

Introduction to *Acupuncture*

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The History

- Nixon opens relations with China 1972
 - Mao Zedong's and Nixon's famous hand shake



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 - James Reston was part of the advanced team of reporters from the NYT suffered acute appendicitis attack
 - Post surgery received Acupuncture
 - Melzack then publishes his paper on Acupuncture Analgesia in 1975 “Pain, Past Present and Future”
Pain;1975:135-145

The Science

- 1998 National Institute of Health (NIH) consensus statement was published in JAMA on the role of acupuncture in medicine
 - strong endorsement for the use of acupuncture to control post operative and chemo therapy induced nausea, with only weak support given for its use in pain management

The Science

- Since that time Acupuncture has become the most studied “Alternative Medicine” modality
- Advancements in research in Acupuncture Analgesia have paralleled our basic science understanding of the pain modulatory system

The Science

- There have also been a growing number of well controlled clinical studies in for pain conditions

Acupuncture vs Sham-acupuncture	effect size fixed effect (95%-CI)
Osteoarthritis of the knee	0.26 (0.17 - 0.47)
Low back pain / neck pain	0.37 (0.27 - 0.46)
Shoulder pain	0.62 (0.46 - 0.77)
Tension type headache / migrane	0.15 (0.07 - 0.24)
Acupuncture vs Non-acupuncture control	effect size fixed effect (95%-CI)
Osteoarthritis of the knee	0.57 (0.50 - 0.64)
Low back pain / neck pain	0.55 (0.51 - 0.58)
Tension type headache / migrane	0.42 (0.37 - 0.46)

The Scope

- Growing literature on non-pain related effects of acupuncture
 - Anxiety, Stress reactivity, Depression
 - Gastrointestinal Issues
 - Respiratory Issues
 - Cardiac
 - GYN: Hormonal issues
 - Metabolic Syndrome – Diabetes
 - Neurological: Neuropathy, Stroke
 - Post surgery: Nausea, Pain, Wound healing
 - Allergies
 - Pediatric

The Scope

- Opioid Crisis
 - Surgeon General and Opioid epidemic
 - 249,000,000 prescriptions written for opioids in 2013
 - 33,000 deaths in 2015, equal to number of deaths from motor vehicle accidents
 - American College of Physicians have endorsed acupuncture as a first line treatment in acute and chronic Low Back pain

Acupuncture

The Art

- Opens a whole new perspective on the complexity of patient presentations
- Shift focus from reductionist view of the body and gives a language and structure to understanding the whole person and their interconnected set of symptoms
 - Not just about putting needles in the body and pumping out the endorphins
- Gives us tools to understand why a patient is not healing and not responding to conventional care

The Art

- What does the insertion of Needles into the body do?
 - Chinese Medicine Theory
 - We move Qi and unblock stagnation
 - We move blood and increase supply of O₂ to tissue
 - We reduce the accumulation of toxins like CO₂
 - We Harmonize and balance the organ (Zhangfu) system
 - Scientific Theory
 - Endorphin theory
 - Neuomodulation
 - Immune Modulation
 - Autonomic regulation
 - Pragmatic Reality
 - We spend time with the patient and come to know the whole person

