

May 2007 Newsletter

Events calendar

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Practitioner Submitted Articles

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The latest research

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Acupuncture Events for May 2007

01

Brisbane - Oriental Medicine Paediatrics. When: 09.00 - 17.00, Where: Holistic Health Centre, 36 James St, Newfarm Contact: Art of Health on 1800 089 770 or info@artofhealth.com.au, www.artofhealth.com.au This is a multi-day event ending 02/05

04

Melbourne - Toyohari Basic Training - Weekend 4. When: All - Day. Contact: Australian Shiatsu College on (03) 9419 5520 This is a multi-day event ending on the 05/05

05

Bondi Junction - The 5 Elements, The 5 Emotions. When: 9.00am - 5.00pm, Where: Intutive Well. Contact: Gye Bennetts on (02) 94404194 or courses@5element.com.au This is a multi-day event ending on the 06/05

05

Melbourne - Oriental Medicine Paediatrics. When: 09.00 - 17.00, Where: Australian Shiatsu College, 36 Cambridge St, Collingwood. Contact: Art of Health on 1800 089 770 or info@artofhealth.com.au, www.artofhealth.com.au This is a multi-day event ending 06/05

06

Sydney - The Enteric System: Part 2. When: All - Day. Contact: Emily Lewis on 1300 133 807 or emily@chmrd.com

06

Melbourne - Toyohari Basic Training - Weekend 4. When: All - Day. Contact: Australian Shiatsu College on (03) 9419 5520

06

Leichhardt - Chinese Medicine for Cancer (Series 1) When: 10.00am - 4.30pm, Where: 92 - 94 Notron Street. Contact: Garry Tam on (02) 9550 9906 or garry@sitcm.edu.au

08

Adelaide - Oriental Medicine Paediatrics. When: 09.00 - 17.00, Where: Natural Health Academy of Australia, 3rd Floor, 37 South Terrace. Contact: Art of Health on 1800 089 770 or info@artofhealth.com.au, www.artofhealth.com.au This is a multi-day event ending on the 09/05

11

TU München, Germany - International Congress on CAM Research. When: All - Day, Where: Centre for Complementary Medicine Research. Contact: Carlo Prätorius GmbH on +49 (0)89-9829320 or info@CMR-Muc2007.de This is a multi-day event ending on the 13/05

11

Leichhardt - Pain Syndromes of the Vertebral Column. When: 7.00pm - 9.00pm, Where: 92 - 94 Norton Street. Contact: Garry Tam on (02) 9550 9906 or garry@sitcm.edu.au

18

Brisbane - AACMAC 2007. When: 4.00pm - 7.00pm, Where: Brisbane. Contact: AACMA on (07) 3846 5866 or publications@acupuncture.org.au This is a multi-day event ending on the 20/05

26

Stones Corner - The 5 Elements, The 5 Emotions. When: 9.00am - 5.00pm, Where: Australian Institute of Applied Sciences Contact: Gye Bennetts on (02) 94404194 or courses@5element.com.au This is a multi-day event ending on the 27/05

27

Melbourne - The Enteric System: Part 2. When: All - Day. Contact: Emily Lewis on 1300 133 807 or emily@chmrd.com

Tales from a Traditional Acupuncture Clinic. By Alan Jansson

May I tell you an inspirational story?

About Keith, his amazing family and the extraordinarily good news they received a few days ago.

Keith's death sentence/ life imprisonment was revoked just the other Wednesday morning....

2 ½ years of appeals...countless hours of tests and consultations...an incredible level of commitment and a steadfast determination to live every minute of every day to it's fullest...

Tis a tale of never failing optimism.... the birth of a grandsonthe possible rebirth of his football team...the unerring support of his incredible wife and family..... and the combined efforts of a team of dedicated practitioners.

Such collusion resulted in Keith being removed from the liver transplant list!!

Without a transplant and very much alive!!!

A situation almost unheard of according to Keith's medical specialist....

His steadfast recovery borders on miraculous,

I feel a deep seated joy for Keith and his family and am grateful to have played a part in his recovery.

