

鍼灸

ACUPUNCTURE

A Life Changing Introduction

EAST 2 WEST INTEGRATIVE MEDICINE

Antonio (Tony) Provencio

EAST 2 WEST

INTEGRATIVE MEDICINE

ACUPUNCTURE & CHINESE MEDICINE CLINIC



- Opened in July of 2018, > 80% Pain Mgt Cases
- Doctor of Acupuncture and Chinese Medicine (DACM)
- Licensed Acupuncturist (L.Ac.)
- Practitioner of East Asian Medicine

What is East Asian Medicine?

Acupuncture *

Chinese Herbal Medicine *

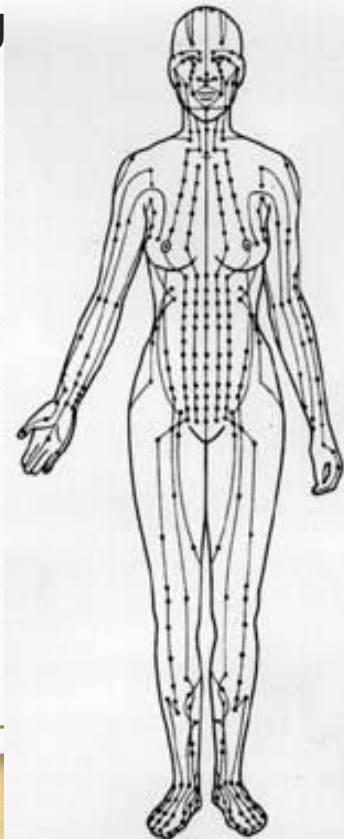
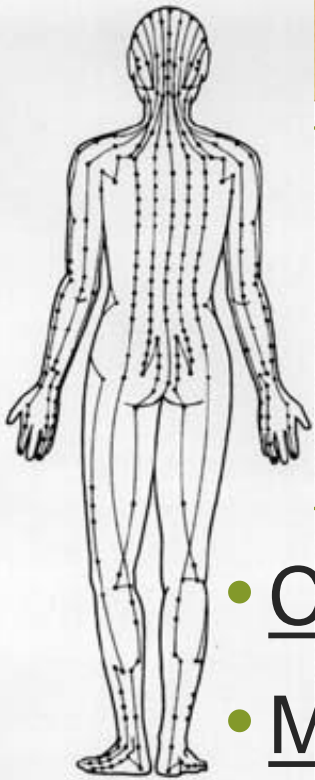
Massage Therapy (Tui Na/Shiatsu)

Nutritional (Diet & Lifestyle) Therapy

Exercise Therapy

What is Acupuncture?

- Chinese Medicine — 3,000+ yrs of clinical testing
- Medical Treatment — Regulated by Law
- Stimulation of Points on the Body
 - Triggers Self-Healing Response
- Validated by Modern Science



Acupuncture & Chinese Medicine can treat a wide range of conditions, some of the most common include:

Stress	Digestive	Respiratory	Pain	Reproductive
Stress	Nausea	Asthma	Joint Pain	Infertility
Depression	Vomiting	Sore Throat	Bone Pain	PMS
Anxiety	GERD/Reflux	Cold/Flu	Nerve Pain	Menstrual
Irritability	Heartburn	Headaches	Dental Pain	Disorders
Insomnia	Gastritis	Pneumonia	Cancer Pain	Menopause
Smoking	Diarrhea	Tonsillitis	Sciatica	UTI's
Cessation	Constipation	Sinusitis	Arthritis	Incontinence
Addictions	IBS	Rhinitis	Tennis Elbow	Erectile
Dizziness	Dysentery	Allergies	Headaches	Disfunction
Fatigue	Colitis	Ear	TMJ	Hormone
Weight	Chron's	Infections	Chronic	Imbalances
Management	Disease		Fatigue	
			Fibromyalgia	

Types of Pain Conditions Treated

- Acute (<3 months)
- Chronic (>3 months)
- Post-Operative
- Injury

- Prevention of Pain & Injury

Most Common Pain Conditions

Muscle-Skeletal Pain

All types, but most commonly:

- 1) Low Back Pain
- 2) Neck Pain
- 3) Occupational/Repetitive Stress Injuries
 - a. Tendinitis
 - b. Arthritis

Nerve Pain

Shooting or Burning Pain,
Numbness or Loss of Function

- i. Neuropathy
- ii. Sciatica
- iii. Disk Conditions
- iv. Migraines/Headaches

Recent Acupuncture Studies

- Acupuncture **dramatically decreased the use of opiates** and other pain medications among (military) personnel
 - Prescriptions decreased: **opioids by 45%, muscle relaxants by 34%, NSAIDs by 42%, and benzodiazepines by 14%**. Quality of life measures also showed impressive changes, with some measures of improvements

