

*Acupuncture:
Bring healing to cancer survivors*

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Traditional Chinese Medicine

- ☯ Acupuncture
- ☯ Herbs
- ☯ Tui Na Massage
- ☯ Diet and Supplement
- ☯ Qi Gong
- ☯ Exercise (Tai Chi)

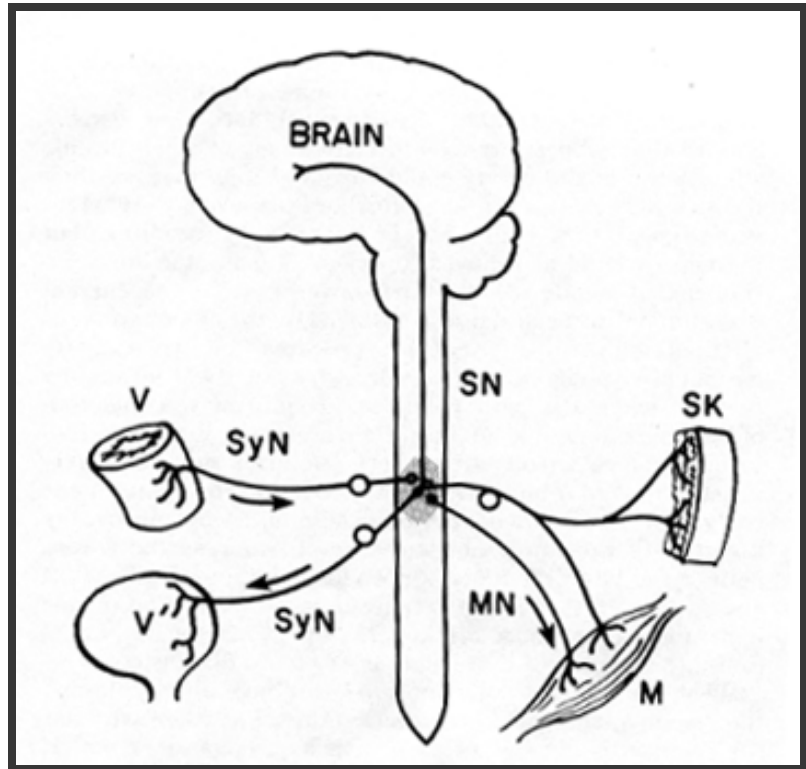


Acupuncture in today's U.S.

- ☯ 8.2 millions (4%) of U.S. adults have used acupuncture in their lifetime
- ☯ 3 millions (1.5-2%) used during the last 12 months
- ☯ Reasons for use:
 - ◆ Conventional medical treatments would not help (44.2%)
 - ◆ Conventional medical treatments were too expensive (7.4%)
 - ◆ Therapy combined with Conventional medical treatments would help (56.2%)
 - ◆ Suggested by a conventional medical professional (24.8%)
 - ◆ Thought it would be interesting to try (51.6%)

Biology of Acupuncture

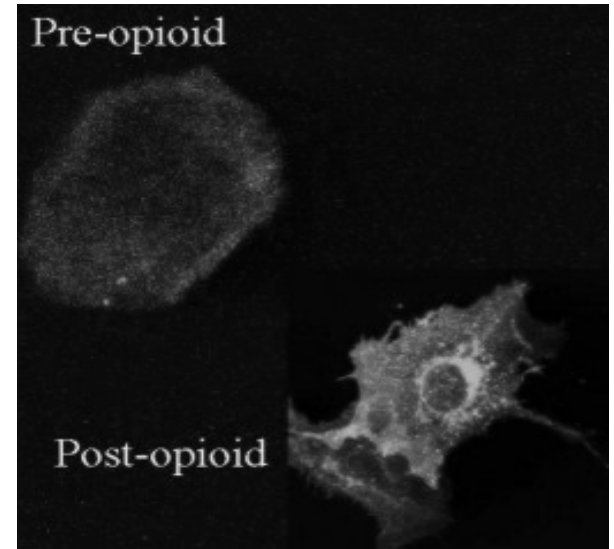
- ◆ Neuroendocrine
 - Opioid
 - Serotonin
 - Dopamine
- ◆ Viscero-autonomic
 - Sympathetic
 - Parasympathetic
- ◆ HPA axis