His specialist was stunned when scans revealed Keith's liver was coming back to life as his body grew many smaller blood vessels to compensate for a completely collapsed and dysfunctional portal vein.

(If you are not in the know...this was a very, very serious situation for Keith).

As a practitioner it is moments like these that clarify my underlying motivation for working with people through this powerful energetic medicine.an incredibly unique and unbelievably ancient medical modality that defies all attempts to categorize it even in the 21st century..

And it is moments like the one I experienced when Keith sat me down explaining that he had something important to tell me that bring it all home

(Continued on page 4)

Tales from a Traditional Acupuncture Clinic. By Alan Jansson

(Continued from page 3)

and clarify my motivation for practicing.

Without getting technical Keith had managed to grow many smaller blood vessels to compensate for a collapsed portal vein thus rejuvenating the blood circulation in that most vital of organs, the liver.

His specialist was amazed and had absolutely no explanation for this phenomenon.

But he did say, 'whatever it is that you are doing Keith... KEEP ON DOING IT!'

The longer I practice the more amazed I am of the clinical flexibility and efficacy of traditional acupuncture... with the energetic collaboration of the patient, some extraordinary clinical outcomes have resulted.

Did I mention side affects such as the deep seated relaxation, improved sleep patterns and rejuvenated energy that many patients experience as a result of successful treatment.

Relaxation, sleep and energy in the 21st Century.....Now that's gold!

Alan Jansson

Research



02/04/2007 - The efficacy of frequency-specific acupuncture stimulation on extracellular dopamine concentration in striatum-A rat model study.

Country: Taiwan

Institute: Clinic of Acupuncture Therapy, Department of Pediatrics, Wanfang Medical Center, Taipei Medical University, Taipei, Taiwan; Department of Pediatrics, China Medical University, Taichung, Taiwan.

Author(s): Shen EY, Lai YJ.

Journal: 1: Neurosci Lett. 2007 Mar 26;415(2):179-84.

Abstract:

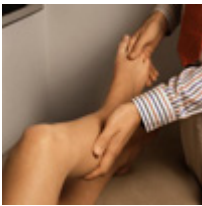
Acupuncture is a practice that has existed in Chinese society for thousands of years. Today, it is gaining greater acceptance and integration into medical practices of the western world. Its mechanism, however, remains elusive. Our study shows that only specific stimulation frequencies at specific acupoints will induce dopamine release in the corpus striatum, as demonstrated by in vivo microdialysis performed on Sprague-Dawley rats.

In the first trial, electroacupuncture (EA) stimulation at 15Hz and 15mA was conducted at six different points on the upper limbs of the experimental rats. These points mimic acupoints along six different meridians in the human body. Only Point 2 (corresponding to Pericardium 7) induced a response. In the second trial, EA stimulation at varying frequencies of 3, 6, 9, 12, 15, 18, 21, 24, 27 and 30Hz, and 15mA were conducted through Point 2. Stimulation at 6 and 15Hz induced an immediate response; 21Hz induced a response only after the ceasing of stimulation. All other frequencies failed to induce a response.

The data points to the importance of frequency-specific stimulation at specific acupoints for the release of neurotransmitters in the brain. We speculate that each meridian entails a stimulus of a specific frequency and intensity, which induces the release of its associated neurotransmitters or cytokines.

This is a concept with far-reaching clinical implications for acupuncture therapy, including the treatment of dopamine-related disorders.

Research



03/04/2007 - Acupuncture treatment improves nerve conduction in peripheral neuropathy.

Country: Germany

Institute: Heidelberg School of Chinese Medicine, Heidelberg, Germany.
dr.schroeder@praxis-jarrestadt.de

Author(s): Schroder S, Liepert J, Remppis A, Greten JH.

Journal: Eur J Neurol. 2007 Mar;14(3):276-81.

Abstract:

The etiology of peripheral neuropathy (PN) often remains elusive resulting in a lack of objective therapeutic strategies. We conducted a pilot study to evaluate the therapeutic effect of acupuncture on PN as measured by changes in nerve conduction and assessment of subjective symptoms.

