

# 10th Annual Primary Care & Behavioral Health Integration Summit

## **INTEGRATING EASTERN AND WESTERN MEDICINE FOR OPTIMAL HEALTH**

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# What is Eastern Medicine?

A holistic approach to medicine that looks at the body as a whole and acknowledges the root of disease stems from disharmony in the patient's body, mind, and spirit.

\* Note: mind = thoughts, spirit = feelings and emotions

# Different Forms of Eastern Medicine

Traditional Chinese Medicine (TCM)

Tibetan Medicine

Ayurveda Medicine

# Traditional Chinese Medicine (TCM)

Most commonly used form of Eastern Medicine

More research has been conducted on TCM than any other form of Eastern Medicine

PubMed.gov – total of 70,185 articles published on TCM,  
36,382 published in the last 5 years

# TCM Treatment for Disease

Acupuncture

Chinese Herbal Medicine

Moxibustion

Cupping

Gua Sha

# TCM Treatments for Disease

PubMed.gov	Total # of Articles Published	Total # of Articles Published Between 2014 - 2019
Acupuncture	31,256	8,856
Chinese Herbal Medicine	28,869	28,869
Moxibustion	5,250	3,436
Cupping	2,848	486
Gua Sha	39	19

# Principles of TCM

- The word “disease” originates back to the 14c. The word comes from a French word, “desaise.” which means the body is out-of-ease.
- Physiology of the human body can be explained through the theories of Qi and Blood, Yin and Yang, and the 5 Elements.
- Pathology of the human body can be explained through TCM patterns of disharmony.

# Principles of TCM

- Patterns of disharmony can be diagnosed through tongue diagnosis, pulse diagnosis, and an evaluation of current signs/symptoms.
- Treatment of disease requires treating the underlying pattern of disharmony that is giving rise to the disease.

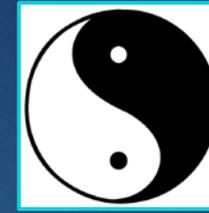
# Understanding TCM Physiology

- QI and Blood
- Yin and Yang
- 5 Elements

# Qi and Blood

	TCM Theory	Biomedical Correlation
Qi	the major energy or life force that runs through the body	a combination of chemical, electrical, and mechanical energy in the body
Blood	the necessary substance which gives life to all living parts of the body. Optimal blood flow is essential to good health, the healing of disease, and the repair of any physiologic disfunction.	body fluid that delivers necessary substances, such as nutrients and oxygen, to cells and transports metabolic waste products away from those same cell

# Yin and Yang



	TCM Theory	Correlation in Nature	Biomedical Correlation
Yin	Subtle nature or force	Woman Night Winter Cool	Hypotension Bradycardia Chronic Conditions
Yang	Strong nature or force	Man Day Summer Hot	Hypertension Tachycardia Acute Conditions

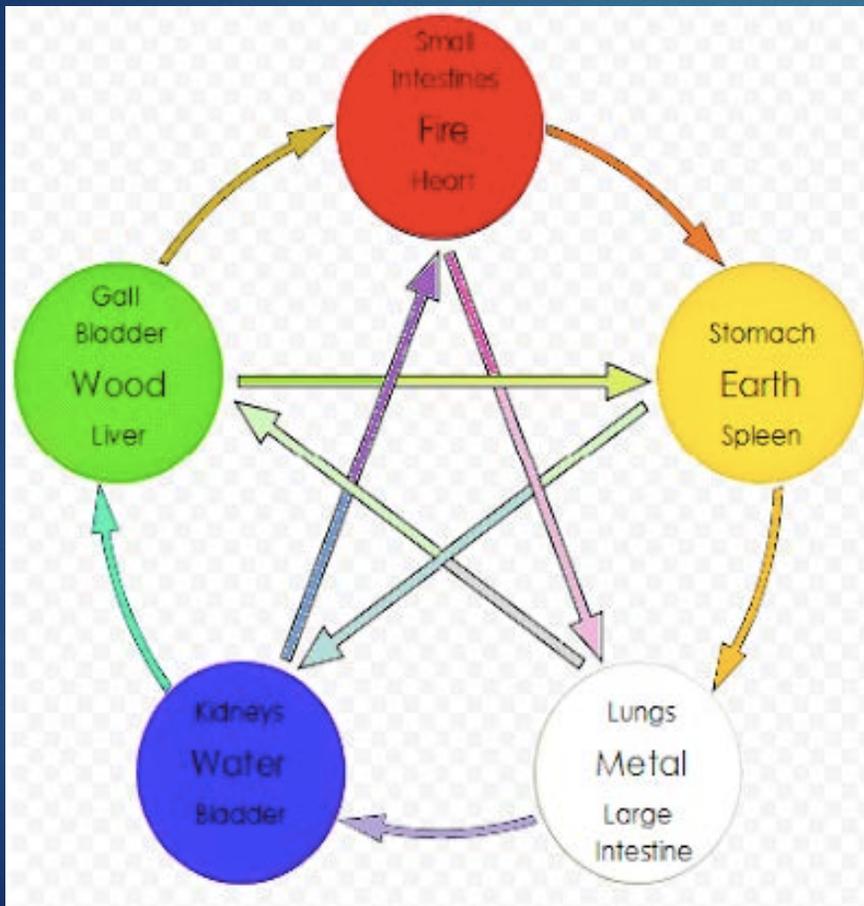
Yin & Yang never exist in isolation. Everything contains both Yin and Yang aspects, even extreme Yang contains an element of Yin and vice versa.

Yin & Yang never exist in a static 50-50 balance. While theoretically ideal, Yin and Yang are always in a dynamic relationship to one another.

