INTEGRATIVE ONCOLOGY
ACUPUNCTURE

CSNM FALL 2017
Family Cancer Retreat

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1. Understand the general mechanisms of action and benefits to oncology patients using acupuncture.

2. Verbalize three quality of life improvements with acupuncture.

1. Identify resources for further information about Integrative Oncology.

OBJECTIVES
Integrative oncology refers to the use of complementary and integrative therapies in collaboration with conventional oncology care.
WHAT IS TRADITIONAL CHINESE MEDICINE?

- A safe and effective natural and holistic medical system, which originated in ancient East Asia and recognized worldwide today.
- Includes Acupuncture, Chinese Herbal medicine, Food therapy, massage and Qi Gong
- Healing system with 3000 years of continuous use.
- Fast growing medical field in North America and Europe
- Supported by rapidly growing body of modern research
Five Element Theory

- Human beings as microcosm of nature.
- Health understood as a dynamic self-regulating ecosystem.
- FET used to explain interconnectedness of our internal environment with all external factors.
- “Enhance Aliveness!”
What is the Scope of Traditional Chinese Medicine in Supportive Cancer Care?

- Prevention of disease
- Prevention of recurrence of disease
- Wellness support and health maintenance
- Individualized Patient education & empowerment
  - Diet
  - Lifestyle
  - Self-help methods
  - Qi-gong healing exercises
ACUPUNCTURE IN SUPPORTIVE CANCER CARE

- Extremely safe and virtually painless
- Needles used are extremely thin, smooth, sterile and disposed after single use
- No side effects or risk of interaction with chemotherapy or radiation
- Wholistic and Patient centered
- Endorsed by WHO (World Health Organization) as effective chemotherapy support
How Acupuncture Works

- Acupuncture points are small depressions in the skin that act like a bio-electric information modulating system.
- Modifies neural impulses between spinal chord and brain which block pain signals and creates an analgesic effect.
- Stimulates endorphins which help us adapt to stress and inflammation.
- Increases micro circulation to muscles and viscera.
Acupuncture adjusts physiology through regulating the vagal nerve—the remote control to the autonomic nervous system responsible for providing feedback to brain to assure that the body is safe.

Like meditation and massage, acupuncture elicits the relaxation response which enhances:
metabolism, respiration, immunity, circulation, and sense of well-being.

Western concept of psychoneuroimmunology corresponds with Eastern organ networks.
WHAT CONDITIONS CAN ACUPUNCTURE TREAT?

- Pain: musculoskeletal, internal and emotional pain
- Bone marrow suppression
- Neuropathy
- Poor Appetite and Digestion
- Nausea and Vomiting
- Chronic constipation or diarrhea
- Depression, anxiety
- Insomnia
- Fatigue
- Menopausal Symptoms
INTEGRATIVE ONCOLOGY ACUPUNCTURE

- Medical setting with strong emphasis on training in bio-medicine and working with multi-disciplinary team.

- Clinical procedures and protocols to identify high risk patients including contraindications for needling.

- Address the gap between specialized cancer care and PCP.

- Meet the needs of the patient during different stages of the cancer experience.
RESEARCH STUDIES: TCM & CANCER TREATMENTS

- Relief of joint pain & stiffness in breast cancer patients on hormonal therapies (Herbert Irving Comprehensive Cancer Center, NYC) n=43
- Twofold reduction in both leukopenia and neutropenia rates in pts with ovarian CA undergoing chemotherapy (Dana Farber Cancer Center) n=21
- Reducing pain, dry mouth & shoulder dysfunction after head or neck cancer surgery (Memorial Sloan-Kettering Cancer Center) n=70
- Astragalus effective in reducing N/V and the rate of leucopenia and increasing T-lymphocytes in colorectal CA pts. (Cochrane Systemic Review)
- Managing side effects of hot flashes, night sweats & excessive sweating in breast cancer pts (Henry Ford Hospital, Detroit) n=47
- Acupuncture found to be safe and effective for the relief of chemo-therapy induced nausea and vomiting (Collins & Thomas, 2004) n=409
- Acupuncture has a positive effect on chemotherapy induced peripheral neuropathy (University Medical Center, Hamburg, Germany)
Chinese Herbal Medicine is as old as Acupuncture

Mainstream therapy in China for cancer related conditions

Extensive body of research only published in Chinese databases

Often used in China as adjunct to chemo and radiation therapy, as well as pre- & post surgery

Main emphasis on overall support and strengthening of the person rather than fighting the cancer

2 year doctorate level training in U.S. for Chinese herbal support in Oncology
WIDELY ACCEPTED CHINESE HERBS

Huang Qi/Astragalus Root
Protects bone marrow, WBCs, and enhances NK cell activity

Ren shen/ Panax Ginseng root
Most frequently tested, boosts NK cells.

Ling zhi/ Reishi Mushroom
Protective and regenerative effect on cells exposed to chemotherapy and radiation
HOW TO CHOOSE A DOCTOR OF ORIENTAL MEDICINE (DOM)

- Graduate of an accredited college of OM
- Board certified by NCCAOM (DiplAc, DiplOM)
- Graduate of an accredited doctorate program specializing in supportive oncology (DAOM)
- Or professional experience in integrative oncology
- nccaom.org, Society for Integrative Oncology, OCCAM, s4om.org
CANCER SUPPORT THERAPIES AT UNM CENTER FOR LIFE

- Integrative Medicine consultation
- Oriental Medicine (acupuncture, nutrition, and herbal therapy)
- Oncology Massage
- Healing Touch Energy
- Numerous wellness classes (Qi Gong, MBSR, Yoga, Healing Touch, Mindful Eating & Living)
FINAL WORDS

- Chinese medicine modalities should be considered for all cancer and cancer-related health problems.

- Chinese medicine should be considered **only** as supportive therapy in cancer care (in support of mainstream cancer therapies).

- Chinese medicine is effective but generally requires regular long-term treatments.
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RESOURCES

Wood Becomes Water-Chinese Medicine in Everyday Life/ Gail Reichsten

Decoding An Ancient Therapy/wsj.com article

http://ict.sagepub.com/content/early/2013/01/28/1534735412473642

Integrative Oncology/Drs. Donald Abrams and Andrew Weil

Life Over Cancer/ Keith Block, M.D.

Medicine Hands/ Gail McDonald

My oncology patients without whose trust I wouldn’t be here.