Creating homeostasis

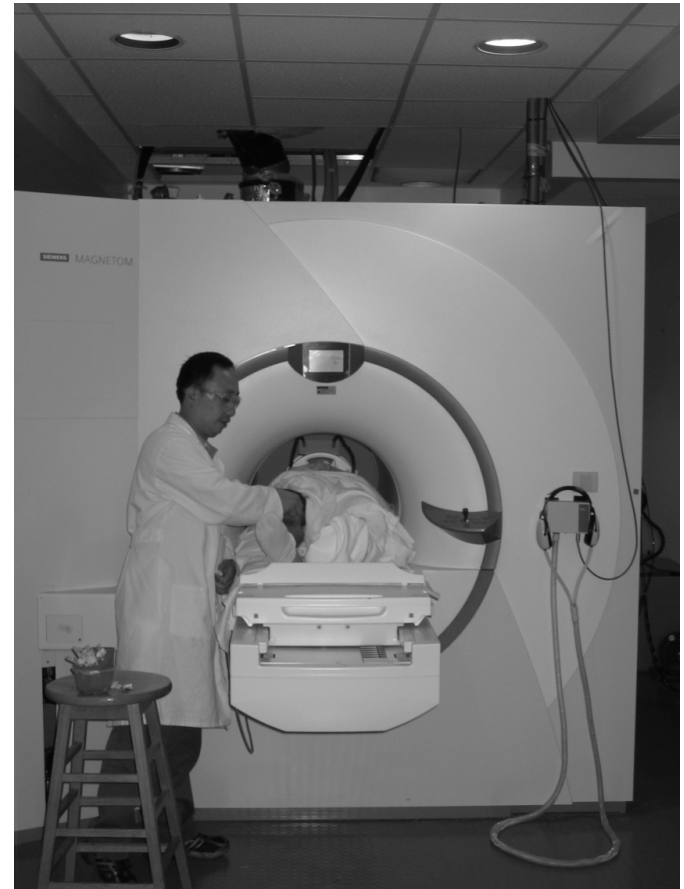
Acupuncture and Central Mechanisms

- ☯ Role of opioids:
- ☯ Stimulation of acupuncture sites releases endogenous opioids in brain
- ☯ Opioid antagonists block analgesic effects of acupuncture
- ☯ Electric Acupuncture
 - ◆ 2 Hz: β -endorphin, endomorphin, enkephalin, targeting μ and δ receptor
 - ◆ 100 Hz: dynorphin, targeting ? receptor