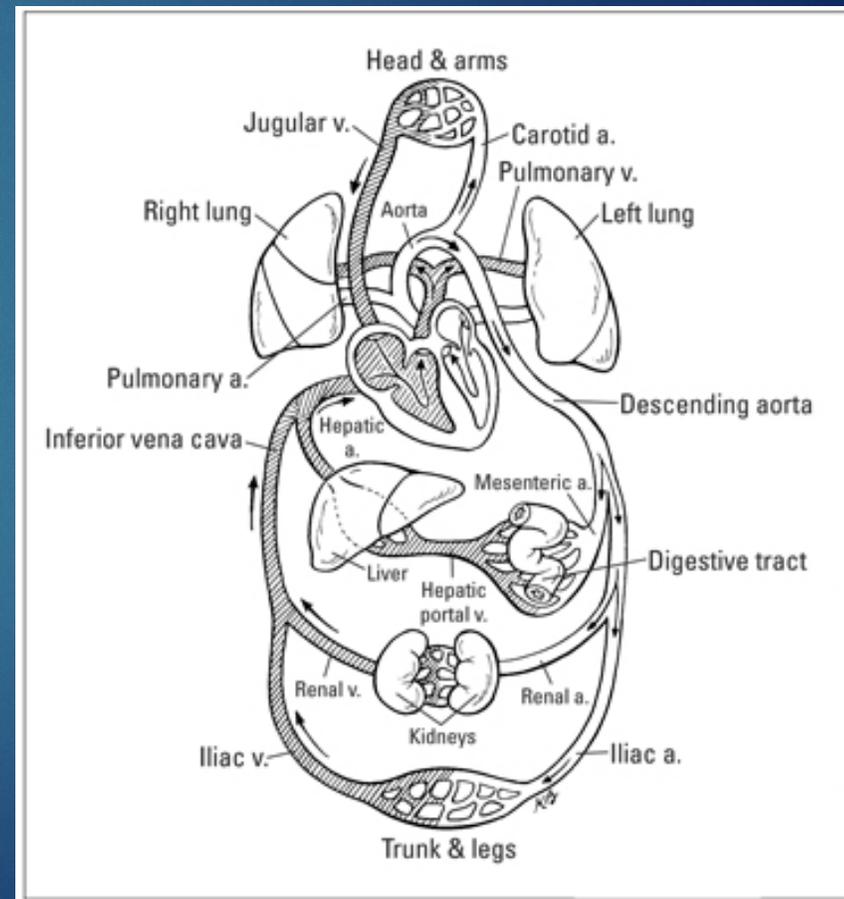
# The 5 Elements

Pathway in which Qi and Blood flow through the major organ systems in the body

TCM Theory



Biomedicine Correlation



# TCM Pathology: Patterns of Disharmony

	TCM Pattern of Disharmony	Common S/S	Biomedical Correlation
Qi	Qi Deficiency	fatigue, weakness, atrophy	adrenal insufficiency, chronic fatigue syndrome, cachexia
	Qi Stagnation (d/t excess)	dull achy pain that moves location, depression, irritability/frustration, constipation, migraines, HA, cold hands and feet	unexplained pain, generalized depression, IBS-C, chronic migraines, Raynaud's syndrome
Blood	Blood Deficiency	fatigue, pale complexion, poor cognition, poor memory	post-partum, iron-deficiency anemia, pernicious anemia, aplastic anemia
	Blood Stagnation	sharp stabbing fixed pain	DVT, dysmenorrhea, migraine

# TCM Pathology: Patterns of Disharmony

	TCM Pattern of Disharmony	Common S/S	Biomedical Correlation
Yin	Yin Deficiency	night sweats, hot flashes, dryness of skin and mucous membranes	menopausal syndrome, Sjorgen's syndrome
Yang	Yang Deficiency	fatigue, cold body temperature, desire to withdraw	hypothyroidism
	Yang Rising	red face and eyes, warm body temperature, sweating without exertion	hypertension, vertigo, tinnitus

# TCM Pathology: Patterns of Disharmony

	TCM Pattern of Disharmony	Common S/S	Biomedical Correlation
Fire	Heart Blood Deficiency	heart palpitations, chest pain, tightness in chest, SOB, anxiety	angina, atrial fibrillation, generalized anxiety D/O
	Heart Fire	insomnia, vivid dreaming, rash	insomnia, dermatitis
Metal	Lung Qi Deficiency	fatigue, SOB, wheezing, weakened immune system, easily contracts common colds	asthma, allergies, URTI
	Phlegm heat obstructing the Lung	cough, yellow or green phlegm, wheezing, SOB	URTI, bronchitis, influenza, pneumonia

# TCM Pathology: Patterns of Disharmony

	TCM Pattern of Disharmony	Common S/S	Biomedical Correlation
Earth	Spleen Qi Deficiency	loose stool, diarrhea, LOA, fatigue	IBS-D
	Stomach Fire	acid reflux, belching, nausea, vomiting	GERD, Barrett's Esophagus
Water	Kidney Yin Deficiency	night sweats, hot flashes, warm body temp, LBP, knee pain, poor memory, decreased KI Fx	Menopausal Syndrome, Acute Nephritis
	Kidney Yang Deficiency	cold body temp, LBP and stiffness, knee pain, edema, poor memory, decrease Ki Fx	Edema, Chronic Kidney Disease
Wood	Liver Qi Stagnation	poor digestion, flatulence, abdominal pain & bloating, alternating D/C, cold hands and feet, anger, frustration	IBS-D, IBS,-C, Depression

