Acupuncture Treatment at H & Z Acupuncture

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What is acupuncture?

- Traditional Chinese medicine has two parts: Herbs and Acupuncture.
- In the acupuncture treatment, the acupuncture needles are inserted into the acu-points of the body.
Will I feel pain during an acupuncture treatment?

- When the needles are inserted through the skin, patients usually do not feel any pain or feel only very slight pain.
  - Acupuncture needles are very thin (only about 0.25 mm in diameter), which can pass through the injection needle.
  - The needle quickly passes through the skin.
- However, when the needles reach the acu-points and the Qi, the natural energy of the body is stimulated by needle manipulation, the patient may feel some soreness, numbness, distention or heaviness around the acu-points, or feel a kind of sensation traveling up or down. Such feelings usually are the sign of effective treatment.
What kinds of diseases are suitable for acupuncture treatment?

- According to the World Health Organization (WHO), acupuncture can treat more than 120 common diseases and conditions.
- Here is a partial list of conditions that are successfully treated at our H & Z Acupuncture:

<table>
<thead>
<tr>
<th>Condition</th>
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<tbody>
<tr>
<td>Cervical Spondylopathy</td>
<td>Sprain</td>
<td>Sciatica</td>
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<tr>
<td>Arthritis</td>
<td>Shoulder Pain</td>
<td>Lower Back Pain</td>
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<td>Knee Pain, Heel Pain</td>
<td>Trigeminal Neuralgia</td>
<td>Shingles</td>
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<td>Fibromyalgia</td>
<td>Retinitis Pigmentosa</td>
<td>Migraine</td>
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<td>Bell Palsy</td>
<td>Meniere’s Syndrome</td>
<td>Constipation</td>
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<td>Diarrhea</td>
<td>Urinary Incontinence</td>
<td>Stress Depression</td>
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<td>Anxiety</td>
<td>Prostate enlargement</td>
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<td>Hyperemesis Gravidarum</td>
<td>Neuropathy</td>
<td>Reflex</td>
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<td>Hypertension</td>
<td>Scar Tissues</td>
<td>Insomnia</td>
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<tr>
<td>Infertility</td>
<td>Smoking</td>
<td>Obesity</td>
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- In addition, acupuncture can enhance other forms of treatment, speed recovery after surgery, reduce the side effects of chemotherapy and improve emotional stability.
Acupuncture is particularly suitable for patients with chronic conditions

- Traditional Chinese medicine, especially acupuncture, aims at long-term healing. It is particularly suitable for patients with chronic conditions.
- If you come for acupuncture with chronic conditions, you need to be prepared to be treated multiple times. The number of treatments will be determined by your condition. Ten times of acupuncture treatment is regarded as one treatment course. It is not unusual for a difficult chronic condition to be treated for one or multiple courses before significant improvement occurs.
Case 1: Low back and lower extremity pain with a lumbar spine tumor

- Male, 85 year old, retired spine-surgeon.
- When he came, he walk with walker. He had severe lower back and right leg pain. He showed us his MRI film which showed a tumor at S1. Because of his general conditions, the tumor cannot be operated on. He tried many non-surgical methods, none of them really works.
- 3 times of treatments in 3 weeks: Pain started to reduce.
- 10 times of treatments in 3 months: Much reduced pain.
- 50 times of treatments in 14 months, almost no pain. When walking short distances, no cane was needed. Asked us to treat memory loss in stead of pain.

May 31, 2013
Case 2: Neck pain for 30 years

- Female, 60 year old, physical therapist.
- Neck pain for 30 years, worse in the last 3 years. Associated with pain in L shoulder and numbness in L arm; MRI showed pathogenic changes in C5. Epidural steroid injection reduced pain, but were stopped because of eye complications.
- 8 treatments in 2 months: Significant improvement.
- A total of 30 acupuncture treatments in 6 months: Pain disappeared.
- 2 years after initial visit: No pain was observed.