One hundred and ninety-two consecutive patients with PN as diagnosed by nerve conduction studies (NCS) were evaluated over a period of 1 year. Of 47 patients who met the criteria for PN of undefined etiology, 21 patients received acupuncture therapy according to classical Chinese Medicine as defined by the Heidelberg Model, while 26 patients received the best medical care but no specific treatment for PN.

Sixteen patients (76%) in the acupuncture group improved symptomatically and objectively as measured by NCS, while only four patients in the control group (15%) did so. Three patients in the acupuncture group (14%) showed no change and two patients an aggravation (10%), whereas in the control group seven showed no change (27%) and 15 an aggravation (58%). Importantly, subjective improvement was fully correlated with improvement in NCS in both groups.

The data suggest that there is a positive effect of acupuncture on PN of undefined etiology as measured by objective parameters.

Research



04/04/2007 - First impressions in complementary practice: The importance of environment, dress and address to the therapeutic relationship.

Country: U.K

Institute: Research Council for Complementary Medicine, UK.

Author(s): Turner RN, Leach J, Robinson D.

Journal: 1: Complement Ther Clin Pract. 2007 May; 13(2):102-9.

Abstract:

The aim of the study was to explore patients' views of the importance of environmental and social factors within a complementary and alternative medicine (CAM) practice.

A cross-sectional patient survey was conducted in 37 CAM practices across nine geographical areas of the UK using a structured questionnaire. The 219 responders (response rate 59%) were 65% female. The most common treatment modalities were osteopathy and acupuncture. Patients rated telephone manner, practitioner appearance and explanatory literature as very important factors in shaping first impressions and influencing their confidence in the complementary practice.

Patients' preferences for practitioner dress code were highly variable. Overall 65% preferred a white coat to casual dress. A multivariate analysis revealed that this preference was statistically significantly greater in two geographical regions and in patients over 70 years old. It was not influenced by gender or treatment modality. Further research is recommended in order to understand how the complex verbal and non-verbal communication implicit in the CAM setting may affect the therapeutic relationship.

Research



05/04/2007 - The Alteration of Pain Sensitivity at Disease-Specific Acupuncture Points in Premenstrual Syndrome.

Country: Korea

Institute: Acupuncture and Meridian Science Research Center (AMSRC), Kyung Hee University, Seoul, 130-701, Republic of Korea. handongmu@empal.com.

Author(s): Chae Y, Kim HY, Lee HJ, Park HJ, Hahm DH, Ahn KE, Lee H.

Journal: 1: J Physiol Sci. 2007 Mar 24;

Abstract:

Acupuncture points (APs) are well-known to be small regions of local or referred pain that are more sensitive than surrounding tissue. Based on the bibliographical and clinical data, specific conditions are commonly believed to change the pain sensitivity at corresponding APs.

The aim of the present study was to investigate whether the pressure pain threshold (PPT) of specific APs is associated with the severity of premenstrual syndrome.

The 46 participants were female students attending a middle school. Premenstrual syndrome (PMS) was measured using a structured questionnaire, the menstruation distress questionnaire (MDQ). High PMS (HP) and low PMS (LP) groups were divided based on their MDQ scores. The PPTs at sites in the leg (the APs SP6, GB39, and LR3 and a non-AP 2 cm anterior to SP6) and in the arm (the APs PC6, TE5, and LI4 and a non-AP 2 cm proximal to PC6) were measured using an algometer.

The PPT of the HP group at SP6 was significantly lower than that of the LP group (13.50 +/- 0.73 vs. 16.30 +/- 0.66 kilopascals, $P < 0.05$), but not at other APs or at non-APs.

The findings of our study support the hypothesis that alteration of pain threshold at specific APs is associated with the severity of corresponding diseases. Further studies are needed to determine whether observation of pain sensitivity at the APs could be used as an adjunctive tool for the diagnosis of a clinical problem.

Research



09/04/2007 - Observation on treatment of dizziness mainly by acupuncture.