The Practice

- Acupuncture takes many forms



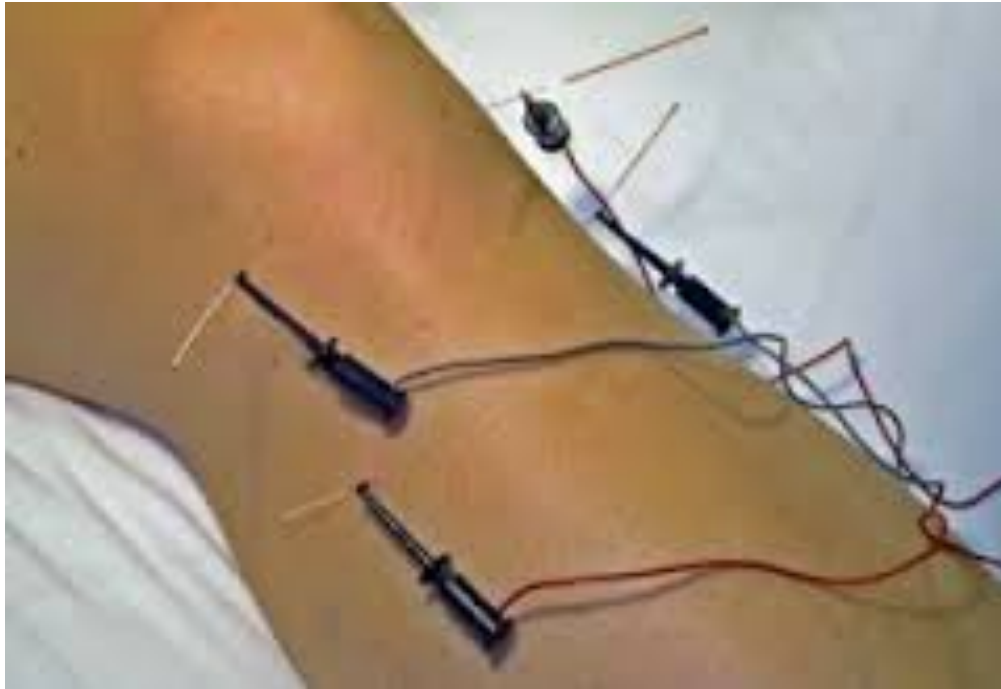
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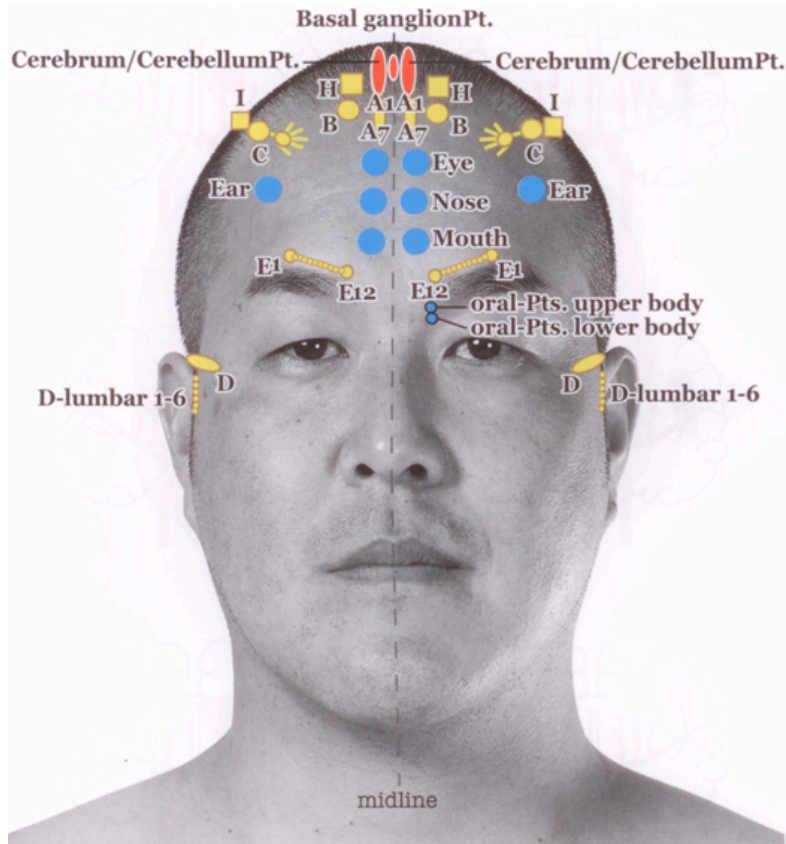
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The Practice

Acupuncture in Chinese actually better translated as
Acupuncture and Moxibustion



The Practice

- When to recommend or provide Acupuncture to your patients
 - Standard treatment options not helping
 - Low back pain
 - Chronic issues that where conventional approaches fail or cause intolerable side effects
 - Migraine Headaches
 - Medical Conditions where conventional treatments pose risk
 - Pediatric Allergies
 - Pregnant woman with pain issues, headaches
 - Acute Pain
 - Avoid opioids
- Gives you the opportunity to be present with patient
 - Come to know the pivot point to helping patient return to health