Sep 9, 2011
Case 3: Spinal cord injury

- Male, 27 year old, law school graduate student, from Florida.
- T12 was severely damaged because of a car accident. He had Fusion surgery for his 4 vertebrae at Shepherd Center.
- Recovery was slow. On recommendation, he and his parents came to our office. He was in a wheelchair, could barely lift his legs at the knees, had very limited feeling below the waist.
- Acupuncture treatment 2 times per week.
- After 3 months, he was able to fully extend his legs at the knees. Have regained limited feeling in ankles and the tops of feet. Have also regained very limited feeling and control over internal body functions. He still was not able to walk, but he felt that his leg strength and control were dramatically improved.

May 1, 2013
Case 4: Stress and depression after loss of baby

- Female, 30 years old, business manager.
- She cried one hour when she came to our office. Extremely stressed and depressed because her baby was lost during delivery 5 months ago. Before delivery, her baby was perfectly OK, but after delivery, the baby was dead.
- Menstruation irregular (41 days); Estrogen low, not ovulating.
- 4 sessions of acupuncture treatment: Relaxed, happier, Estrogen level higher, ovulation observed.
- A total of 14 sessions of acupuncture treatment in 3.5 months: No stress; no depression; menstruation regular; pregnant. It was a girl!

May 9, 2009
Case 5: Stress and Fatigue after Divorce

- Male, 59 years old, university student and was an American soldier stationed in Japan and Germany.
- According to him, he married a girl in Germany. After marriage he stayed at home to take care of children. On his fully support, his wife became an associate professor. But, she divorced him and bought a house without his name. He was only be allowed to live in her garage.
- He stressed and fatigued, not able to concentrate on studies (1h), dropped half of courses. He slept 4-5 h/night, urinating ~4 times/night; stomach acid reflux 1-3 times/day, resulting in teeth pain, sore throat.
- 30 sessions of acupuncture treatment in 5 months.
- More relaxed and happier, more energy, improved concentration (4-5 h), taking full course load, became #1 in class in one test; sleep 6-9 h, urinating 1-2 times/night, stomach reflux 1-2 times/month.

May 29, 2009
Case 6: Trigeminal nerve pain and migraines

- Male, 42 year old, physician.
- Severe progressively worsening facial pain and eye pain (trigeminal nerve pain) and migraines for 5 months. Pain can be as bad as 9. Conventional western medical therapy did not stop the pain. He was fearful that he would not be able to continue working, if the pain continued to worsen.
- After 1x treatment, he began to feel better.
- After additional 10x treatments in 2 and half months, average pain level reduced from 9 to 2.
- After additional 12x treatment in 3 months, having pain only occasionally, around once per 2 weeks, not last long, intensity reduced to 1.
- The patient is now still under our care.

Feb 2, 2016
Case 7: Urinary Incontinence

- Female, 53 year old, Retired.
- Urinary Incontinence for 6 years. Bathroom use approximately 35 times per day. Especially when she lifted heavy objects.
- After 3 times of acupuncture treatment, 2 times/week: Able to hold urine much better.
- After additional 3 times of acupuncture treatments, 2 times/week: Urinary incontinence disappeared.
- Additional 3 times of acupuncture treatments in two months were done to consolidate the condition, during which no urinary incontinence was reported.

October 11, 2006.
Case 8: Frequent diarrhea

- Male, 67 years old, retired engineer.
- In 1998: One meter of intestine was removed because of diverticulitis.
- In 2004, prostate was removed, because of prostate cancer.
- Digestive problems starting in 2005. Diarrhea over 15 times per day. Approximately 20 minutes each time. Sometimes, had to sit in the restroom the whole night.
- Visited 4 French and 2 American doctors, including one from the Mayo Clinic, no diagnosis was given.
- On December 8, 2011, he came to our office to treat LBP. Then, we found that his main problem was diarrhea, with which he really could not enjoy his life. Therefore we focused to treat his diarrhea.
- After 3 treatments in one week, diarrhea stared to improve. After 4 months of treatments, significant improvement, able to play golf for 2 runs. Now, after 3 years and 10 months, restroom use 3-5 times per day, around 10 min each time, able to enjoy normal life.