Country: China

Institute: Anshan Municipal Hospital of Traditional Chinese Medicine, Anshan, Liaoning 114004, China.

Author(s): Guo F.

Journal: J Tradit Chin Med. 2007 Mar; 27(1): 16-8.

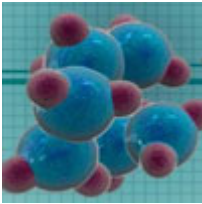
Abstract:

OBJECTIVE: To observe the therapeutic effects of acupuncture on dizziness.

METHODS: 65 cases were randomly divided into a treatment group of 36 cases, and a control group of 29 cases. In the treatment group, a comprehensive treatment with both drugs and acupuncture was given, with the points Jiaji from C1-C4, Taiyang (EX-HN5) and Touwei (ST 8) mainly selected in the acupuncture treatment; while the control group was treated only with drugs.

RESULTS: The treatment group and the control group showed a total effective rate of 91.7% and 79.3% respectively, and a curative rate of 58.3% and 44.8% respectively, with significant differences.

Research



10/04/2007 - Influence of needling the foot-yangming points on intracellular Ca^{2+} concentration in smooth muscles of the gastric antrum in rabbits.

Country: China

Institute: Teaching and Research Section for Experimental Acupuncture, Department of Acupuncture and Massage, Hunan TCM College, Changsha 410007, China.

Author(s): Deng Y, Yi S, Lin Y, Yan J, Guo H, Xiang Z, Wu F, Liu W.

Journal: J Tradit Chin Med. 2007 Mar;27(1):65-9.

Abstract:

OBJECTIVE: To investigate the influence of acupuncture at the points of Foot-Yangming Meridian on intracellular concentration of Ca^{2+} , called the 2nd messenger of gastric smooth muscles.

METHODS: 45 rabbits were randomly divided into the following 5 groups: a normal saline group, a model group treated with atropine, an acupuncture group treated by needling the points of Foot-Yangming Meridian, an acupuncture group treated by needling the points of Foot-Shaoyang Meridian, an acupuncture group treated by needling the points of Foot-Taiyang Meridian, i.e. 9 rabbits in each group. After treatment, the smooth muscles of the gastric antrum were taken to make the suspension containing alive single muscular cells, and the intracellular calcium concentration ($[Ca^{2+}]_i$) was determined by a spectrofluorometer.

RESULTS: The concentration of $[Ca^{2+}]_i$ in the group of Foot-Yangming Meridian was obviously higher than that of the atropine group ($P < 0.01$), but with no significant differences found among all the other groups ($P > 0.05$).

CONCLUSION: The influence of acupuncture at the points of Foot-Yangming Meridian on gastric movement is related to the release of intracellular Ca^{2+} in the gastric smooth muscles.

Research



16/04/2007 - Patients' experiences of Western-style acupuncture: the influence of acupuncture 'dose', self-care strategies and integration.

Institute: MRC Health Services Research Collaboration, Department of Social Medicine, University of Bristol, Bristol BS8 2PR, UK.

Author(s): Paterson C.

Journal: J Health Serv Res Policy. 2007 Apr;12 Suppl 1:39-45.

Abstract:

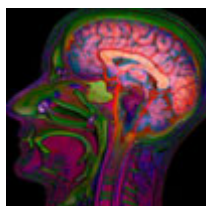
OBJECTIVES: To investigate patients' perspectives of the process and outcome of Western-style acupuncture for chronic health problems. To use these results to inform the provision of acupuncture in health services in the UK.

METHODS: A purposive sample of 18 patients who were having Western-style acupuncture, for the first time, for a health problem of at least three months duration, were interviewed twice over a four-month period using semi-structured interviews. Using a constant comparative method, the data were analysed across cases and within cases.

RESULTS: The interviewees complained of chronic pain and moderate or severe disability which was resistant to conventional treatment. Their experience of acupuncture was diverse and varied according to the 'dosage' of acupuncture received, the inclusion of self-care strategies, and their relationship with the practitioner. These three factors were interlinked and constituted individual styles of practice for each practitioner. The majority of patients benefited in terms of complete or partial relief of pain and disability, and reduction in conventional medication. However, some patients were disappointed by the treatment, distressed about 'wasting people's time', and about the lack of continuity of care. People who benefited most had good general health and a single problem.

