – RN’s (scope of practice?)
      – National is investigating how to privilege
Setting Up Acupuncture

• Allocation
  – Staff
    • Acupuncturist *
    • Nurse (RN or LPN)
    • Clinic check in
Setting Up Acupuncture

• Allocation
  – Logistics
    • Multiple clinic rooms
    • 35-40 min treatment
    • Simultaneous treatment
    • Needles/electrostimulators
Setting Up Acupuncture

• Justification
  – Performance review
    • Individual review by non-qualified personnel (initially)
    • No adverse SE, patient complaints
  – Productivity
    • Proper documentation
    • Templated charting
    • Is it worth it from medical center standpoint?
Setting Up Acupuncture

• Sell your product
  – Military
  – VA’s
  – Local clinics
  – WOC (?)
    • credentialling/privilege still an issue
Evidence Based

• General international agreement: effective for postoperative dental pain, postoperative nausea and vomiting, and chemotherapy-related nausea and vomiting.
• Mixed agreement: migraine, low-back pain, and TMJ disorders
• Promising: fibromyalgia, osteoarthritis of the knee, and tennis elbow
• More and better quality research is needed.
Alternatives

- FTEE acupuncture
  - Credentialing and privileging
- Contractor acupuncture
- Fee Basis acupuncture
  - Approval authority
  - Consult setup
  - Selected patients patient
  - Payment rate
  - Re-authorization
THAT'S ODD... MY NECK SUDDENLY FEELS BETTER...

EARLY ACUPUNCTURE