

Integrated Chinese Medicine :

Accessing the Best of East & West in PSC

PSC Partners

April 29, 2011

Sacramento, California

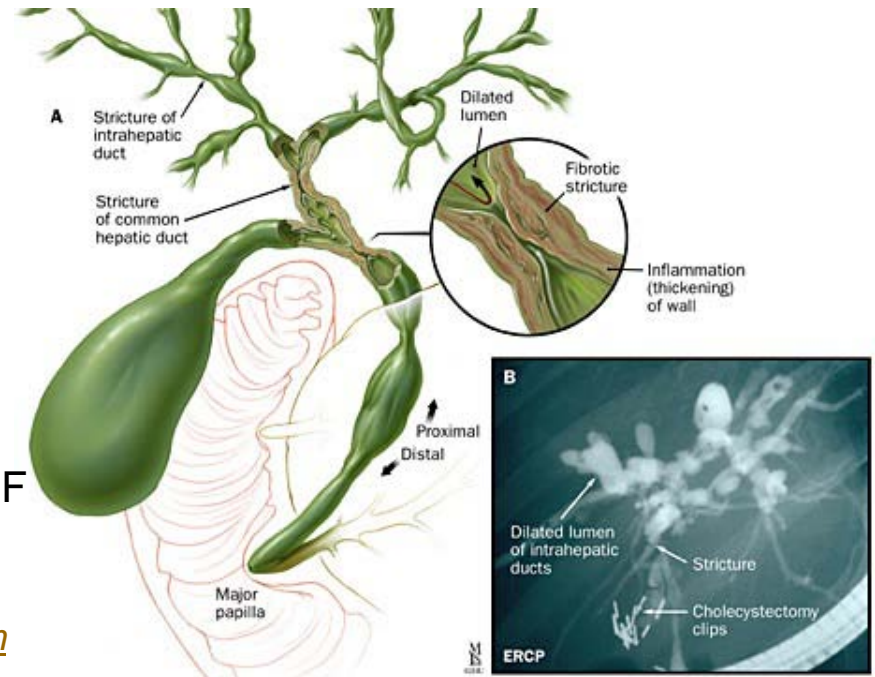
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Complementary and Alternative Medicine (CAM)

Complementary medicine is used in conjunction with or as an adjunct to primary Western medicine or standard treatments

Alternative medicine is defined as a medicine that may be used instead of standard therapies.

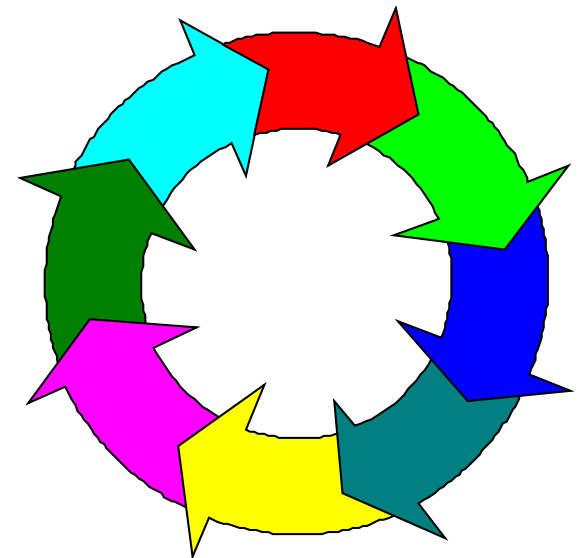
The term “integrative medicine” often is used.



Complementary and Alternative Medicine (CAM)

CAM in liver disease & hepatitis may include:

- Asian Medicine
- Western herbal therapies
- Relaxation & visualization
- Nutritional Supplements
- Exercise
- Other CAM Therapies



Integrated Chinese Medicine

Overview

Chinese traditional medicine is a complete medical system with its own forms of diagnosis, treatment, prognosis, and therapies.



Integrated Chinese Medicine

Overview

Chinese traditional medicine is the longest continually practiced, documented and catalogued medicine in the world.

In the 21st century, Chinese traditional medicine is informed by scientific evidence as well as thousands of years of inquiry, study and practice.

Integrated Chinese Medicine

Overview

Chinese traditional medicine can be used as complementary adjunctive care for those using Western treatment in autoimmune diseases in general and PSC specifically.

Many traditions of Asian medicine are practiced in the US today. Diagnosis and modalities may vary from system to system.