CONCLUSIONS: Patients showed discerning judgement regarding the 'dosage' of acupuncture they required, and combined acupuncture with exercises to good effect. Publicly funded health services should provide an acupuncture service that provides the optimal 'dosage' and uses pain relief to promote self-care. Further research to investigate the benefits of a service that combines Western-style and traditional acupuncture is planned.

Research



17/04/2007 - Antinociception of heterotopic electro-acupuncture mediated by the dorsolateral funiculus.

Country: U.S.A

Institute: The Institute of New Life Health Center, Boston, USA.

Author(s): Lee SJ, Lyu YS, Kang HW, Sohn IC, Koo S, Kim MS, Park BR, Song JH, Kim JH.

Journal: Am J Chin Med. 2007; 35(2): 251-64.

Abstract:

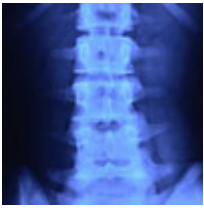
We investigated the inhibitory pathways that mediate the antinociceptive effects of heterotopic electro-acupuncture (EA) on formalin injection-induced pain in rats.

EA (2 ms, 10 Hz, 3 mA) was delivered to heterotopic acupoints HT(7) and PC(7) for 30 min; this was followed immediately by subcutaneous injection of formalin into the left hind paw of rats. Naltrexone (10 mg/kg, i.p.), an opioid receptor antagonist, was administered to evaluate the involvement of endogenous opioids. The dorsolateral funiculus (DLF), which is a descending pathway that inhibits pain, was transected at the ipsilateral T10-11 level of the thoracic spinal cord.

EA inhibited behavioral responses to formalin injection-induced pain and prevented the pain-induced increase in cFos expression in the lumbar spinal cord. Pretreatment with naltrexone did not inhibit the antinociceptive effects of EA on formalin injection-induced pain. Transection of the DLF ipsilateral to the acupuncture site eliminated the antinociceptive effects of EA.

These results suggest that the antinociceptive effects of heterotopic EA are mediated by the DLF and not by endogenous opioids.

Research



18/04/2007 - Clinical observation on deeply needling Ciliao (BL 32) for treatment of prolapse of lumbar intervertebral disc.

Country: China

Institute: Section of Rehabilitation, People's Hospital of Wufeng Tujia Autonomous County, Hubei, China. wfhmj@sina.com

Author(s): Xue PW.

Journal: Zhongguo Zhen Jiu. 2007 Mar; 27(3): 182-4.

Abstract:

OBJECTIVE: To explore specificity of acupoints for treatment of prolapse of lumbar intervertebral disc.

METHODS: One hundred and eighty cases were randomly divided into a treatment group (n = 120) and a control group (n = 60). The two groups were treated with acupuncture, traction and massage therapy. For the treatment group, routine acupoints were selected and deeply needling Ciliao (BL 32) were added. For the control group, only routine acupoints were needled. And other treatments were same in both the two groups.

RESULTS: The total effective rate was 97.5% in the treatment group and 88.3% in the control group, with a significant difference between the two groups ($P < 0.05$); after following survey of a half year, the recurrence rate was 8.6% in the treatment group and 20.8% in the control group, with a significant difference between the two groups ($P < 0.05$).

CONCLUSION: The clinical effect of deeply needling Ciliao (BL 32) as main therapy is significantly better than that of the routine selection of acupoints, with a lower recurrence rate.

Research



29/04/2007 - Clinical observation on effects of acupuncture at Dazhui (GV 14) for abating fever of common cold.

Country: China

Institute: TCM & Acupuncture Center, No. 464 Hospital of PLA, Tianjin 300381, China. xiaoxinyu_666@hotmail.com

Author(s): Xiao L, Jiang GL, Zhao JG, Wang LX, Xing J, Li JJ, Yang ZX.