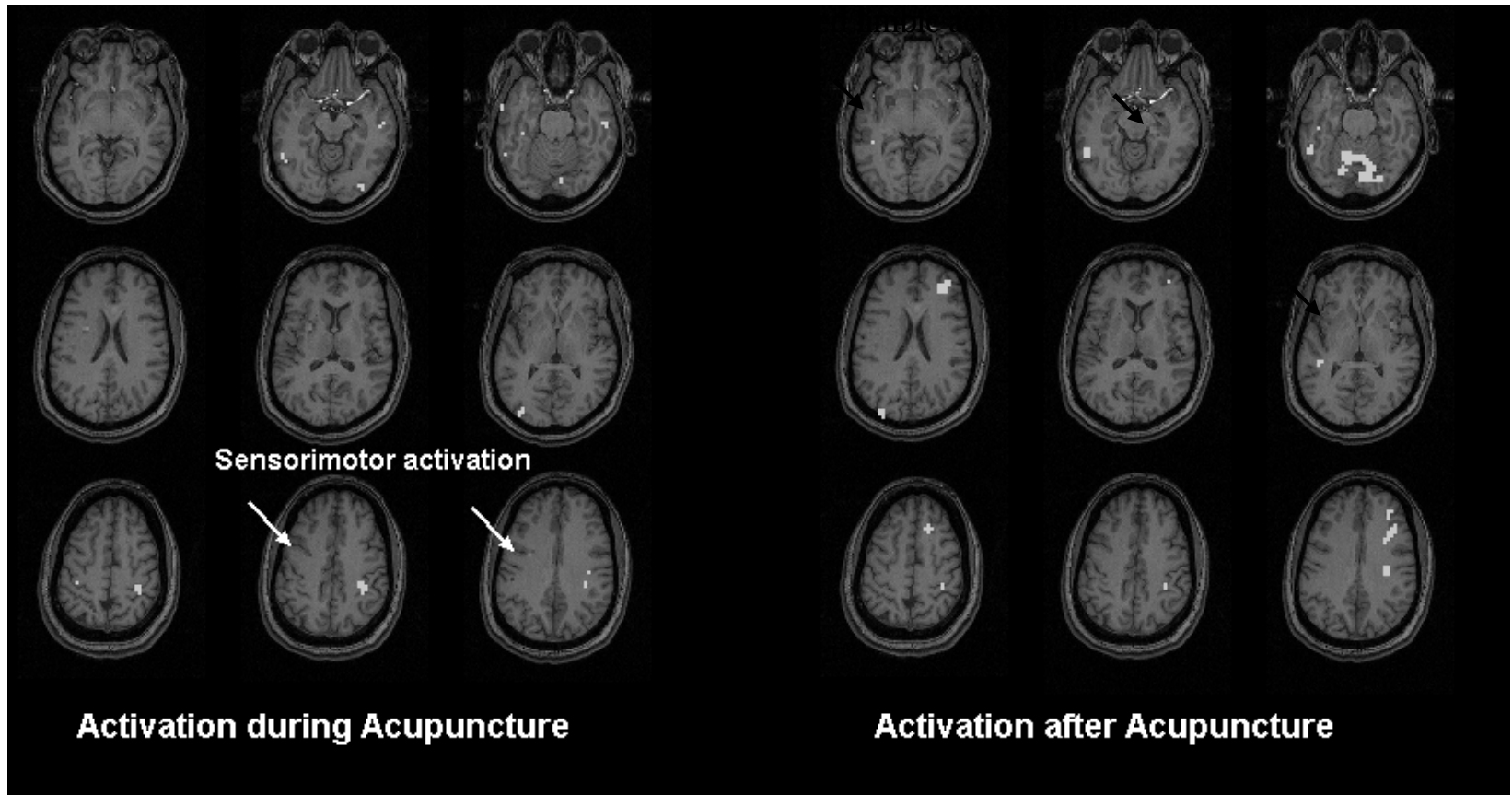


Acupuncture and f-MRI

- ☯ Using Arterial Spin Labeling technique
- ☯ Using a clinical model of OA of knee
- ☯ Using a clinical paradigm of acupuncture

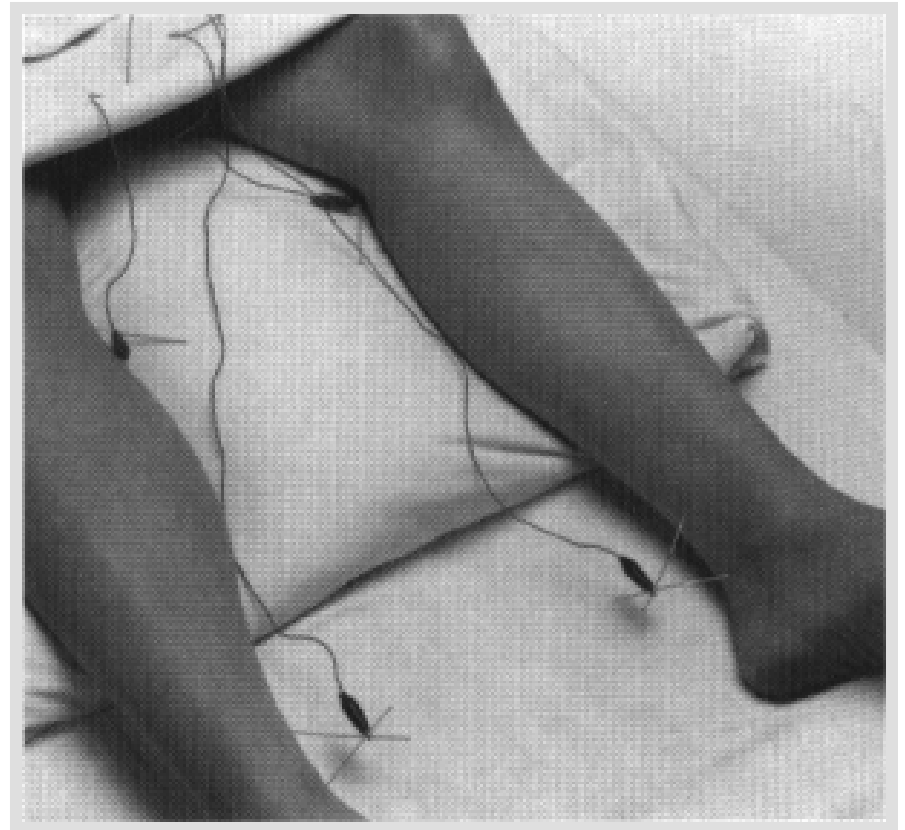


Neural Response to Acupuncture



PI: J. Farrar (NCCAM R21)

Clinical Practice Clinical Practice



What to expect from acupuncture treatment

- ☯ Course of Treatment
- ☯ Cost of Treatment
- ☯ Sensation of Acupuncture
- ☯ Side effects
- ☯ Safety
- ☯ Precautions
- ☯ Contraindications





Acupuncture for Cancer-related wellbeing

- ☯ Nausea/vomiting
- ☯ Pain
- ☯ Fatigue
- ☯ Insomnia
- ☯ Neuropathy
- ☯ Stress reduction

Thank You