Integrated Chinese Medicine Concepts

Chinese traditional medicine uses traditional diagnosis and traditional modalities such as acupuncture, moxibustion, food and nutrition therapy, herbal remedies, Chinese exercise and meditation.



Integrated Chinese Medicine

Concepts

In modern times, Western therapies which are compatible with Chinese medicine theory are also used.

In my clinic's practice of *Integrated Chinese Medicine*, we work as team, often with Western physicians and practitioners, using Eastern and Western diagnosis and treatments together.

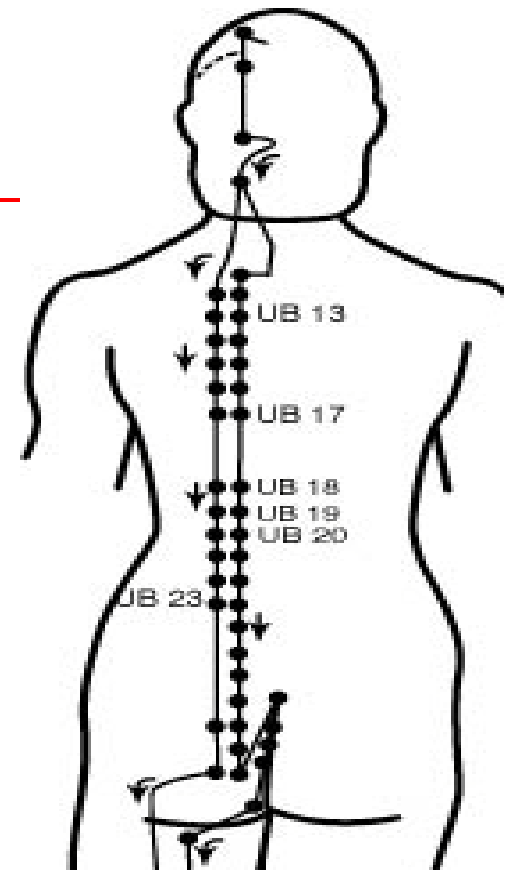
Integrated Chinese Medicine

Concepts

Chinese traditional medicine helps restore the body to balance and works on an energetic level to affect all aspects of a person: mind/body/spirit. The beauty of Chinese medicine is that it can be used to correct imbalances that have become illness and pain, or even correct imbalances prior to the appearance of symptoms, therefore preventing disease.

Integrated Chinese Medicine Concepts

Chinese medicine views the body as an energetic system in dynamic balance. Qi--- translated as energy or life force--flows in a regular pattern through a system of channels (or meridians) to the whole body.



Integrated Chinese Medicine

Concepts

When the flow of Qi is unimpeded there is harmony, balance, and good health. When there are Qi blockages, too much or too little Qi, there is an imbalance which can lead to disharmony and disease.

The Liver Organ in Chinese medicine is responsible for the smooth flow of Qi as well as Blood (Xue) in the body.

Integrated Chinese Medicine

Role of the Liver

- Liver stores Blood (Xue)
- Liver blood nourishes sinews and joints
- Moistens the eyes, skin, hair, tendons, nails
- Ensures smooth flow of Qi (vital energy) and Xue (Blood):
 - emotional state
 - digestion
 - bile secretion

Integrated Chinese Medicine Diagnostic Process

Practitioner evaluation uses various tools: tongue observation, pulse palpation, questioning, and looking and smelling as, part of an overall analysis in order to develop a working differential diagnosis.



Integrated Chinese Medicine

Diagnostic Process

Ancient Chinese medicine talks about influences that cause disharmony in Yin/Yang, the Essential Substances, the Organ Systems, the Channels and the Five Phases.

In Chinese medicine sample diagnoses might be “Spleen Qi Deficiency with Dampness” or “Liver Qi Stagnation” or “Damp-Heat in the Gallbladder”.

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Diagnostic Process

Herbal medicine and acupuncture often use different diagnostic procedures. For example Chinese herbal medicine always includes tongue observation.



Integrated Chinese Medicine

Diagnostic Process

Also, in the best of all worlds, Chinese traditional medicine practitioners take into account both Western diagnoses and Eastern diagnoses when creating a treatment plan.



Integrated Chinese Medicine Diagnostic Process

By doing this, we can help a client develop and manage a comprehensive treatment plan integrated with Western medicine practitioners, Western treatments and other care; the client is at the center of care and is in charge of the overall treatment plan.

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Diagnostic Process

When a person is treated in Chinese medicine, there is ongoing assessment. Treatments may be changed according to the current health status evaluation by the practitioner.