Journal: Zhongguo Zhen Jiu. 2007 Mar; 27(3): 169-72.

Abstract:

OBJECTIVE: To explore the therapeutic effect of acupuncture at Dazhui (GV 14) for abating fever of common cold.

METHODS: Two hundred and sixty-one cases were randomly assigned to a treatment group of 133 cases and a control group of 128 cases. The treatment group were treated with electroacupuncture at Dazhui (GV 14) and the control group with antondine injection. The transient effect of abating fever within 24 h was observed.

RESULTS: After treatment, the body temperature at all observation time points in the treatment group were lower than those in the control group ($P < 0.01$). The effect-appearing time (1.42 ± 1.79) h in the treatment group was shorter than that in the control group (3.44 ± 5.10) h ($P < 0.01$). The cured rate and the abating fever rate were 27.8% and 75.9% in the treatment group, and 10.9% and 55.5% in the control group, with significant differences between the two groups, the treatment group being better than the control group ($P < 0.01$). The abating fever rate for the wind-heat type common cold was 75.3% in the treatment group and 50.0% in the control group, with significant difference between the two groups, the treatment group being better than the control group ($P < 0.01$).

CONCLUSION: The method of acupuncture at Dazhui (GV 14) has a definite therapeutic effect on high fever of common cold, and for wind-heat type common cold, Dazhui (GV 14) first may be chosen to abate high-fever and the treatment should be taken as early as possible.

Research



30/04/2007 - Effect of Acupuncture-like Electrical Stimulation on Chronic Tension-type Headache: A Randomized, Double-blinded, Placebo-controlled Trial.

Country: Denmark

Institute: Center for Sensory-Motor Interaction, Orofacial Pain Laboratory, Aalborg University, Aalborg daggerDepartment of Clinical Oral Physiology, School of Dentistry, University of Aarhus, Aarhus, Denmark.

Author(s): Wang K, Svensson P, Arendt-Nielsen L.

Journal: Clin J Pain. 2007 May; 23(4):316-322.

Abstract:

OBJECTIVE: The aim of this study was to examine the effect of acupuncture-like electrical stimulation on chronic tension-type headache (TTH) in a randomized, double-blinded, placebo-controlled study.

METHODS: Thirty-six patients (18 men, 18 women) with chronic TTH in accordance with the criteria of International Headache Society were investigated. The patients were randomly assigned into 2 groups: a treatment group and a placebo group. Pain duration, pain intensity on a 0 to 10 cm visual analog scale, number of headache attacks, and use of medication were recorded in a diary for 2 weeks before treatment (baseline), early stage of treatment (Treat-1; 2 wk), late stage of treatment (Treat-2; 4 wk), and after the end of treatment (Post-1, Post-2, Post-3 corresponding to 2, 4, and 6-wk follow-up). The patients also provided an overall evaluation of the treatment effect at each stage. Patients were taught how to use either an acupuncture-like electrical stimulator or a sham stimulator (identical but incapable of delivering an electric current) and then instructed to use the device at home. Six acupoints, bilateral EX-HN5, GB 20, LI 4, were selected to be stimulated 3 minutes for each point, twice a day. Friedman repeated measure analysis of variance on rank was used to test the data.

RESULTS: The pain duration was shortened at Treat-1 and pain intensity was decreased at Treat-1 and Treat-2 compared with baseline. The overall evaluation of the 2 treatments indicated improvements in both the treatment and the placebo groups, but with no significant difference between the groups ($P>0.061$). Despite the apparent improvement in both the treatment and placebo groups, a decrease in analgesic use was only observed in the treatment group. There was also a significant positive correlation between the reported intensity of the stimulus-evoked sensation and the evaluation of the effect of either active or placebo treatments ($P=0.039$).

CONCLUSIONS: The use of acupuncture-like electrical stimulation was not associated with significant adverse effects. These results indicate that acupuncture-like electrical stimulation is a safe and potentially analgesic-sparing therapy that may be considered as an adjunctive treatment for patients with chronic TTH although the clinical effect on pain seems to be marginal in the present set-up.

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