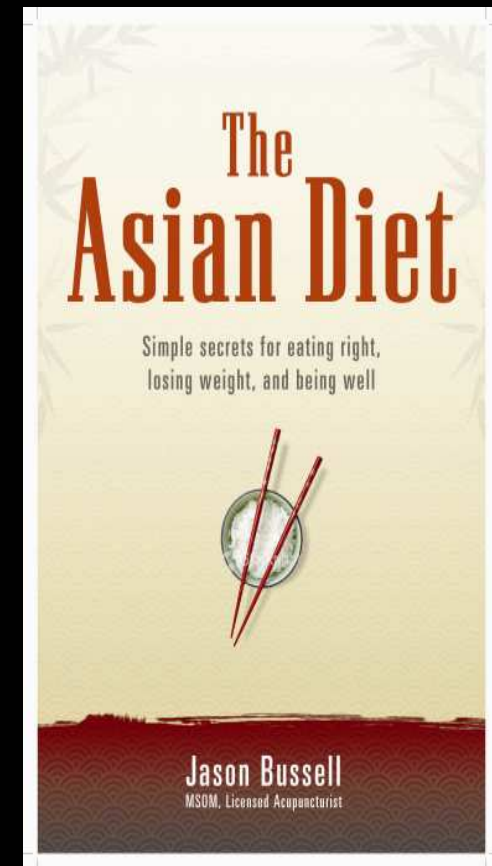


Acupuncture and Comprehensive Cancer Care

Presented by Jason Bussell
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About me

- Acupuncturist / Herbalist
- Masters of Science in Oriental Medicine
- Internship and advanced course in China
- President – IL. Association of Acupuncture and Oriental Medicine
- Author *The Asian Diet: Simple secrets for eating right, losing weight, and being well*



Outline

- Oriental medical theory
- Side effect reduction
- Improve therapeutic outcomes
- Other applications / benefits
- Questions ???

Complementary Medicine

- “Complementary”, not “alternative”;
(Walking on two legs)
- Oriental medicine is an empirical science
- Growing body of research
- Problems with research