Oct 16, 2015
The origin and early spread of acupuncture treatments

- The first description of acupuncture treatment was found in an ancient traditional Chinese medical book, called *Huang Di Nei Jing* (The Yellow Emperor's Classic of Internal Medicine), which is believed to be written more than 2000 years ago.

- The first acupuncture needles found by archeologists in China were made from stone four thousand years ago. In later years, acupuncture needles were made from bone, gold, silver, or bronze. At present, almost all acupuncture needles are made from stainless steels.

- During the 6th century, traditional Chinese medicine, including acupuncture, spread to Korea and then to Japan.

- During the 17th century, acupuncture was introduced into Europe.

- At present, acupuncture is practiced in over 100 countries around the world.
Introduction of acupuncture into US

- Acupuncture was introduced into the United States as a direct result of president Nixon’s trip to China in 1970. During the trip, his delegation witnessed and was impressed by the effectiveness of acupuncture treatment as a member of the delegation became ill. As a result, president Nixon helped in the organization of a cultural exchange of medical practitioners between the United States and China.

- Later that same year, thirty acupuncturists from China were invited to the University of California, Los Angeles Medical School. This visit started the introduction of acupuncture to the conventional medicine schools in the United States.

- In 1995, the U.S. Food and Drug Administration (FDA) classified acupuncture needles as medical instruments and indicated their safety and effectiveness.

- The first acupuncture license in Georgia was issued on 10/06/2000.
In the 1960’s and 1970’s, there was nation wide research done in China with the aim of understanding the mechanisms of acupuncture induced analgesia and anesthesia.

As acupuncture is gradually accepted as an effective treatment world wide, many countries, including USA, Japan, France, Germany, Russia have joined together in performing scientific research of acupuncture.


Despite a great amount of research, the conclusive mechanisms of acupuncture have not been established. However, some of the understanding are now widely accepted, which explain many different aspects of acupuncture mechanism.
The first paper demonstrating the analgesic effect of acupuncture

- The experiments were done on medical student volunteers at Beijing Medical University and published in 1973 in the Chinese Medical Journal.
- Pain was induced by potassium iontophoresis on the head, thorax, back, abdomen, and leg. The pain threshold was estimated by the current (mA) needed to produce pain.
- Measurements were taken every 10 min for 100 min after the insertion of the needle into the Hoku (L1-4) and Zusanli points (ST-36), which was manipulated (300 insertion/twistings per minute, manual acupuncture) for 50 min ($n = 60$).
- Intramuscular injection of morphine (10 mg) was used as positive control, which produced an 80–90% increase in pain threshold ($p < .05$).
- Acupuncture at Hoku point produced an increase in pain threshold with a peak increase occurring 20–40 min after the needle insertion. The threshold returned to the preacupuncture level 45 min after the needles were removed, with a half-life of $16.2 \pm 1.9$ min.
Sensory nerves are involved in the acupuncture induced analgesia

- When procaine, which blocks signal transduction along the nerve, was injected into the acu-points before acupuncture was given, acupuncture was not able to induce analgesic effect.
- In a normal individual, it was shown that acupuncture on one limb can induce pain relief on different limbs. Same procedures were repeated in 12 hemiplegic and 13 paraplegic patients. It was demonstrated that the acupuncture on the paralyzed limbs has no effect on pain threshold on the non-paralyzed limbs.
Opium & Endorphins

- Opium is found in opium poppy's natural "latex" or "resin." The active substances of opium include morphine, codeine, and many others.
- Endorphins are a group of peptide hormones, found in the brain that act as neurotransmitters and have analgesic properties similar to morphine. Endorphins include Enkephalin, β-Endorphin, Dynorphin and Endomorphin.
- Both opium and endorphins function by binding to the same receptor in the brain.
Significant β-endorphin increase in brain of rats induced by Electroacupuncture

