

Acupuncture

Charlotte Yang MD

10/19/2018

What is accupuncture

<https://youtu.be/fqrsbbYttho>

Acupuncture is a technique in which practitioners stimulate specific points (acupuncture points) on the body by insertion of fine, solid needles to promote natural healing and improve function.

History of acupuncture

- As part of TCM acupuncture has been practiced for over 4 thousands years
- In USA acupuncture has been practice for over 200 years
- The US FDA approved acupuncture needle as medical device in 1996
- We been doing acupuncture for over 19 years in my clinic

what is acupuncture about

- Acupuncture is base on traditional chinese medicine theory.
- Theory of Yin and Yang and five elements
- 12 primary meridiens and 8 secondary meridein
- 360 acupuncture points in our body

Animal and laboratory/human studies

- **Local effects:** activate peripheral-nerve fibers of all sizes, stimulation of connective tissue and local blood flow and release of neurochemicals
- **Systemic effects:** induce secretion neurotransmitters in central nerve system: endogenous opioids, cortisol, endorphin...
. These chemicals will either change experience of pain or influence the body's internal regulation.

Indication for accupuncture

- **NIH : National center for complementary and integrative health**
- 1:low back pain
- 2: neck pain
- 3:osteoarthritis/knee pain
- 4: headache
- 5: cancer treatments

Clinical study of acupuncture

2008: meta-analysis 6659 patients LBP
acupuncture and sham acupuncture were
more effective than no tx

Large German study 3093 pts with LBP >7 years
real acupuncture is much better than sham
acupuncture and conventional tx

A large German study with >14000 pt , adding
acupuncture to usual care for neck pain ,
showed greater pain relief

2010 Systematic review acupuncture for knee
or hip osteoarthritis concluded with better pain
control and better function.

Side effects of acupuncture

Local discomfort

Tired for a few hours

Infection and bleeding very minimal

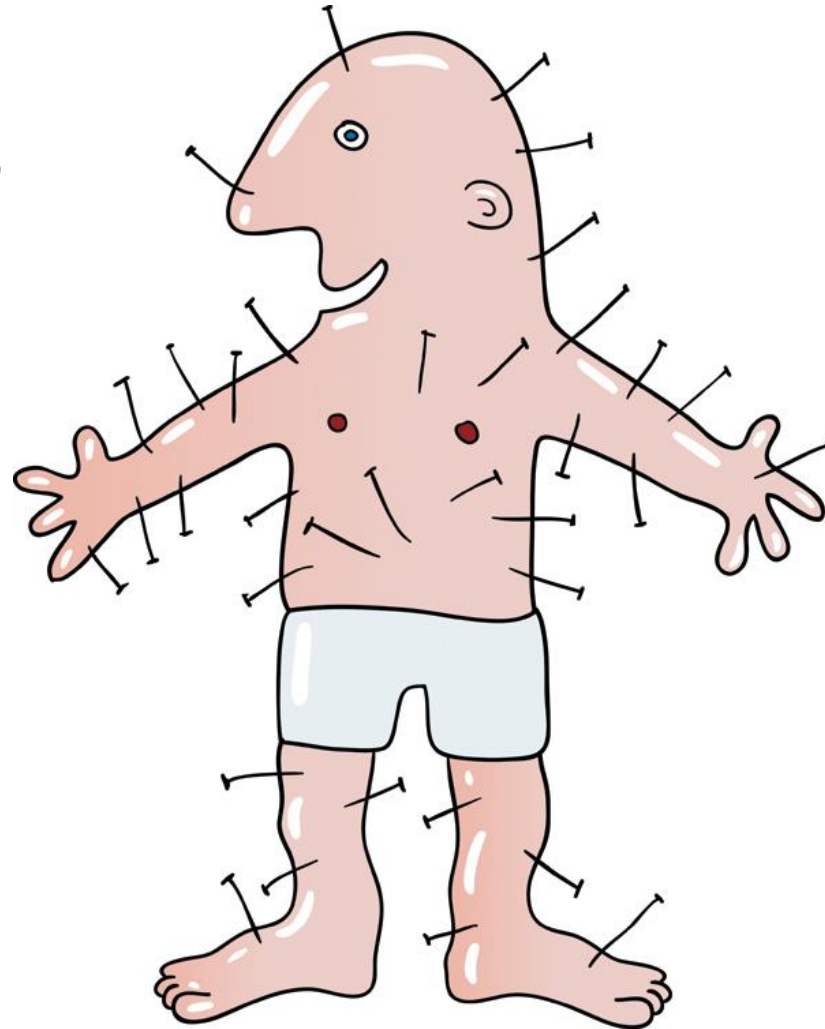
Well tolerated in general







Questions???



Patient's Testimony

<https://youtu.be/-ahr0RYSK54>