# TCM Diagnosis

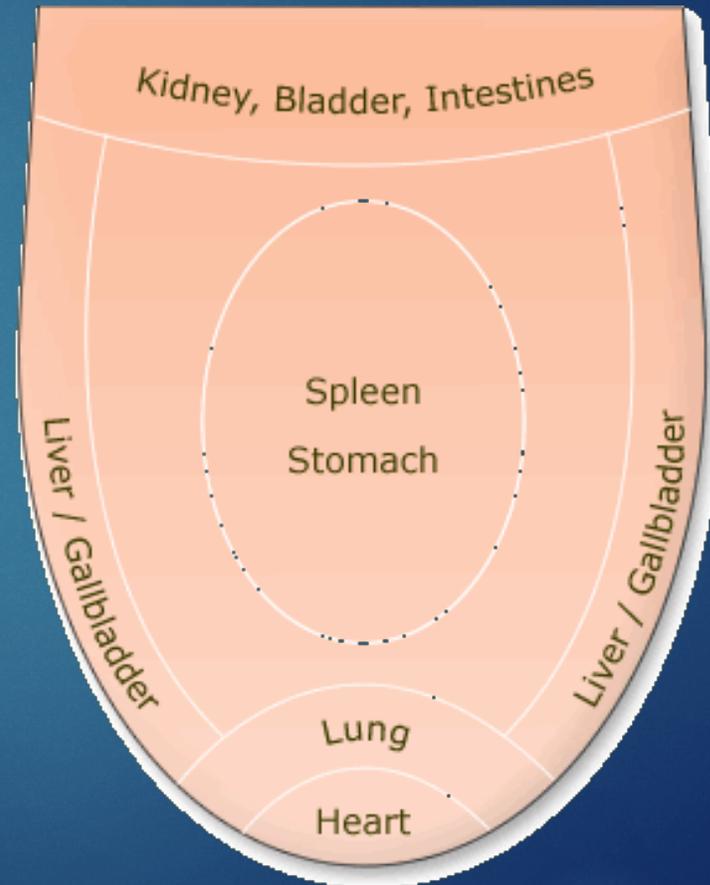
Tongue Diagnosis

Pulse Diagnosis

Evaluation of S/S

# Tongue Diagnosis

- Areas of the Tongue
- Body Color & Shape
- Coat
- Moisture / Dryness



# Tongue Diagnosis

## Body Color

Pinkish Red = Normal

Pale = Blood Deficiency, Yang Deficiency

Very Red = Internal Heat

Purplish Red = Blood Stasis from Heat

Purplish Blue = Blood Stasis from Cold



# Tongue Diagnosis

## Body Shape

Short = Cold

Long = Heat

Swollen/Puffy = Spleen Qi Deficiency  
with Dampness

Thin = Yin Deficiency

Cracked = Yin Deficiency/Heat

Tooth Marker = Spleen Qi Deficiency

Sores on Tongue = Stomach Heat



# Tongue Diagnosis

## Tongue Coat

Thin White Coat = Wind Cold with phlegm

Thin Yellow Coat = Wind Heat with phlegm

Thick White Coat = Spleen Qi Deficiency with Damp

Moldy = Damp Toxins in Spleen/Stomach

Black = Severe Cold usually from Antibiotics/  
Chemotherapy



# Tongue Diagnosis

## Moisture / Dryness of Tongue

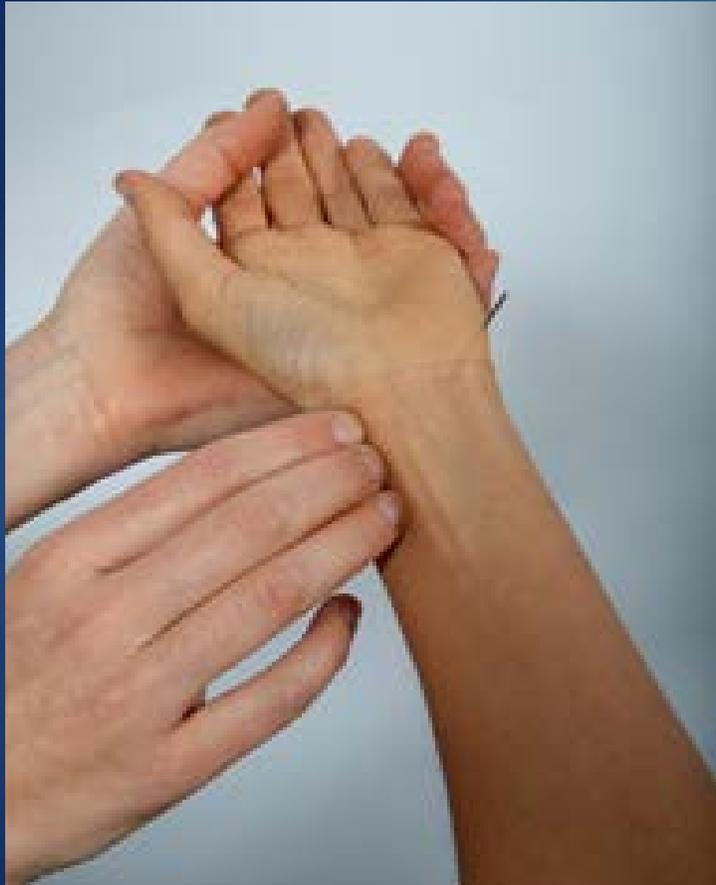
Wet = Yang Deficiency causing Dampness

Dry = Heat

Peeled = Severe Stomach Heat



# Pulse Diagnosis



Position	Left Wrist	Right Wrist
1	Heart (circulatory system)	Lung (respiratory system)
2.	Liver (liver, gallbladder, and lymphatic system)	Spleen and Stomach (digestive system)
3.	Kidney Yin (endocrine system)	Kidney Yang (renal and urinary system)

# Evaluation of S/S

- 1.ID
- 2.CC
- 3.HPI
  - A.Narrative
  - B.OLDCCARTS
- 4.Medications and Supplements
- 5.Allergies
- 6.PMH
- 7.FHX
- 8.Drugs / Alcohol / Smoking
- 9.OB/GYN
- 10.Sexual Hx
- 11.Social Hx
- 12.Lifestyle: Diet, exercise, caffeine, stress
- 13.Occupation Hx
- 14.ROS



# Evaluation of S/S

## ROS: Ten Questions

1. Sleep / Energy
2. Sweat / Temperature
3. Thirst / Taste
4. Pain
5. Heart (circulatory system)
6. Lung (respiratory system/ ENT)
7. Liver (liver, gall bladder, lymphatic system, gynecological system)
8. Spleen & Stomach (digestive system - absorption)
9. Large Intestine (digestive system - elimination)
10. Kidney (endocrine, renal and urinary system)

# TCM Treatment for Disease

Acupuncture

Chinese Herbal Medicine

Moxibustion

Cupping

Gua Sha

# What is Acupuncture?

Acupuncture is the insertion of very fine needles at specific points in the body, used to create a physiological change.





