Acupuncture and its Complementary Role in the Treatment of Cardiovascular Diseases.

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Demonstration

- Call for volunteers.
How Does Acupuncture Work?

1. Conduction of electromagnetic signals:\(^1\)
   - strategic conductors of electromagnetic signals.
   - electromagnetic signals to be relayed at greater-than-normal rates.
   - Endorphins, immune system.

2. Activation of the body’s Natural Opioid System\(^1\):
   - Acupuncture releases opioids. \(^2-3\)
How Does Acupuncture Work?

3. Stimulation Of The Hypothalamus And The Pituitary Gland:\(^1,^4\)
   - Wide range of effects.

4. Change In The Secretion Of Neurotransmitters And Neurohormones.\(^1,^5\)

5. Modulate the activity within specific brain areas.\(^6-^9\)
Figure 2 Functional connectivity results. A) Positive functional connectivity during sham treatment; B) Positive functional connectivity during genuine treatment. C) and D) Main effect of EA stimulation: Genuine > Sham (C) Sham > Genuine (D). The threshold was set to voxelwise $p < 0.001$ uncorrected with 31 contiguous voxels.
How Does Acupuncture Work?

Who Offers Acupuncture?

- Mayo Clinic
- Johns Hopkins Hospital
- Massachusetts General Hospital
- Brigham and Women's Hospital
- Cleveland Clinic
- University of Texas MD Anderson Cancer Center
- Memorial Sloan-Kettering Cancer Center
- And many more . . .
What Are the Indications?

- According to a VA Literature Review in 2014.\textsuperscript{10}
- Pain:\textsuperscript{10}
  - Positive Effect:
    - Headache in General and Migraine Specifically.
    - Chronic Pain.
    - Dysmenorrhea
What Are the Indications?

- Potentially positive effect:
  - Osteoarthritis
  - General Pain
  - Cancer Pain
  - Labor pain
  - Prostatitis
  - Plantar Heel
  - Tempomandibular
  - Pregnancy pain
Legend: The bubble plot shows an estimate of the evidence base for pain-related indications judging from systematic reviews and recent large RCTs. The plot depicts the estimated size of the literature (y-axis, number of RCTs included in largest review), the estimated effect (x-axis), and the confidence in the estimate (bubble size).
What Are the Indications?

- Wellness:\textsuperscript{10}
  - Potential Positive Effect:
    - Insomnia
    - Smoking cessation
    - Post-Operative Nausea and Vomiting
    - Restless Legs
Legend: The bubble plot shows an estimate of the evidence base for wellness-related indications. Judging from systematic reviews and recent large trials, the plot shows the estimated size of the literature (y-axis, number of RCTs included in largest review), the estimated effect (x-axis), and the confidence in the estimate (bubble size).
What Are the Indications?

- Mental Health:
  - Potential Positive Effect:
    - Depression
    - Schizophrenia
    - Anxiety
    - PTSD
Legend: The bubble plot shows an estimate of the evidence base for mental health-related indications judging from systematic reviews and recent large trials. The plot depicts the estimated size of the literature (y-axis, number of RCTs included in largest review), the estimated effect (x-axis), and the confidence in the estimate (bubble size).
What Are the Indications?

- Cochrane Review:¹¹⁻¹⁹
  - low back pain
  - migraine prophylaxis
  - neck disorders
  - peripheral joint osteoarthritis
  - tension-type headache
  - fibromyalgia
  - chemotherapy-induced nausea or vomiting.
  - Pain management for women in labor
  - postoperative nausea and vomiting
What Are the Indications?

According to Johns Hopkins Integrative Medicine & Digestive Center:

- Acute and chronic pain, including repetitive motion injuries (e.g. carpal tunnel syndrome, trigger finger, and tendonitis), TMJ and teeth grinding, traumatic and post-surgical pain

- Autoimmune disorders, including rheumatoid arthritis, fibromyalgia and chronic fatigue, Sjogren’s syndrome, Hashimoto’s thyroiditis, Graves’ disease, Raynaud’s phenomenon, scleroderma, Crohn’s disease, Systemic lupus erythematosus, autoimmune hepatitis, and multiple sclerosis
What Are the Indications?

According to Johns Hopkins Integrative Medicine & Digestive Center:

- Cognitive issues, such as lack of concentration, poor memory, ADD, and inability to focus
- Dermatological conditions, such as eczema, psoriasis, and cystic acne
- Energy problems, such as fatigue, lack of motivation, and chronic fatigue syndrome
- Gastrointestinal conditions, including heartburn; abdominal pain; irritable colon; diarrhea; constipation
What Are the Indications?

According to Johns Hopkins Integrative Medicine & Digestive Center:

- Gynecological and obstetric issues, including PMS; painful periods; morning sickness, fetal breech presentation, support for delivery in late pregnancy, support for lactation difficulties
- Infertility and reproductive problems of women and men
- Insomnia and sleep disorders
- Musculoskeletal issues, such as low back pain; muscle, tendon, or joint pain; sports injuries
- Neurological conditions including chronic headaches; sciatica; nerve injuries
- Respiratory problems, such as asthma; sinusitis; allergic rhinitis
What Are the Indications?

According to Johns Hopkins Integrative Medicine & Digestive Center:

“This list is not exhaustive. If you have a health concern not listed above, give us a call and we will be happy to discuss your case.”
What Are the Indications?

According to the World Health Organization:\(^{21}\)

- Adverse reactions to radiotherapy and/or chemotherapy
- Allergic rhinitis (including hay fever)
- Biliary colic
- Depression (including depressive neurosis and depression following stroke)
- Dysentery, acute bacillary
- Dysmenorrhoea, primary
- Epigastralgia, acute (in peptic ulcer, acute and chronic gastritis, and gastropasm)
What Are the Indications?

According to the World Health Organization:\(^\text{21}\)

- Facial pain (including craniomandibular disorders)
- Headache
- Hypertension, essential
- Hypotension, primary
- Induction of labour
- Knee pain
- Leukopenia
- Low back pain
- Malposition of fetus, correction of
- Morning sickness
What Are the Indications?

According to the World Health Organization:  
- Nausea and vomiting
- Neck pain
- Pain in dentistry (including dental pain and temporomandibular dysfunction)
- Periarthritis of shoulder
- Postoperative pain
- Renal colic
- Rheumatoid arthritis
- Sciatica
- Sprain
- Stroke
- Tennis elbow
What Are the Indications?

Our Clinical Experience at Wang’s Acupuncture:

- Musculoskeletal
- Neurological
- GI
What Are the Indications?

- The following systems are also involved:
  - Respiratory
  - HEENT
  - Dermatology
  - Genital Urinary system
  - Obstetrics/Gynecology
  - Immune system
  - Endocrine
  - Psychiatric
  - Cardiovascular
What Are the Indications?

For a more complete list, visit our website:

Cardiovascular Indications.

According to the above sources:

- Raynaud’s phenomenon\textsuperscript{20}
- Hypertension, essential\textsuperscript{21}
- Hypotension, primary\textsuperscript{21}
- Stroke\textsuperscript{21}
Cardiovascular Indications.

According to Our Clinical Experience:

- Hypertension
- Hypotension
- Certain types of arrhythmia (possible parasympathetic and sympathetic regulation)
- Raynaud’s phenomenon
- Chest Pain
- Stroke Sequelae
- Peripheral Neuropathy due to PAD
References


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