This should include ongoing Chinese traditional diagnostic assessment along with changes in Western diagnosis and therapies.

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Chinese Herbal Medicine

Chinese herbal medicine is integral to Chinese traditional medicine. The herbs selected reflect the type of imbalance that has been diagnosed. Herbal medicine may be used alone or in conjunction with other therapies.



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Chinese Herbal Medicine

Some clinics maintain full herbal pharmacies while others use primarily prepared formulas or write prescriptions that are filled by herb companies.



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Chinese Herbal Medicine

Some formulas on which individual prescriptions are based date back thousands of years. The accumulated experience with these formulas has helped to clarify how they work and when to use them. There are thousands of Chinese herbs. Each herb in a formula is carefully chosen based on its effects according to ancient and modern Chinese texts.

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Chinese Herbal Medicine

Chinese herbal medicine has been used to treat liver disease for many centuries. The Chinese people have developed herbal therapies according to Chinese medicine's theories of physiological and pathological mechanisms.

Recently, there has been extensive basic science research on herbal medicine in China and Japan.

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Chinese Herbal Medicine

Herbs come in many forms. Bulk herbs are cooked into teas and drunk warm. Herbal formulas also come prepared in tablets, capsules, tinctures, extracts, and liniments.

Often, these are based on traditional formulas, while others have been developed specifically for Western constitutions and conditions.

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Chinese Herbal Medicine

In my clinic, we use Chinese herbal formulas from companies that rigorously test for pesticides, heavy metals, bacteria as well as HPLC testing to determine that the herbs in the formulas are the correct herbs.

There are various liver support formulas that may be used for specific issues found in PSC as well as for symptoms.

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Chinese Herbal Medicine

Examples of symptoms treated with herbs include:

- Fatigue
- Right upper quadrant pain
- Nausea, queasiness
- Symptoms of ulcerative colitis such as diarrhea and cramping
- Anemia
- Infections

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Chinese Herbal Medicine

A qualified herbal practitioner should always be consulted as there are specific herbal medicines for specific diagnoses.

There are herbs contraindicated in both Chinese diagnoses and Western diagnoses as well as negative interactions between pharmaceutical medications and herbal medications as well as between herbs and herbs.

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Chinese Herbal Medicine

This practitioner should have had training in liver disease if not PSC specifically or be able to have access to supervision.

If there is not a qualified, licensed herbalist in your area, sometimes you can do consultations with licensed practitioners at a distance.

It is preferable to at least see a qualified practitioner in person at least once to be able to diagnose correctly. And follow-ups are important.

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Chinese Herbal Medicine

It is important to be able to use Chinese medicine diagnostic tools such as tongue and pulse to have the correct diagnosis.

For example, in my clinic we do phone and in-house consultations that include both the client and a practitioner.

The practitioner takes the pulse, looks at the tongue and helps with the Chinese diagnosis.

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Chinese Herbal Medicine

My team and I will review all the Western medical files prior to making a final determination on herbal medicines, acupuncture and dietary recommendations.

We recommend that a drug-herb and herb-herb interactions analysis be made as well for everyone, but especially important for people with liver disease.

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Chinese Herbal Medicine

The client then will get an *Integrated Chinese Medicine* treatment plan that includes all these recommendations and often includes referrals to Western practitioners and modalities.