# What's the History?

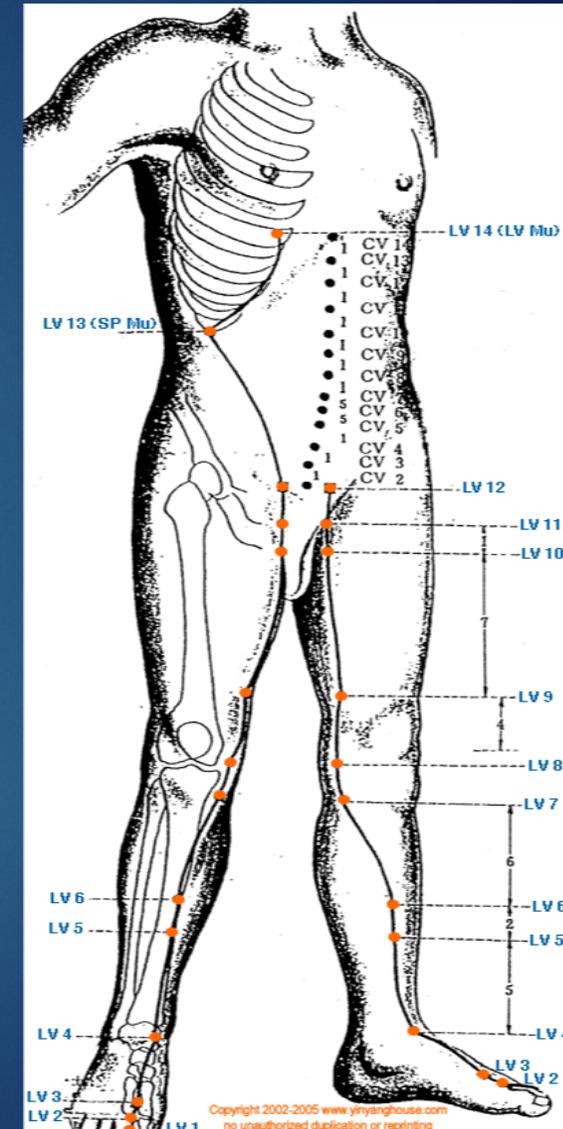
- First historical reference to acupuncture is over 5,000 years old
- Acupuncture has been formalized as a medicine for over 3,000 years
- Acupuncture was originally performed with carved stone instead of needles

# How Does Acupuncture Work?

- ▶ Each acupuncture point has a number of specific functions associated with it.
- ▶ All points have a specific location, needle depth, and vector.
- ▶ All points promote circulation, reduce (local) inflammation, and release endorphins in the blood.
- ▶ Acupuncture points are organized by meridians.

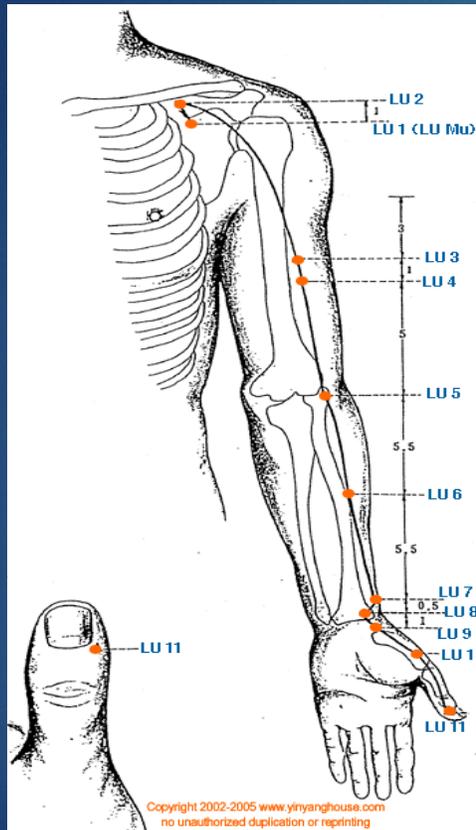
# Acupuncture Meridians

- In TCM, meridians are lines which connect the acupuncture points.
- They are known as ‘lines of energy’ which allows Qi to move to different parts of the body.
- In Biomedicine, meridians are networks consisting of a combination of blood vessels and nerves that move in the same direction.
- Meridians are named by the anatomical organ they run through.

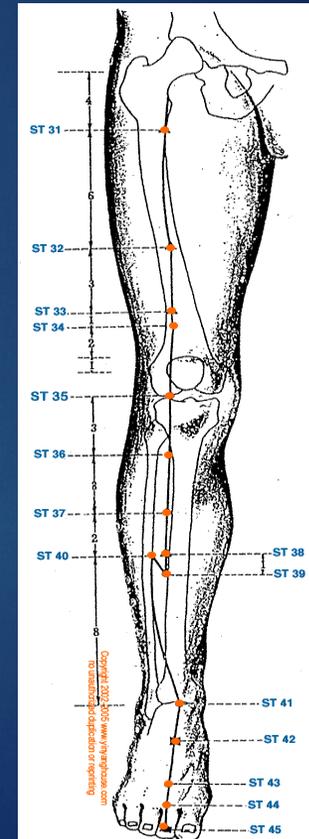
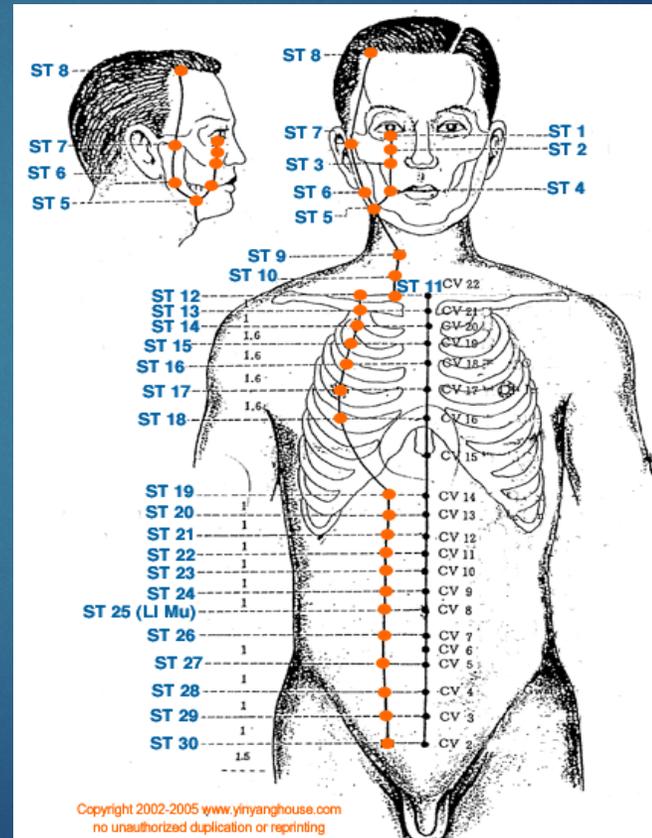