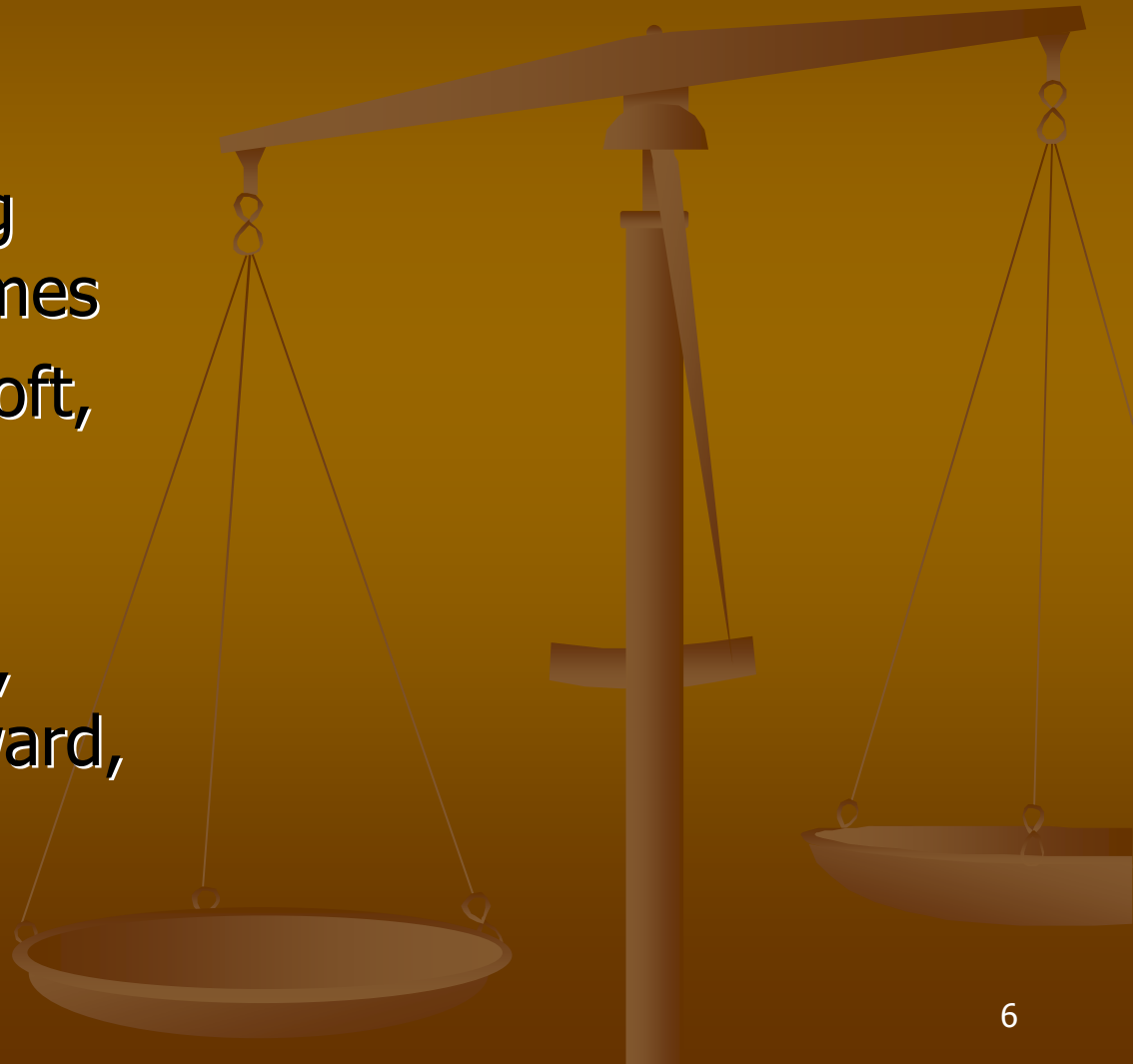
Oriental Medicine (OM)

- Between 2000-5000 years old
- Based on observations of nature
- Continuous written record
- Holistic rather than Reductionistic
- Balance is the overriding principle
 - ◆ Imbalance causes symptoms
 - ◆ Correct the imbalance, relieve the symptoms



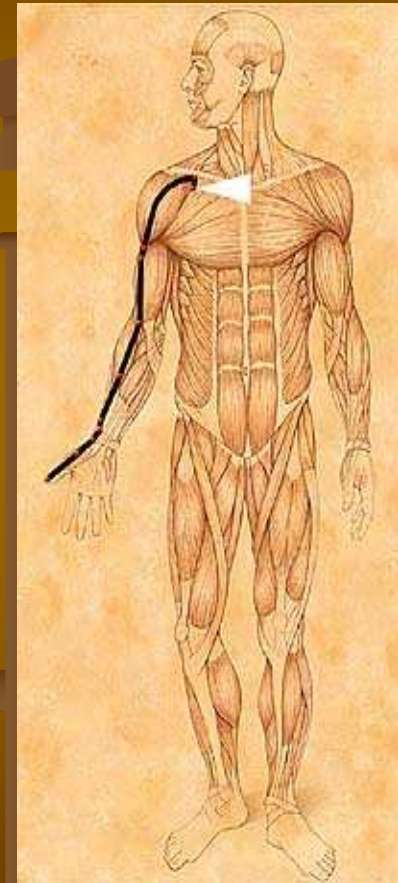
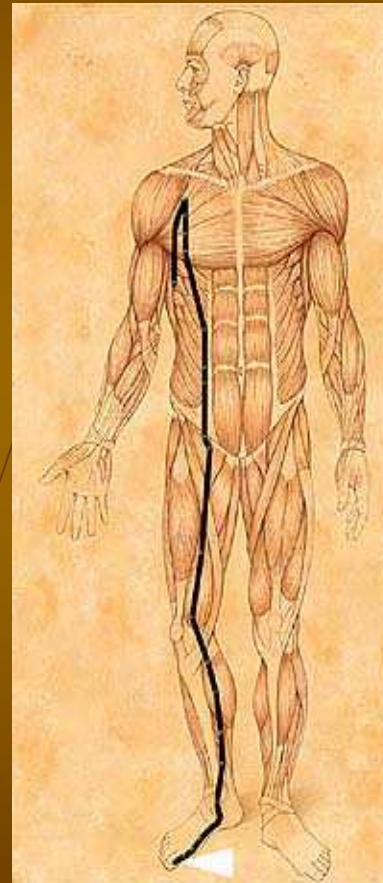
Yin and Yang