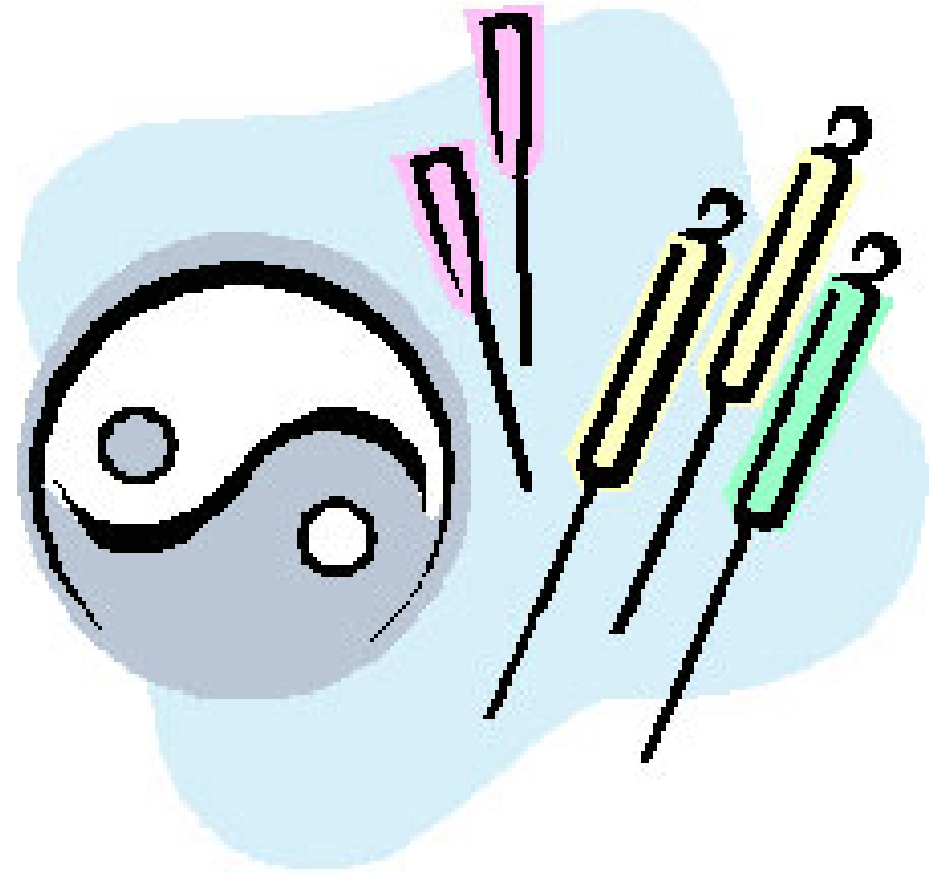
This is a portable document that can be followed by other practitioners.

We also will train licensed practitioners how to manage liver disease in their practices.

Integrated Chinese Medicine

Acupuncture

Acupuncture is the art of inserting fine sterile metal needles into certain body or ear points to control the body's energy flow.



Integrated Chinese Medicine

Acupuncture

Acupuncture is relatively painless, often accompanied with a sensation of heaviness, warmth, or movement of energy at the point of insertion or along the energy channels.



Integrated Chinese Medicine

Acupuncture

Acupuncture helps to relieve pain as well as rebalance energy and heal symptoms. Electro-stimulation may also be used with acupuncture for pain.



Integrated Chinese Medicine

Acupuncture

Western science has documented some ways in which acupuncture works-- there are many mechanisms.

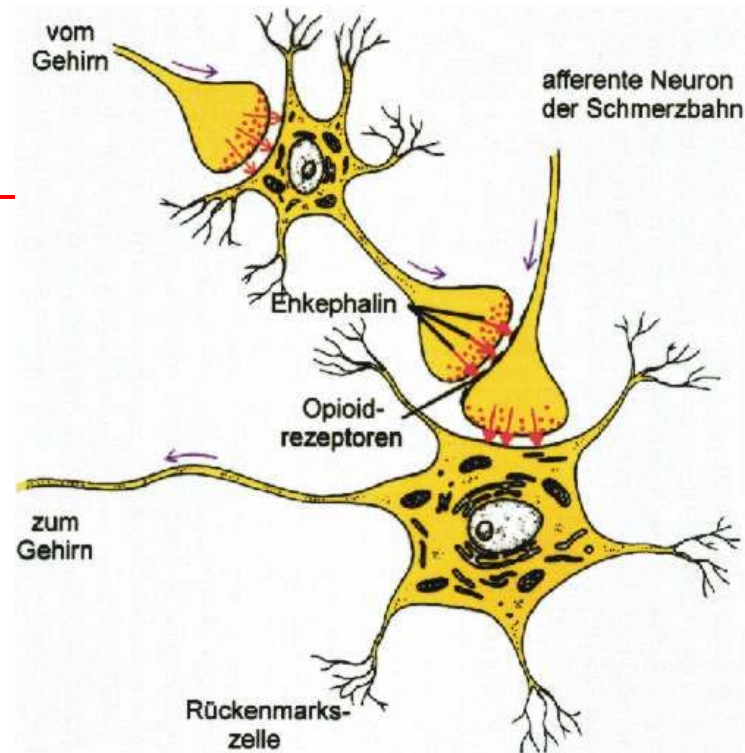


Shen J. J Altern Complement Med. 2001;7 Suppl 1:S121-7; Research on the neurophysiological mechanisms of acupuncture: review of selected studies and methodological issues.

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Acupuncture

The most well known--
discovered in the
1970's-- is pain relief
through stimulation of
endorphins.