Crawford, P., Jackson, J. T., & Ledford, C. J. (2018). The Association Between Acupuncture Training and Opioid Prescribing Practices. *Pain Medicine*, 20(5), 1056-1058. doi:10.1093/pm/pny243

- **90% of the benefits** obtained after a course of treatment would be **sustained at 12 months post-treatment!**
 - In 2017, a meta-analysis on acupuncture (pain management) post-treatment results was conducted using **20 trials and 17,922 patients**

MacPherson H, Vertosick EA, Foster NE, Lewith G, Linde K, Sherman KJ, Witt CM, Vickers AJ. The persistence of the effects of acupuncture after a course of treatment: a meta-analysis of patients with chronic pain. *Pain*. 2017;158(5): 784–793

Substance Use Disorder (SUD) Symptoms Alleviated by Acupuncture

- Insomnia
- Stress / Anxiety / Depression
- Nausea / Digestive Distress
- Body Aches

Expected Results / Plan

- **Trial** of Acupuncture (~3-5 Sessions)
- **Course** of Treatment (~9-15 Sessions)
- **Re-Evaluation** - Additional Course May be Required

- **Complicating Factors**
 - Multiple Conditions
 - Slow Healing Rate

- **Not All Acupuncturist Specialize in Pain Management**
 - Local vs. Distal Point Selection
 - Needle Techniques & Training

Acupuncture treatments
are effective, relaxing, and painless
thanks to modern technology

HOW SMALL ARE ACUPUNCTURE NEEDLES?



Acupuncture Insurance Coverage

Usually Covers Acupuncture

- UHA
- HMAA/HWMMG
- Workman's Compensation (WC)
- Motor Vehicle Accident (MVA)
- TRIWEST (Service Related Injury)
- Medicare (Advantage Plans)

Generally Not Covered

- Quest
- Medicare (Basic)
- TriCare (Active Duty & Family)
- HMSA & Kaiser
 - < 50% of Plans Include Acupuncture Coverage

Challenges to Integration

Education

- Acupuncture is often an afterthought, patients have tried “everything else”
- Acupuncture should be considered 1st
- Excellent for Pain Management
- Viable option for patients wanting to take less medications

Gaps in Insurance Coverage

- Not all insurance plans cover acupuncture, and/or have limitations.
- The most vulnerable demographics typically have limitations on coverage
- Insurance companies often limit coverage to muscle-skeletal pain conditions.
- SUD symptoms are often NOT a covered benefit.

Thanks for Attending! Questions?

EAST 2 WEST INTEGRATIVE MEDICINE

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Management	Disease		Fatigue	
			Fibromyalgia	

How Often is Treatment Required?

Typically, treatment should be more often in the beginning and become less frequent as time goes on and symptoms are less frequent.



Beginning: More Frequent Visits to Regulate Symptoms

Less Frequent Visits as Time Goes On

Relief Care:

(High Frequency)

- Obvious signs and symptoms
- Visits are frequent to quickly promote recovery
- Goals: feel better faster

Corrective Care:

(Moderate Frequency)