# Acupuncture Meridians

## Lung Meridian



## Stomach Meridian



# What Can Acupuncture Treat?

## Psychological D/O

Anxiety

Depression

OCD

PTSD

Insomnia

## Neurological D/O

HA and Migraine

Trigeminal Neuralgia

Bell's Palsy

Paralysis

Peripheral

Neuropathy

Tinnitus

Vertigo

## Cardiovascular D/O

HTN

Low Blood Pressure

Atrial Fibrillation

## Respiratory D/O

Sinus Infection

Sore Throat

Common Cold

Chronic Cough

Tonsillitis

Bronchitis

Asthma

Allergies

# What Can Acupuncture Treat?

## Musculoskeletal D/O

Muscle Pain, Swelling, Stiffness & Weakness  
Pain d/t Injury  
Tendonitis  
Arthritis  
Fibromyalgia  
Back Pain  
Sciatica  
Shoulder Pain  
Frozen Shoulder  
Neck Pain  
Tennis Elbow  
Golfer's Elbow  
Carpal Tunnel  
Morton's Neuroma  
Plantar Fasciitis

## Gastrointestinal D/O

Irritable Bowel  
Constipation  
Diarrhea  
Nausea / Vomiting  
Acid Reflux  
Ulcers

## Gynecological D/O

Infertility  
PMS  
Painful or Irregular Menstruation  
Menopausal Syndrome

# What's the Research?

## Acupuncture therapy for fibromyalgia: a systematic review and meta-analysis of randomized controlled trials

**Background:** Fibromyalgia (FM) can cause chronic widespread pain and seriously affect the quality of patient lives. Acupuncture therapy is widely used for pain management. However, the effect of acupuncture on FM is still uncertain. The aim of this review was to determine the effect and safety of acupuncture therapy on the pain intensity and quality of life in patients with FM.

**Method:** We searched PubMed, the Cochrane Library, Embase, the China National Knowledge Infrastructure, the Chinese Science and Technology Periodical Database, and the Chinese Biomedical Literature Database to collect randomized controlled trials (RCTs) of acupuncture for FM published before May 2018. A meta-analysis was performed according to the Cochrane systematic review method by using RevMan 5.3 software, and GRADE was used to evaluate the quality of the evidence.

**Results:** We identified 12 RCTs that compared acupuncture therapy to sham acupuncture or conventional medication. Meta-analysis showed that acupuncture was significantly better than sham acupuncture for relieving pain (MD = -1.04, 95% CI [-1.70, -0.38], P=0.002, I<sup>2</sup>=78%) and improving the quality of life (MD = -13.39, 95% CI [-21.69, -5.10], P=0.002, I<sup>2</sup>=82%), with low- to moderate-quality evidence in the short term. At follow-up in the long term, the effect of acupuncture was also superior to that of sham acupuncture. No serious adverse events were found during acupuncture.

**Conclusion:** Acupuncture therapy is an effective and safe treatment for patients with FM, and this treatment can be recommended for the management of FM.

# What's the Research?

## Acupuncture for migraine: A systematic review and meta-analysis

**Objective:** The goal of this study is to systematically assess the effectiveness of acupuncture compared with medication for migraine.

**Methods:** The Cochrane Library, PubMed, MEDLINE, Embase, China National Knowledge Infrastructure (CNKI), Sinomed, the Chongqing VIP full-text periodical database (VIP) and Wanfang were searched by computer to identify the randomized controlled trials comparing acupuncture with medication for migraine from the beginning of these databases to August 2018, supplementing with literature retrospective and manual searches. Review Manager 5.2 was used for statistical analysis.

**Results:** A total of 13 trails including 1218 participants met the selection criteria. (1) The meta-analysis of 3 articles showed that acupuncture was more effective in reducing the frequency of migraine attacks (MD = -2.03; 95% CI: -2.77 to -1.30; P < 0.00001) than medication. (2) The meta-analysis of three articles showed that acupuncture was more effective in reducing the number of migraine days (MD = -1.65; 95% CI: -2.78 to -0.52; P = 0.004) than medication after treatment. (3) The meta-analysis of six articles showed that acupuncture was more effective in reducing VAS (MD = -1.26; 95% CI: -1.48 to -1.04; P < 0.00001) after treatment. (4) The meta-analysis of two articles showed that acupuncture was more effective in reducing VAS (MD = -1.07; 95% CI: -1.63 to -0.51; P = 0.0002) during follow-up. (5) The meta-analysis of seven articles showed that the total effective rate of acupuncture was higher than that of medication (MD = 1.27; 95% CI: 1.16 to 1.37; P < 0.00001). In addition, fewer adverse effects in acupuncture groups were reported than in medication groups. Overall the quality of the evidence was low.

**Conclusion:** The results of this meta-analysis showed that acupuncture is more effective and safer than medication for migraine. Acupuncture can be considered a treatment option for patients willing to undergo this treatment.

# What's the Research?

## Acupuncture for Functional Dyspepsia: What Strength Does It Have? A Systematic Review and Meta-Analysis of Randomized Controlled Trials

**Background:** Although the effectiveness of acupuncture therapy on functional dyspepsia (FD) has been systematically reviewed, the available reports are still contradictory and no robust evidence has been provided to date.

**Objective:** To assess the current evidence of high quality on the effects of acupuncture for patients with FD.

**Methods:** A comprehensive literature database search was conducted to identify randomized controlled trials (RCTs) comparing acupuncture therapies (including manual acupuncture and electroacupuncture) to sham acupuncture and medication use. A meta-analysis was performed following a strict methodology.

**Results:** 16 RCTs involving 1436 participants were included. The majority of the trials were determined to be of low quality. Positive results were found for acupuncture in improving the Nepean Dyspepsia Index (NDI) and scores of the MOS 36-Item Short-Form Health Survey (SF-36), as well as in alleviating relevant symptoms (especially postprandial fullness and early satiation) of FD patients.

**Conclusion:** Based on current available evidence, acupuncture therapy achieves statistically significant effect for FD in comparison with sham acupuncture and is superior to medication (prokinetic agents) in improving the symptoms and quality of life of FD patients. Nonetheless, despite stringent methodological analyses, the conclusion of our review still needs to be strengthened by additional RCTs of higher quality.

# Is Acupuncture Safe?

- Yes, acupuncture is very safe!
- The FDA regulates acupuncture needles for use by licensed practitioners only.
- In the US, the FDA, requires that needles are sterile, nontoxic, and labeled for single use by qualified practitioners only.