- Understands all phenomena as lying between two extremes
- Yin – Dark, quiet, soft, downward, inward, feminine
- Yang – Bright, loud, hard, upward, outward, masculine
- Dynamic balance

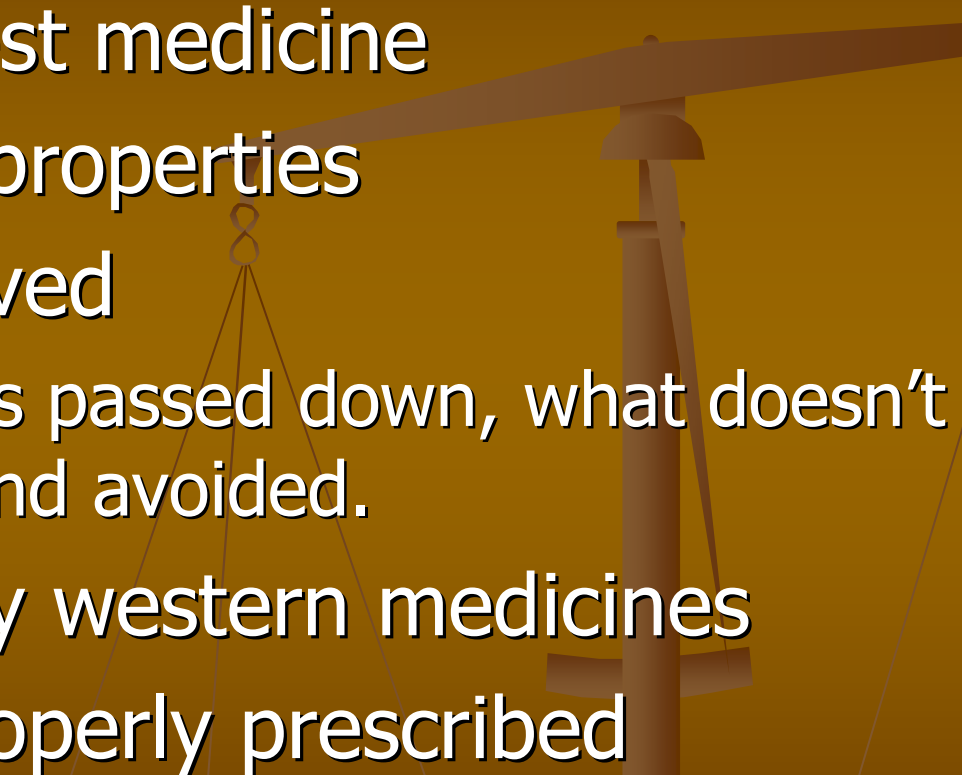


Qi and the Meridian System

- Qi is the vital energy
- Meridian is like a pathway where Qi travels.
- 365 main points, 14 main channels
- Qi flows through meridians and regulates the body's physical, mental, emotional and spiritual state.
- Acupuncture uses very thin needles to affect and balance the flow of Qi in the body.