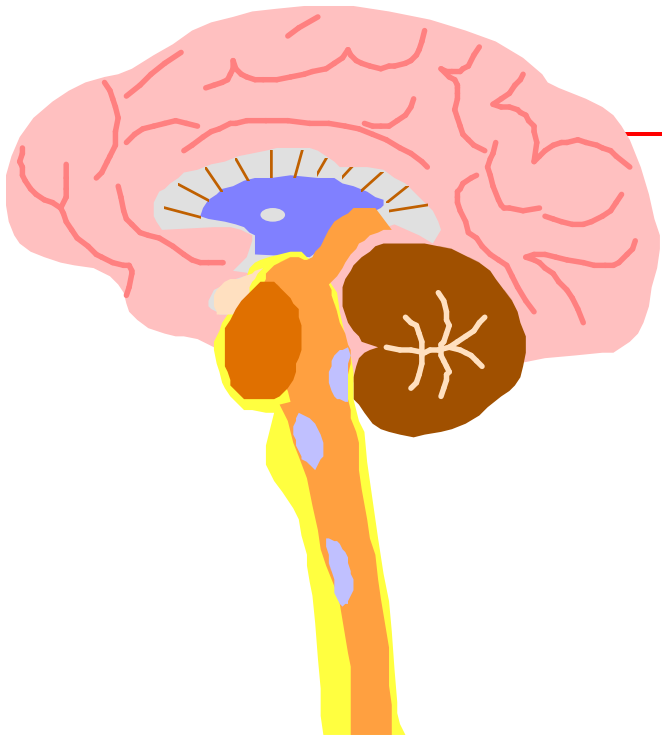


Sugai GC, Freire Ade O, Tabosa A, Yamamura Y, Tufik S, Mello LE. Division of Chinese Medicine and Acupuncture, Department of Orthopedics and Traumatology, Universidade Federal de Sao Paulo (UNIFESP), Brazil

Han JS, Neurosci Lett. 2004 May 6;361(1-3):258-61; Acupuncture and endorphins.

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Acupuncture



One acupuncture mechanism is through stimulation of serotonin levels within the brain, which leads to a sense of well-being as well as pain relief.

Sugai GC, Freire Ade O, Tabosa A, Yamamura Y, Tufik S, Mello LE. Division of Chinese Medicine and Acupuncture, Department of Orthopedics and Traumatology, Universidade Federal de Sao Paulo (UNIFESP), Brazil

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Acupuncture

Acupuncture also has anti-inflammatory effects, which may help relieve symptoms and possibly decrease liver inflammation.



Zijlstra FJ, van den Berg-de Lange I, Huygen FJ, Klein J Anti-inflammatory actions of acupuncture; Department of Anesthesiology, Erasmus Medical Centre, Centre location, Rotterdam, The Netherlands.

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Acupuncture

Acupuncture may also be effective for reducing elevated transaminases.



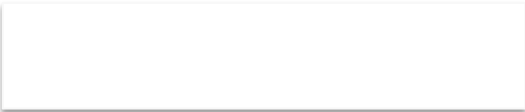
Cohen MR, Wilson CJ, Surasky A. Acupuncture treatment in people with HCV and HIV coinfection and elevated transaminases. XII International Conference on AIDS. Abstract 60211. Geneva, Switzerland. 1998

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Acupuncture

Some symptoms treated with acupuncture may include:

- Fatigue
- Right upper quadrant pain
- Nausea
- Diarrhea and cramping
- Pruritis (itching skin)



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Moxibustion

Moxibustion is the burning of the common herb mugwort over areas of the body for stimulation or warmth. Moxibustion stimulates specific acupuncture points or areas that need treatment.



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Qi Gong Exercise & Meditation



Master Larry Wong

Integrated Chinese Medicine Massage -- Tui Na and More

There are many forms of massage and bodywork.

- Acupressure includes Tui Na (Qi Gong), Shiatsu and Thai Massage
- Deep Tissue
- Long Stroke massage includes Esalen Style and Swedish
- Many other styles



Integrated Chinese Medicine

Treatment Objectives in PSC – Chinese

- Regulate Qi and Xue
- Tonify Qi, Xue (Blood), Jing (Essence) and Jin (Body Fluids)
- Harmonize Liver and Spleen and Stomach
- Remove Dampness
- Clear Damp Heat
- Harmonize Mind/Body/Spirit

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Treatment Objectives in PSC - Western