# Is Acupuncture Safe?

Early review of the literature includes those by Ernst and White, and Lao who conclude,

**“The risk of serious events occurring in association with acupuncture is very low, below that of many common medical treatments.” (1)**

**“Acupuncture performed by trained practitioners using Clean Needle Technique is a generally safe procedure.” (2)**

1. Ernst E, White AR. (2001). Prospective studies of the safety of acupuncture: a systematic review. *American Journal of Medicine*, 110 (6), 481-485.
2. Lao L, Hamilton GR, Fu J, Berman BM. (2003). Is acupuncture safe? A systematic review of case reports. *Alternative Therapies in Health and Medicine*, 9 (1), 72-83.

# Is Acupuncture Safe?

In 2004, White reviewed a significant body of published evidence regarding adverse events (AE) associated with acupuncture, offering a numerical value of AE associated with acupuncture treatments.

**“According to the evidence from 12 prospective studies which surveyed more than a million treatments, the risk of a serious AE with acupuncture is estimated to be 0.05 per 10,000 treatments, and 0.55 per 10,000 individual patients... The risk of serious events occurring in association with acupuncture is very low, below that of many common medical treatments.” (3)**

3. White A. (2004). A cumulative review of the range and incidence of significant adverse events associated with acupuncture. *Acupuncture Medicine*, 22 (3), 122-133.

# Is Acupuncture Safe?

Finally, a later review of prospective studies similarly concludes that the vast majority of AE are minor and require little or no treatment.

Park et al. (4) studied **2,226 acupuncture patients over 5 weeks**. He found that only **99 patients experienced AE (4.5%)**.

**The most common AEs were bleeding or bruising (2.7%) and needle site discomfort (2.7%).**

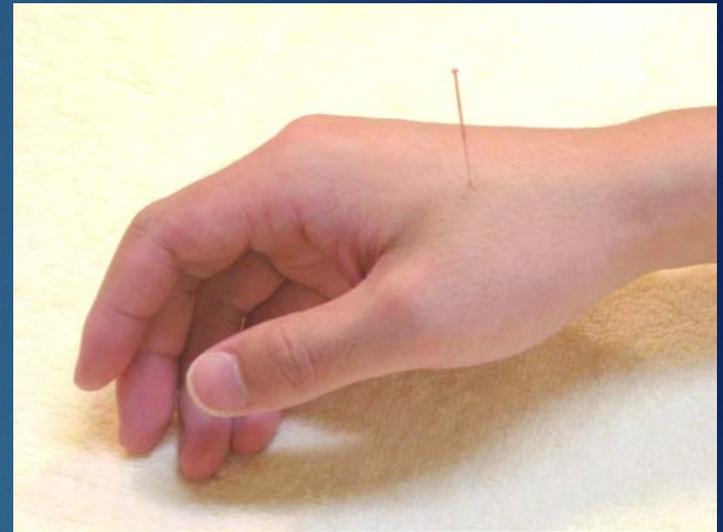
**The most common moderate AE was nerve injury, described as paresthesia, which disappeared within one week (0.31%).**

**No serious AE were experienced by any patients in this study.**

4. Park J-E, Lee M, Choi, J-Y, Kim B-Y, Choi, S-M. Adverse events associated with acupuncture: a prospective study. Journal of Complimentary Medicine. 2010;16(9) (Sept 14):959-63.

# Does Acupuncture Hurt?

- Unlike hypodermic needles used to draw blood or give injections, acupuncture needles are extremely fine.
- Most patients do not feel the needles being inserted.
- Sometimes a patient can experience a mild, dull sensation as the needle is inserted, but the sensation differs from pain.
- Generally, the sensation dissipates a few seconds after it has been in the body.



# What is Chinese Herbal Medicine?

Chinese herbal remedies are made up of a variety of roots, bark, flowers, seeds, fruits, leaves, minerals, branch, and animal products



# What is Chinese Herbal Medicine?

Like acupuncture, Chinese herbs are categorized by the function they have in the body.

In Western herbalism, single herbs are generally used to treat a single complaint. In TCM, herbs are generally part of a formula that is prescribed to a patient.

# How Does Chinese Herbal Medicine Work?

Typically, there are one or two herbs in a formula that have the greatest effect on the condition being treated.

Other ingredients treat minor aspects of the condition or direct the formula to specific parts of the body.

# What Does Chinese Herbal Medicine Treat?

- ▶ Acute diseases and conditions: bacterial infections, viruses
- ▶ Chronic illnesses: GI d/o, respiratory d/o, immune system deficiencies
- ▶ Helps maintain optimal health by keeping the body balanced

# What's the Research on Chinese Herbal Medicine?

## Effectiveness of Chinese herbal medicine for patients with primary insomnia: A Meta-Analysis

**Background:** Traditional medicine is widely used for patients with primary insomnia, but the studies showed inconsistent results. We performed a meta-analysis of randomized controlled trials (RCTs) to evaluate the effectiveness of Chinese herbal medicine (CHM) versus placebo for primary insomnia patients.

**Methods:** The electronic databases including PubMed, EmBase, Cochrane library, and China National Knowledge Infrastructure were searched to identify the RCTs published from inception till July 2018. The summary weighted mean difference (WMD) with its 95% confidence interval (CI) for Pittsburgh sleep quality index (PSQI), sleep onset latency, total sleep duration, Athens insomnia scale (AIS), and sleep efficiency were calculated using random-effects model.

**Results:** Fifteen RCTs comprising 1500 patients were finally included in the meta-analysis. Overall, patients who received CHM had lower levels of PSQI (WMD: -2.36; 95% CI: -4.02 to -0.70;  $P = .005$ ), sleep onset latency (WMD: -11.54; 95% CI: -20.55 to -2.54;  $P = .012$ ), and AIS (WMD: -0.59; 95% CI: -0.97 to -0.22;  $P = .002$ ) as compared with placebo. Moreover, the summary WMDs of CHM versus placebo were associated with higher total sleep duration (WMD: 0.79; 95% CI: 0.56–1.02;  $P < .001$ ), and sleep efficiency (WMD: 9.72; 95% CI: 6.49–12.96;  $P < .001$ ). The treatment effect on PSQI might be affected by publication year, sample size, mean age, percentage male, diagnostic tool, duration of insomnia, treatment duration, and study quality.

