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

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How Did Acupuncture Get Started?

- THAT'S ODD... MY NECK SUDDENLY FEELS BETTER...

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EARLY ACUPUNCTURE
How Does Acupuncture Work?

Possible mechanisms being studied:

1. **Activation of the body’s Natural Opioid System**\(^2\)\(^-\)\(^3\)
   - For pain.

2. **Stimulation Of The Hypothalamus And The Pituitary Gland:**\(^4\)
   - Wide range of endocrine effects.

3. **Change In The Secretion Of Neurotransmitters And Neurohormones.**\(^5\)
   - CNS effects.
How Does Acupuncture Work?

4. Modulate the activity within specific brain areas to affect perception of pain.\textsuperscript{6-9}

5. Regulation of sympathetic and parasympathetic tone to affect cardiovascular function.\textsuperscript{22, 23, 24}
   - Arrhythmia.
How Does Acupuncture Work?

PCC = left posterior cingulate cortex
rAI = right Anterior Insula
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 . . .
Our Experience: Systems with Disorders we can treat

- Musculoskeletal
- Neurological
- GI
- Respiratory
- HEENT
- Dermatology
- Genital Urinary system
- Obstetrics/Gynecology
- Immune System
- Endocrine
- Cardiovascular
- Mental Health
- Etc. . .
Interpretation of Studies

Little known fact about acupuncture to outsiders:

- Diverse field with many approaches. Efficacy is method specific.
What are the Indications?

- According to a VA Literature Review in 2014.\(^{10}\)
  - Looked at over 1000 citations.

- Pain:\(^{10}\)
  - Positive Effect:
    - Headache in General and **Migraine** Specifically.
    - Chronic Pain.
    - Dysmenorrhea
Example from Our Experience: Migraines

- 86 yo female with severe migraine headaches:
  - Twice a week, each time lasting 2 days.
  - Pain level 10/10
  - No movement, no food, eye closed lying in bed.
  - Tried everything, to no effect.

- After 11 treatments, no pain. Recurred 11 months later with 5/10 intensity.

- Treated twice and no pain for 12 months.

- Now only treat as needed.
What are the Indications?

- Potentially positive effect:\(^\text{10}\)
  - Osteoarthritis
  - General Pain
  - Cancer 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\(^{10}\)
  - Potential Positive Effect:
    - Insomnia
    - Smoking cessation
    - Post-Operative Nausea and Vomiting
    - Restless Legs
Example from Our Experience: Insomnia

- 45 yo male lawyer complaining of insomnia due to continuous stress at work. Only able to sleep for 3-4 hours each night.

- After each acupuncture treatment, able to sleep normally for about 2 to 3 nights.
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:¹⁰
  - 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:¹¹⁻¹⁶
  - migraine prophylaxis
  - tension-type headache
  - neck disorders
  - Pain management for women in labor
  - chemotherapy-induced nausea or vomiting
  - postoperative nausea and vomiting
Example from Our Experience: Cervical Spondylopathy

- 45 yo female comes into office crying from neck pain radiating to right arm and hand. Pain level is 11/10, according to the patient. Radiology report shows degenerative disk disease at C4-C5, C5-C6, C6-C7, as well osteophytes from C3-C7

- After 1st treatment, pain is down to 2-3/10. After 5 treatments, pain is down to 0-1/10. Patient has been pain free for more than 2 years now.
Example from Our Experience: Low Back Pain

- 70 yo female dragged into clinic by relatives because she’s skeptical about acupuncture.

- She experienced back pain 9-10/10 due to lumbar spinal arthritis.

- Poor candidate for back surgery, with high risk of paralysis.

- 3 Treatments, no pain. Still pain free to this day (5 years so far).
What are the Indications?

According to Johns Hopkins Integrative Medicine & Digestive Center:\(^{20}\)

- 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
Example from Our Experience: IBS

• 74 yo female with abdominal pain for 40 years. Pain is continuous and between 5-8/10. Unable to sleep or eat due to pain.

• Diagnosis was IBS.

• Unable to find relief from all the doctors she’s been to for the last few decades.