(Chen, 1983)
DR. Han’s research group first discovered in 1970s that acupuncture is able to increase production of the endorphin in the brain, which contributes to the analgesic effect induced by acupuncture. The photo shows that Drs. He and Zhong visited Dr. Han (middle) at his home located at the campus of Beijing University School of Medicine, Beijing, China, in May, 2009.
Traditional Chinese medicine is different from traditional Western medicine

- The practice of acupuncture is based upon the theory of traditional Chinese medicine, which differs from traditional western medicine.
- Western medicine tries to fully understand the structure, physiological and pathological process of the human body by using modern science and technology. Based on such an understanding, it solves problems by human intervention.
- The traditional Chinese medicine stresses recovering the body’s natural ability to repair itself. It tries to restore and maximize the body’s natural healing ability.
How does the traditional Chinese medicine restore the body’s natural healing ability?

The traditional Chinese medicine restores the body’s natural healing ability by:

- balancing *Yin* and *Yang* (the opposite sides of body’s function), It is the guiding principle and the first priority in the traditional Chinese medicine to regulate and balance *Yin* and *Yang* in the treatment, so that the body’s harmony condition and natural healing ability can be restored.
- stimulating and recovering the movement of the *Qi* (the body natural energy).
- To achieve this, the traditional Chinese medicine takes a holistic approach. It analyzes patients’ overall life style factors such as stress, sleep, diet and exercise, and addresses patients’ physical, mental and spiritual attributes, rather than mainly focusing on the specific pathologic process.
**Yin and Yang**

- The concept of *Yin* and *Yang* can be traced to ancient Chinese philosophy. *Yin* and *Yang* are not confined to specific things. Generally speaking, anything that is active, bright or hyper-functioning belongs to *Yang*, whereas anything that is static, dim or hypo-functioning belongs to *Yin*.
  - For example:
    - **Yang**: day, fire, male
    - **Yin**: night, water, female

- *Yin* and *Yang are both* opposite and interdependent. Neither of them can exist by its own without the other.
Meridian system in traditional Chinese medicine

- The traditional Chinese medicine believes that there is a meridian system in the body, which consists of the 14 meridians and their collaterals.
- *Qi* circulate through the meridians and their collaterals, by which the upper, lower, interior and exterior parts of the body are inter-related.
- By stimulating the selected acu-points, acupuncture balances the *Ying* and *Yang* of our body and promotes the production and movement of the *Qi*. 
Case 9: Dysmenorrhea (Painful menstrual cycles) for 8 Years

- Female, 26 years, whole food employee.
- Painful menstrual cycles since 18 year old.
- Had to take pain reliever as soon as her cramps began, otherwise if waiting until pain got severe, nothing would help. For several times, she had to be treated in the emergency room. She have seen other acupuncturists and did not find pain relief.
- Diagnosis: Too much Ying (Cold), too less Yang (Warm).
- Treatments: 1) Acupuncture. 2) More clothes, so that hands and feet become warm. 3) Warm feet before sleep by using relatively hot water with Chinese herbs. 4) Take Chinese herbs to enhance the Yang (Warm).
- With only one office visit, she felt much better. She began her period a couple days after. Although she still felt some discomforts, no pain medicine was taken. She couldn't even remember the last time she had such an easy period.

June 13, 2015
Summary-1

- Acupuncture is an integrated part of traditional Chinese medicine.
- Acupuncture was introduced into the United States in 1970. The first acupuncture license in Georgia was issued in 2000.
- Acupuncture can treat a variety of diseases and conditions.
- In spite of a great amount of research that has been done, the mechanism of acupuncture has not been established.
The traditional Chinese medicine is different from Western medicine in that it stresses recovering the body’s natural ability to repair itself.

Acupuncture restores the body’s natural healing ability by:

- balancing *Yin* and *Yang* (the opposite parts of body’s function)
- stimulating and recovering the movement of the *Qi* (the body’s natural energy).
Presented

on February 4\textsuperscript{th}, 2016

at Emory University Hospital Midtown,
Department of Otolaryngology, PGY-4.