**Conclusion:** The findings of this meta-analysis indicated that CHM could significantly improve the symptoms of insomnia than placebo for patients with primary insomnia

# What's the Research on Chinese Herbal Medicine?

## Anti-Inflammatory Effects of Chinese Herbal Medicine on COPD: A Systematic Review

**Background:** Airway inflammation and inflammatory mediators play an imperative role in the pathogenesis of COPD. Currently, understanding of the anti-inflammatory effect of Chinese herbal medicine (CHM) on COPD is limited, and CHM's mechanism of actions is unclear. This systematic review (SR) evaluates anti-inflammatory effects of CHM on the concentration of various inflammatory mediators, such as Tumor Necrosis Factor-alpha (TNF- $\alpha$ ) and interleukin-8 (IL-8), in the sputum and serum of COPD patients.

**Methods:** The studies chosen for this SR were obtained from Chinese and English databases. The study selection criteria were based on randomized, controlled trials of stable COPD patients on adjunct oral CHM; and the changes in concentration of inflammatory mediators post-treatment were analyzed via meta-analysis.

**Results:** 2,268 patients in 29 studies were evaluated. 2 studies were assessed to be of low-risk in all domains. The results showed significant reduction in the serum level of IL-8 (mean: -1.27 and 95% confidence interval (CI) [-1.86, -0.68]) and TNF- $\alpha$  (Mean: -0.72 and 95% CI [-1.01, -0.43]) in patients treated with CHM plus bronchodilators, compared to bronchodilators alone.

**Conclusion:** This SR explains CHM's mechanism of action, and demonstrates CHM's anti-inflammatory effects on patients with stable COPD.

# What About Drug/Herb Interactions?

Licensed Acupuncturists and Herbalists are well trained in drug/herb interactions.

The clinical guidelines for herbalism are detailed in the Materia Medica, the source text for all practitioners of TCM. In the state of California, practitioners of TCM must be licensed in order to practice both acupuncture and Chinese herbal medicine.

TCM Practitioners are also trained in Western pharmacology and pharmacokinetics.

Using the principles of pharmacokinetics, Chinese herbal medicine can be administered at times with less risk of interaction.

Online resources provide additional information regarding drug/supplement/herb interaction

- National Center for Complimentary and Integrative Health Herb-Drug Checker
- WebMD Interaction Checker
- Medscape Drug Interaction Checker
- University of Chicago Drug Interaction Checker
- Memorial Sloan Kettering About Herbs App

# What is Moxibustion (Moxa)?

Moxibustion is a heat therapy that stimulates specific acupuncture points of the body.

The term is derived from word "moxa," which is the Japanese translation of the herb **Artimesia Herba (Mugwort)**, and the word "bustion," which is the Latin word for burning.

# How Does Moxibustion (Moxa) Work?

Creates  
vasodilation in the  
blood vessels  
underneath

Promotes  
circulation

Stimulates  
acupuncture  
needles

Reduces  
Swelling/Edema

Tonifies Organs

# What Does Moxibustion Treat?

Muscle pain

Muscle stiffness

HA

Migraines

Tendonitis

Arthritis

Digestive Disorders

Menstrual Cramps

Irregular Menstruation

Infertility

# What's the Research on Moxibustion?

## Moxibustion for the treatment of osteoarthritis: An updated systematic review and meta-analysis

**Objective:** To evaluate the effect of moxibustion on knee osteoarthritis patients with cumulative meta-analysis, and trial sequential analysis was applied to test the authenticity of results.

**Methods:** We searched PubMed, EMBASE, The Cochrane Library, CNKI and CBM to collect RCTs about moxibustion on knee osteoarthritis patients. The selection of literature, data extraction and evaluation of eligible literature were carried out independently by two reviewers. Then Stata11.0 software was used for data analysis.

**Results:** Totally 11 RCTs involved 1005 patients were recruited. The results of meta-analysis showed that no significant differences were found between the two groups in VAS, moxibustion is better than drug therapy in effective rate [OR = 0.40, 95%CI (0.27, 0.60)] and knee score [SMD = -0.70, 95%CI (-1.22, -0.19)]. The result of trial sequential analysis indicated that the sample size didn't reach the TSA Boundary on VAS, the sample size of effectiveness achieved Require Information Size. In the indicator of knee score has obtained certain result before reaching the Require Information Size.

**Conclusion:** Moxibustion is superior to drug therapy on treatment knee osteoarthritis. However, large sample size and high-quality studies are still needed.

# What is Gha Sha?

Technique where the skin is pressed and stroked by a round-edged instrument.

Results in the appearance of “sha” (or petechiae) that usually fades or disappears in 2 to 3 days.



# How Does Gua Sha Work?

- ▶ Improves circulation by expanding blood vessels d/t pressure
- ▶ Draws out pathogenic factors (wind, damp, cold, heat) from the superficial layer of the body
- ▶ Enhances the immune system
- ▶ Treats pain
- ▶ Promotes metabolism in skin tissue

# What Does Gua Sha Treat?

Provides immediate relief from pain, stiffness, fever, chill, cough, nausea, and other conditions.

Prevents and treats acute infectious illness, upper respiratory, digestive complaints, and circulatory problems.

# What's the Research on Gua Sha?

Effect of Gua Sha therapy on patients with diabetic peripheral neuropathy: A randomized controlled trial.

**OBJECTIVE:** To examine the effect of Gua Sha therapy in the treatment of diabetic peripheral neuropathy (DNP).

**DESIGN:** An open-label randomized controlled study was conducted with usual care as the control (60 subjects in Gua Sha group and 59 subjects in usual care group). Outcome measures included Toronto Clinical Scoring System (TCSS), Vibration Perception Threshold (VPT), Ankle Brachial Index (ABI), and fasting plasma glucose (FPG). There were 12 consecutive sessions of Gua Sha, one session per week.

**RESULTS:** After the first cycle of Gua Sha intervention, only performance of sensory function measured by the VPT, and peripheral artery disease symptoms by the ABI were statistically significant differences between the two groups (both P values < 0.01), and the total TCSS score and the FPG level were no group differences (P = 0.14, and 0.25, respectively). At the eight-week and 12-week post intervention assessment, Gua Sha therapy significantly reduced severity of neuropathy symptoms, improved performance of sensory function, reduced peripheral artery disease, and better controlled plasma glucose by comparing with the control group (all P values < 0.01). The changes of mean scores of TCSS, VPT, ABI and the plasma glucose levels in the Gua Sha group showed a significant change from baseline to week 12, indicating that Gua Sha therapy induced progressive improvement in the management of DPN symptoms, sensory function, peripheral artery disease and glucose levels. No serious adverse events were reported in either arm. Gua Sha therapy in this study was effective, safe and well tolerated by patients.