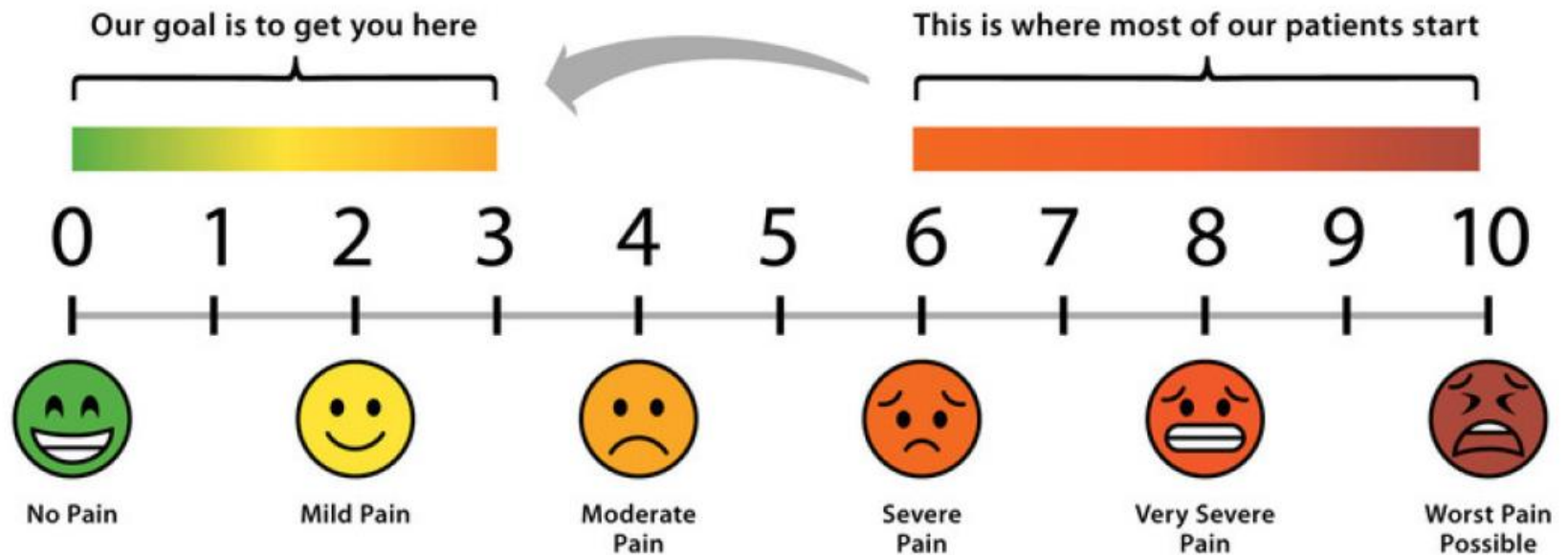
- Signs and symptoms reduce and disappear
- Visits are less frequent
- Goals: address underlying problems

Maintenance and Wellness Care:

(Low Frequency)

- No symptoms & feeling great!
- Visits are periodic and preventative
- Goals: optimizing health & vitality, & preventative care

Treatment Frequency



1x / Week
Mild Issues
Symptoms 25% of the time
Wellness & Prevention
Long-Term Treatment

2x / Week
Moderate Issues
Symptoms 50% of the time
Chronic Conditions

3x / Week
Moderate-Severe
Symptoms 75% of the time
Can't Take Much More

Daily
Severe Symptoms
Symptoms 100% of the time
Acute & Severe Conditions

How does acupuncture work from a scientific perspective?

Basic (Overlapping) Theories...



"Neurotransmitter" Theory

Acupuncture has been shown to have an effect on neurotransmitters in the brain and spinal cord.

Signals transmitted from stimulated points via the nervous system to the brain and to internal organs promoting regulating and self healing functions.

"Gate Control" Theory

Acupuncture activates and resets nerve signals by strategically overloading them with impulses, thus reducing overactive pain transmission

By this theory pain is altered at the signal processing level of the nervous system, both at the spinal cord & brain.

"Circulatory" Theory

Acupuncture has the effect of regulating the constriction or dilation blood vessels.

This is caused by the body's release of vasodilators, such as histamine and nitric oxide in response to acupuncture.

"Augmentation of Immunity"

Acupuncture regulates immune system components in the blood including:

white blood cells, lymph, inflammation, and overall anti-body levels.

"Endorphin" Theory

Acupuncture stimulates the secretions of beneficial hormones in the body such as endorphins and natural opioids.

Acupuncture “feels good”

Hypothalamus Theory

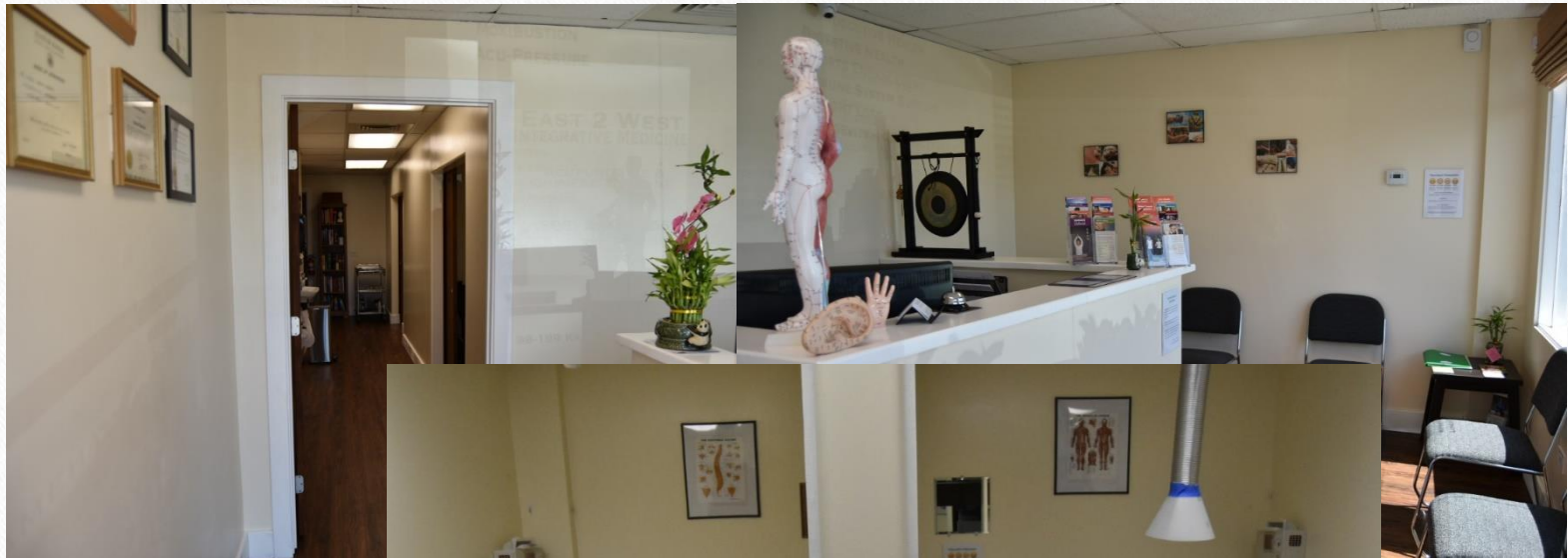
Research found acupuncture:

- Regulates:
 - Ghrelin- a hormone that controls meal initiation
 - Leptin- a hormone that regulates fat storage and metabolism.

This can help curb appetite, curb cravings, boost metabolism, improve digestion, regulate obesity-related hormones, and enhance the way nutrients are used.

It can also strengthen the function of the liver and increase tone of the smooth muscle of the stomach to help people know that they are full.

EAST 2 WEST INTEGRATIVE MEDICINE



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How did ancient doctors diagnose people before modern lab tests?

How did doctors know the best treatments for them?

Tongue Diagnosis

Which Tongue Are You?

Nine Common Syndromes & Possible Symptoms

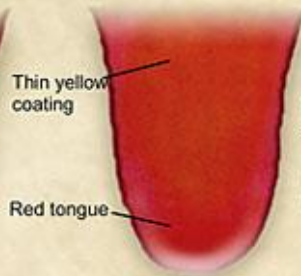


NORMAL



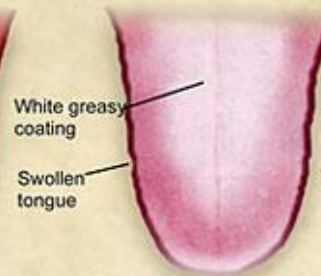
QI DEFICIENCY

Fatigue, Poor appetite,
Spontaneous sweating,
Shortness of breath.
Anxiety and
worrying...



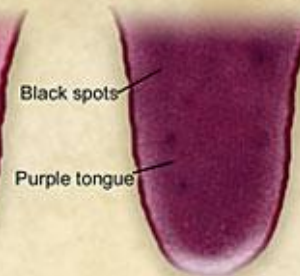
HEAT

Feel hot, Sweat easily,
Thirsty, Constipated,
Irritable and bad-
tempered. Skin
problems...



DAMP RETENTION

Bloated, Fullness in
chest and abdomen,
Feel heavy and
lethargic...



BLOOD STASIS

Cold limbs, Varicose
veins, Painful legs,
Headaches, Chest
pain, Liver spots,
Lack of skin lustre...



QI STAGNATION

Stressed, Tendency
to be depressed and
upset, Unstable
emotional state,
PMT...



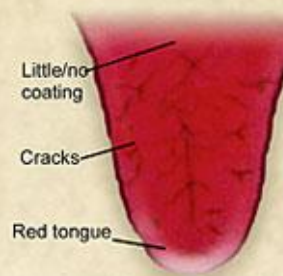
DAMP HEAT

Skin problems,
Urinary infections,
Clammy skin, Angry
and uncomfortable...



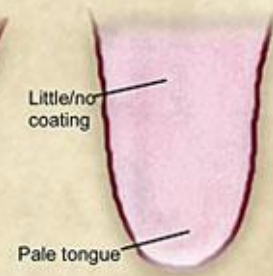
YANG DEFICIENCY

Feel cold easily, Pale
complexion, Back pain,
Tendency to panic,
Emotionally low,
Impotence, Infertility...



YIN DEFICIENCY

Hot flushes, Night
sweats, Insomnia, Irritable,
Ringing in the ears,
Menopause...



BLOOD DEFICIENCY

Dizziness, Fatigue,
Palpitations, Poor
concentration and memory,
Insomnia. Women's
problems...

Pulse Diagnosis