Herbs

- Food is the oldest medicine
 - Everything has properties
 - Empirically Derived
 - What works was passed down, what doesn't was recorded and avoided.
 - Sources of many western medicines
 - Not safe if improperly prescribed
- 

OM view of cancer

- Stagnation
- Phlegm
- Caused by diet, lifestyle, attitudes, and environment



Side Effect Reduction

- Nausea
- Immunosuppression
- Xerostomia
- Swelling, inflammation
- Fatigue
- Loss of appetite

Nausea

- Consensus statements by NIH and WHO
- Shown up to 97% effective
- Can be used with Western drugs

Immunosuppression

- Reports show increase in:
 - ◆ Phagocytes
 - ◆ Serum ACTH
 - ◆ Serum lysosome
 - ◆ Beta endorphins and IL-2
 - ◆ Number of CD3, CD4, CD8
 - ◆ Number and activity of NK cells
 - ◆ Immunoglobulin titers
 - ◆ Platelet count

Immunosuppression

	30 minutes	24 hours
CD3 & CD4	100%	100%
Monocyte Phagocytosis	45%	100%
NK Cells	40%	50%
CD8	0%	100%

Based on 90 patient sample, published in Journal of Traditional Chinese Medicine, 1998, Petti, F et al

Immunosuppression

After 30 days of treatment	Western treatment only	Western treatment plus acupuncture
Leucocytes	-35%	0
Platelet count	-18%	+17%

■ N=68

Xerostomia

- Quality of life issues
- Studies have shown acupuncture produces positive changes in salivary flow rate
- Benefit lasted up to a year
- 100% vs. 31-54%

Swelling, inflammation

- -itis's
- Postsurgical brachial plexopathy
- Dysphagia / Dyspnea
- Increased ACTH
- Herbs for burns and sores

Pain

- Increases beta endorphins
- More effective than narcotics
 - ◆ Immediate analgesic effect, similar to codeine
 - ◆ More effective after 2 months
 - ◆ Reverse tolerance
 - ◆ Relief lasted up to 2 weeks
- 83% of those with moderate pain and 68% with severe pain reported relief
- Recognized by the AMA, NIH, WHO
- Palliative care

Integration: Cancer Pain

Percent of patients reporting pain relief

Medication (n=34)	50%
Acupuncture (n=37)	72%
Meds + Acupuncture (n=42)	92.2%

Dan Y et al., 1998. *Chinese Acupuncture and Moxibustion*

Other Side Effects

- Alopecia
- Fatigue
- Loss of appetite
- Diarrhea / Frequent urination
- Hot Flashes
 - ◆ Associated with hormone therapy for breast, testicular, and prostate cancers
 - ◆ 86% of men and 66% of women
 - ◆ Also works for menopause

Adverse Effects

Percent of patients reporting specific side effects after radiotherapy and/or chemotherapy

	Western Therapies only	Western therapy + Acupuncture
Anorexia	77%	22%
Diarrhea	13%	0%
Dizziness	69%	16%
Insomnia	44%	6%
Fatigue	100%	5%

Potentiates Chemo

	Effective rates (partial or complete remission)	Survival times
Chemotherapy only	13.6%	5.3 months
Chinese medicinal herbs only	13.6 %	8.0 months
Chemo + CMH	22.9%	10.2 months

Based on 110 patients diagnosed with advanced non-small cell lung cancer at Jiangxi Cancer Hospital, Nanchang.

Prevention

- Causative factors
 - ◆ Diet
 - ◆ Lifestyle
 - ◆ Attitude
 - ◆ Environment

Benefits of integration

- Less Pain
- Reduced side effects / improved quality of life
- Greater Therapeutic Effect
 - lower mortality rate
- Empowerment

What's a treatment like?

- Diagnostic interview
- Quiet room
- Clean points, insert needles
 - Pre-sterilized, single-use, disposable
- Patient lies and relaxes for 15-60 minutes
- Fine to return to your daily life after

Questions?

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