**CONCLUSION:** Gua Sha therapy appears to be effective at reducing the severity of DPN in a clinically relevant dimension, and at improving other health outcomes in patients with DPN. While this study found that Gua Sha therapy is a promising treatment in reducing the symptoms of patients with DPN, further, larger sample studies are required to confirm the effects of Gua Sha therapy in patients with DPN.

# What is Cupping?

Therapeutic technique where suction is applied to the skin using glass or plastic cups.

Cupping has been used for thousands of years. Although it is often associated with TCM, Ancient Egyptians and Greeks also used cupping therapy.

The oldest recorded medical textbook, Ebers Papyrus, written in approximately 1550 BCE in Egypt, mentions cupping.



# How Does Cupping Work?

- Improves Circulation by expanding blood vessels d/t pressure
- Draws out pathogenic factors (wind, damp, cold, heat) from the superficial layer of the body
- Treats pain
- Promotes metabolism in skin tissue



# What Does Cupping Treat?

Headache

Common cold

Influenza

Asthma

Back pain

Chest Pain

Joint and muscular pain

Blood disorders

# What's the Research on Cupping?

The effect of cupping therapy for low back pain: A meta-analysis based on existing randomized controlled trials

**Background:** LBP is one of the most common symptoms with high prevalence throughout the world. Conflicting conclusions exist in RCTs on cupping for LBP.

**Objective:** To assess the effects and safety of cupping for the patients with LBP.

**Methods:** Pubmed, Cochrane Library databases, and Embase database were electronically researched. RCTs reporting the cupping for the patients with LBP were included. The meta-analysis was conducted using Review Manager software (version 5.3, Nordic Cochrane Centre). The primary outcome was VAS scores. The secondary outcomes included ODI scores, MPPI scores and complications.

**Results:** Six RCTs were included in this synthesized analysis. The results showed that cupping therapy was superior to the control management with respect to VAS scores (SMD: -0.73, [95% CI: -1.42 to -0.04]; P= 0.04), and ODI scores (SMD: -3.64, [95% CI: -5.85 to -1.42]; P= 0.001). There was no statistical significant difference as regard to MPPI scores. No serious adverse event was reported in the included studies.

**Conclusion:** Cupping therapy can significantly decrease the VAS scores and ODI scores for patients with LBP compared to the control management. High heterogeneity and risk of bias existing in studies limit the authenticity of the findings.

# Difference of Approaches in Eastern and Western Medicine



# Difference of Approaches in Eastern and Western Medicine

## Eastern Medical Approach

### Diagnosis:

- Pulse
- Tongue
- Evaluation of s/s to determine imbalance in the body

### Treatment Principle:

- First treat the root (pattern of disharmony)
- Then treat the branches

# Difference of Approaches in Eastern and Western Medicine

## Western Medical Approach

### Diagnosis:

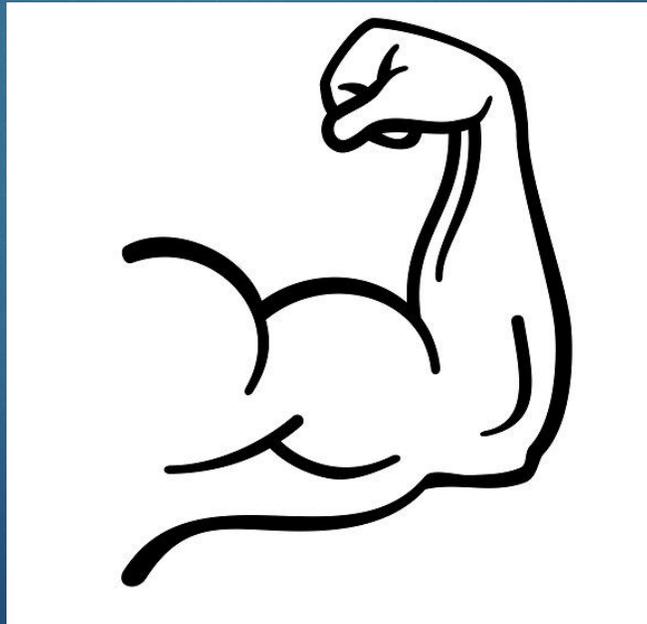
- Labs
- Imaging
- Physical Exam
- Evaluation of S/S

### Treatment Principle:

- Identify Cause
- Treat the most critical issue first
- Then treat secondary complaints

# How Can Eastern and Western Medicine Work Together?

1. Recognize that both Eastern and Western Medicine have strengths



# How Can Eastern and Western Medicine Work Together?

## 2. Identify strengths of each medicine

### Eastern Medicine

- Identifies root cause of disease (pattern of disharmony)
- Treatment is based on reconditioning the body and bringing it back into balance
- High success of treating functional complaints

### Western Medicine

- Identifies and treats most critical issue at hand
- Labs and imaging tell us about the exact function and structure of the body
- High success of treating structural complaints (via surgery)

# How Can Eastern and Western Medicine Work Together?

3. Create a treatment plan for patients that considers the combination of both medicines

# How Can Eastern and Western Medicine Work Together?

## Create Integrative Treatment Plan

1. Identify all complaints of a patient
  - Determine significance
    - Red Flag, yellow flag, etc...
    - Acute versus chronic
- 2, Employ short-term treatment via Western Medicine
  - Crisis management
  - Symptom management

# How Can Eastern and Western Medicine Work Together?

## Create Integrative Treatment Plan

3. Refer out for longer-term treatment via Eastern medicine

- Address root cause

- Correct imbalances that give rise to the disease

4. Speak with Eastern medical provider after pt's first visit

- Learn what treatment will be used

- Ask about estimated course of treatment

  - (ex. once a week for (4-6 weeks)

- Ask about herbs / supplements

5. Request Eastern medical provider f/u with you towards end of estimated course of treatment

Questions??

# 10th Annual Primary Care & Behavioral Health Integration Summit

**THANK YOU!**

**Integrating Eastern and Western Medicine  
for Optimal Health**