• Acupuncture relieved her pain 95%, but needs treatment every week to stay pain free.
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
Example from Our Experience: Bursitis

- 62 yo female from NY with bursitis who sort treatments from about half a dozen acupuncturists in NY with no relief.

- Pain level 8/10.

- After 1 treatment no pain. Pain free since Jan 2013.
Example from Our Experience: Trigeminal Neuralgia

- Ex- Navy SEAL with Trigeminal Neuralgia, pain level 9/10 for 1 hour per day, such that he becomes incapacitated and “rolls around on the floor in agony.” (according to patient)

- After 6 Treatments, maximum pain level 5-6/10, duration 30 min to 1 hour.

- Had to go to Afghanistan after 6 treatments. Even though patient still had some episodes of pain, he is now able to function.
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 gastrospasm)
What are the Indications?

According to the World Health Organization:\textsuperscript{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:\textsuperscript{21}

- 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
Cardiovascular Indications.

According to WHO and Johns Hopkins:

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

According to other studies:

- Some Cases of Atrial Fibrillation\textsuperscript{22}
Cardiovascular Indications.

According to Our Clinical Experience:

- Raynaud’s phenomenon
- Hypertension
- Hypotension
- Stroke Recovery
- Certain types of arrhythmia (mechanism is possible parasympathetic and sympathetic regulation)\textsuperscript{22, 23, 24}
- Peripheral Neuropathy (due to PAD or other causes)
Cardiovascular Case 1: Arrhythmia

- Urologist from Chicago sort treatment for arrhythmia.
- Before treatment, skipped beats 12-15/min
- 3 treatments, down to 3-5/min
Cardiovascular Case 2: Peripheral Neuropathy

- 64 yo female with peripheral arterial disease and peripheral neuropathy.
  - Numbness, burning, tingling and pain 8-9/10 on both feet
- After 12 treatments, 1/10 on both feet.
Cardiovascular Case 3: Stroke

Start of treatment following event vs. extent of stroke recovery.

<table>
<thead>
<tr>
<th>Patient #</th>
<th>Treatment Started</th>
<th>Recovery</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>11 days</td>
<td>100%</td>
</tr>
<tr>
<td>2</td>
<td>6 months</td>
<td>50-60%</td>
</tr>
<tr>
<td>3</td>
<td>2 years</td>
<td>30%</td>
</tr>
<tr>
<td>4</td>
<td>5 years</td>
<td>5%</td>
</tr>
</tbody>
</table>

The earlier you start acupuncture, the better the prognosis.

Note: all are thrombotic strokes
Example from Our Experience: Undiagnosed

- 53 yo female with
  - 34 year history of episodes of hot spells in which she must lie face down on the floor. Retains consciousness.
  - 1-3 time/day on many days, each time for 15-20 minutes.
  - All tests and exams and imaging studies show no abnormalities.
  - Also evaluated for mental health with no diagnosis.

- 1 year treatment, now back to normal.
Example from Our Experience: Unknown

- 56 yo male with 8 year history of eyes closing when making right turns. Happens when either walking or driving.

- Eyes are fine when walking straight or making a left turn. Also fine when turning head right or left while stationary.

- Eyelids will only open again when manually forced to by hands.

- No diagnosis and no treatment.

- Three treatments, each treatment provided relief lasting 2 days.

- Did not continue treatment due to financial reasons.
Recap: Acupuncture’s indications according to our experience and methods.

- Pain relief:
  - Migraines.
  - Neck Pain
  - Back Pain

- Musculoskeletal conditions/Sports Injuries

- Neurological Conditions

- GI conditions

- Much more . . .

For a more complete list, visit our website:

Recap: Acupuncture’s indications according to our experience and methods.

- Cardiovascular indications:
  - Stroke Recovery
  - Peripheral Neuropathy (due to PAD or other causes)
  - Hypertension
  - Hypotension
  - Certain types of arrhythmia
  - Raynaud’s phenomenon
Chinese Medicine vs. Western Medicine

Chinese Medicine

- Natural
- Ancient

Western Medicine

- Technologically Advanced
- Based on Science

These two approaches complement each other.


References


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References

20. Acupuncture. Johns Hopkins Integrative Medicine & Digestive Center Website

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