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### National Registration

As most people would know by now Acupuncture and Chinese Medicine as a profession is to become governed by one body starting in July 2012.

If you are a practitioner and have not registered for the national scheme yet it is advised that you do so as soon as possible to avoid any complications.

For more information contact your Acupuncture association.

### AACMA Conference

The 2012 annual AACMA conference occurs this month.

The conference this year is to be held in Brisbane.

Not only is the conference packed with seminars and workshops it is also a great opportunity to interact with other practitioners.

## 26/04/2012 - Combined standard medication and acupuncture for COPD: a case series.

### BACKGROUND:

Traditional acupuncture has been used in patients with chronic obstructive pulmonary disease (COPD). However, only a few studies have been performed to determine the efficacy of this treatment.



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## Acupuncture Point in Focus

# STOMACH 36

ST36 (Stomach 36)

Chinese Name: Zusanli

English Name: Leg Three Li

Location: 3 cun below Dubi (ST35), one finger-breadth from the anterior crest of the tibia.

Nature: Lower He-Sea point of the Stomach Channel, 1st of Ma Dan Yang's Twelve Stars, treat abdominally with Zusanli (upper and lower abdomen): Four Dominant Points Song.

Functions: Strengthens the Spleen, Harmonizes the Spleen and Stomach, Harmonizes the intestines and clears food stagnation, makes contravecting Qi descend and stops vomiting, regulates Qi and Blood, reinforces Xu conditions generally, eliminates Dampness, transforms Phlegm, prevents disease (enhances immune function), breaks up blood stagnation in the chest.

Primary Indications: Indigestion, abdominal distension/pain, borborygmus, constipation, knee and shin ache (Bi syndrome).

Tertiary Indications: Stomach pain, gastric ulcer, vomiting, diarrhea, dysentery, cholera, hemiplegia, paralysis (Wei syndrome), mastitis/breast abscess, Xu emaciation/fatigue, mental disorders (psychosis, neuraesthesia), dizziness/vertigo, edema, foot swelling/limb swelling, ascites, lin syndrome (dysuria), urinary incontinence, hypertension/hypotension, epilepsy, cough/asthma, eye disorders, tinnitus, headache, fever, poor appetite, pain, low back pain, tonsillitis (throat Bi), fullness in chest/ribs and abdomen, appendicitis, health enhancement, heart pain.

From Acupuncture Point Dynamics by John McDonald.

### OBJECTIVE:

To observe changes in the symptoms of COPD during acupuncture treatment in patients with COPD stratified according to the severity of the disease.

### METHODS:

A prospective case series of 26 patients with dyspnoea on exertion due to COPD was followed from October 2004 to October 2008 in the Departments of Respiratory Internal Medicine, Gifu University of Medicine and Meiji University of Integrative Medicine, Japan. All participants received acupuncture treatments once a week for 10 weeks in addition to standard medication therapy. The main outcome measure was the modified Borg dyspnoea scale after the 6 min walk test (6MWT) and the secondary outcome measure was the BODE index.

### RESULTS:

All 26 patients showed significant improvement in the Borg dyspnoea scale after 10 weeks of acupuncture treatment (from 4.02 (2.85) to 1.96 (1.97), mean difference -2.06,

95% CI -3.03 to -1.09,  $p=0.0002$ , paired t test). Improvements in the BODE index, 6MWT and oxygen saturation during exercise, which indicates better reduced dyspnoea on exertion and prognosis, were also found.

### CONCLUSION:

The results of this study suggest that acupuncture treatment has clinically useful effects, at least in the short term, in reducing dyspnoea on exercise in patients with COPD, particularly in those more severely affected.

Pubmed ID: 22516032

Country: Japan

Institute: Department of Clinical Acupuncture and Moxibustion, Meiji University of Integrative Medicine, Kyoto, Japan.

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Journal: Acupunct Med. 2012 Apr 19

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## Upcoming Events

### **May 18 - Southport, Gold Coast**

#### **Holistic TCM Cosmetic Microneeding Training**

When: 9.00am - 3.00pm

Contact: Anthony Kingston on +441295251914 or [info@whitelotus.com.au](mailto:info@whitelotus.com.au)

This is a multi-day event ending on the 18/05

### **May 20 - Sydney**

#### **Holistic TCM Cosmetic Microneeding Training**

When: 9.00am - 3.00pm

Contact: Anthony Kingston on +441295251914 or [info@whitelotus.com.au](mailto:info@whitelotus.com.au)

This is a multi-day event ending on the 20/05

### **May 25 - Brisbane**

#### **AACMAC Brisbane 2012 - AACMA Annual Conference**

When: 9.00am - 5:00pm, Where: Brisbane Convention and Exhibition Centre, Grey Street, South Brisbane (Southbank)

Contact: AACMA on (07) 3324 2599

This is a multi-day event ending on the 27/05

# **AACMAC** BRISBANE **2012**

**Australasian Acupuncture & Chinese Medicine Annual Conference**

### **May 27 - Melbourne**

#### **Holistic TCM Cosmetic Microneeding Training**

When: 9.00am - 3.00pm

Contact: Anthony Kingston on +441295251914 or [info@whitelotus.com.au](mailto:info@whitelotus.com.au)

This is a multi-day event ending on the 27/05

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