- Control inflammation and restore liver function
- Regulate immunity
- Improve microcirculation and decrease fibrosis
- Facilitate bile secretion and excretion
- Support cancer treatment
- Pre and post transplant support
- Treat PSC-related symptoms and complications such as fatigue, choleostasis, itching, RUQ pain, colitis symptoms, cramping and more

Integrated Chinese Medicine

Integrating East and West

1. Client is in the center and in charge
2. Communication among practitioners is key
3. Develop practical treatment plans/care management
4. How to manage drug side effects and how to choose which medicine to use
5. Discuss what to do if Western treatment is not warranted, not chosen, must be discontinued or does not work
6. Labs, cancer screening and biopsies regularly done by Western provider

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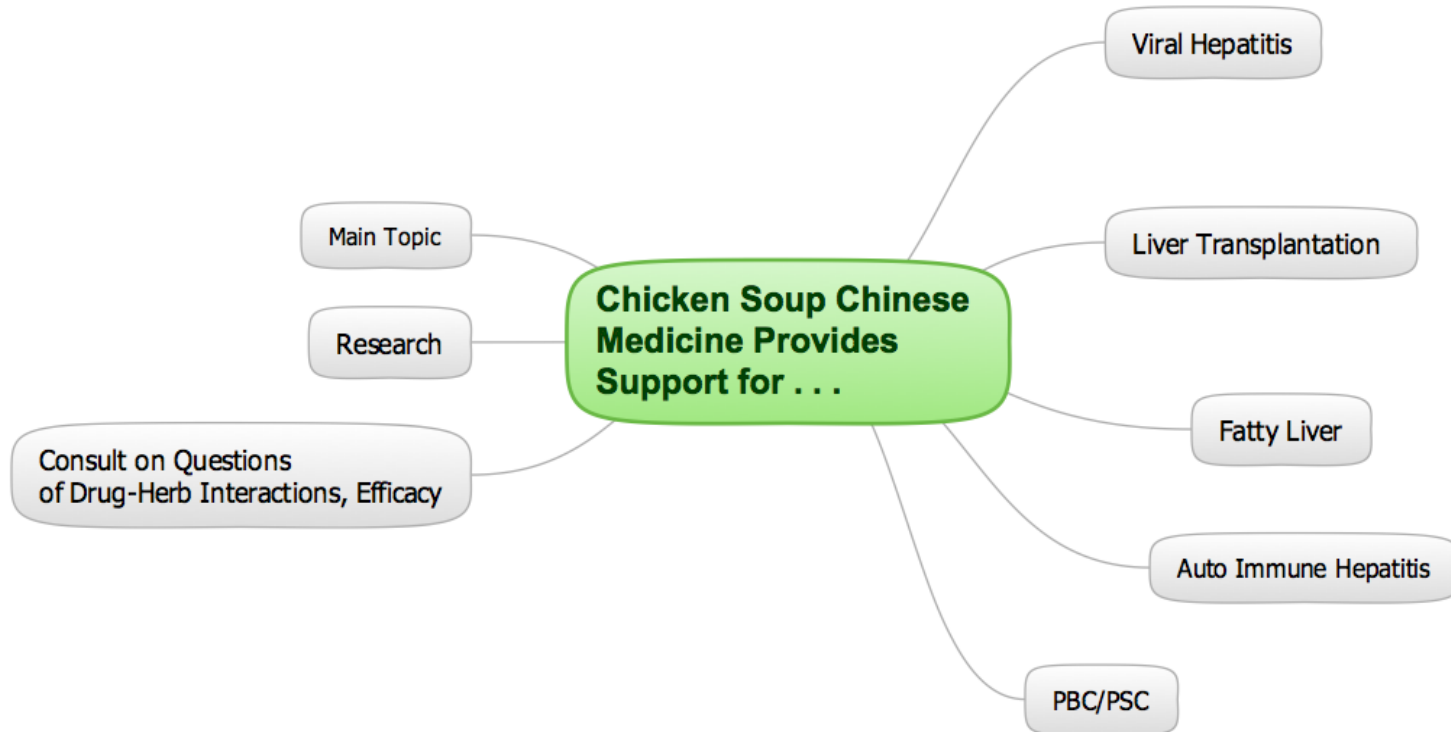
Informed Self Care

- Daily Journal
- Dietary Guidelines
- Exercise Plan
- Meditation Plan
- Self-Massage
- Moxibustion
- Soaks and Saunas
- Nutritional Supplements



Integrated Chinese Medicine

Helping Physicians and Patients





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For questions about referrals and consultations, please ask for Elisa Angelone, L.Ac.