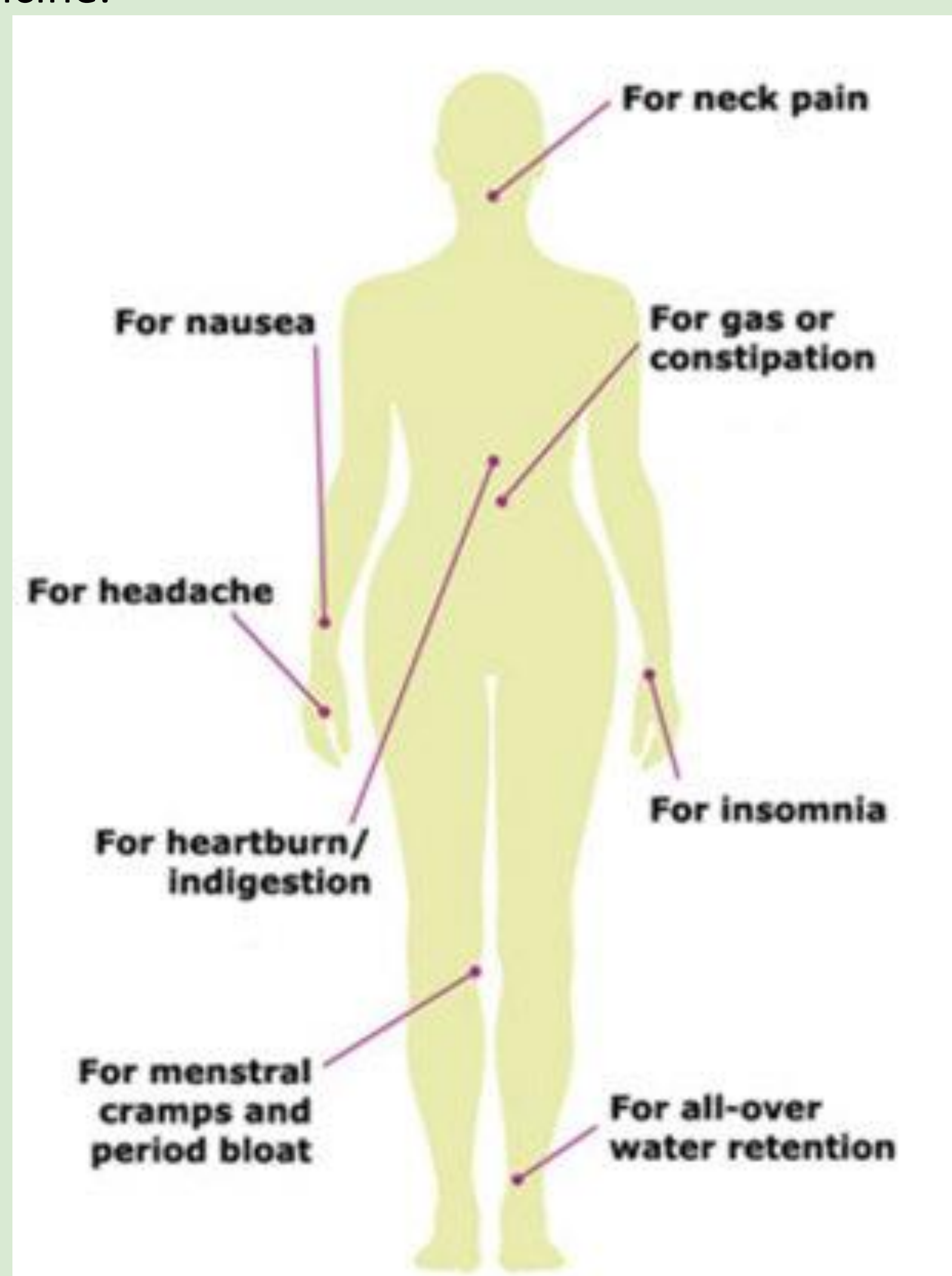


Presented By:

Nisha Chowdhury, Linda Huynh, Tara McHugh, Stephanie Wolcott, Leah Novo

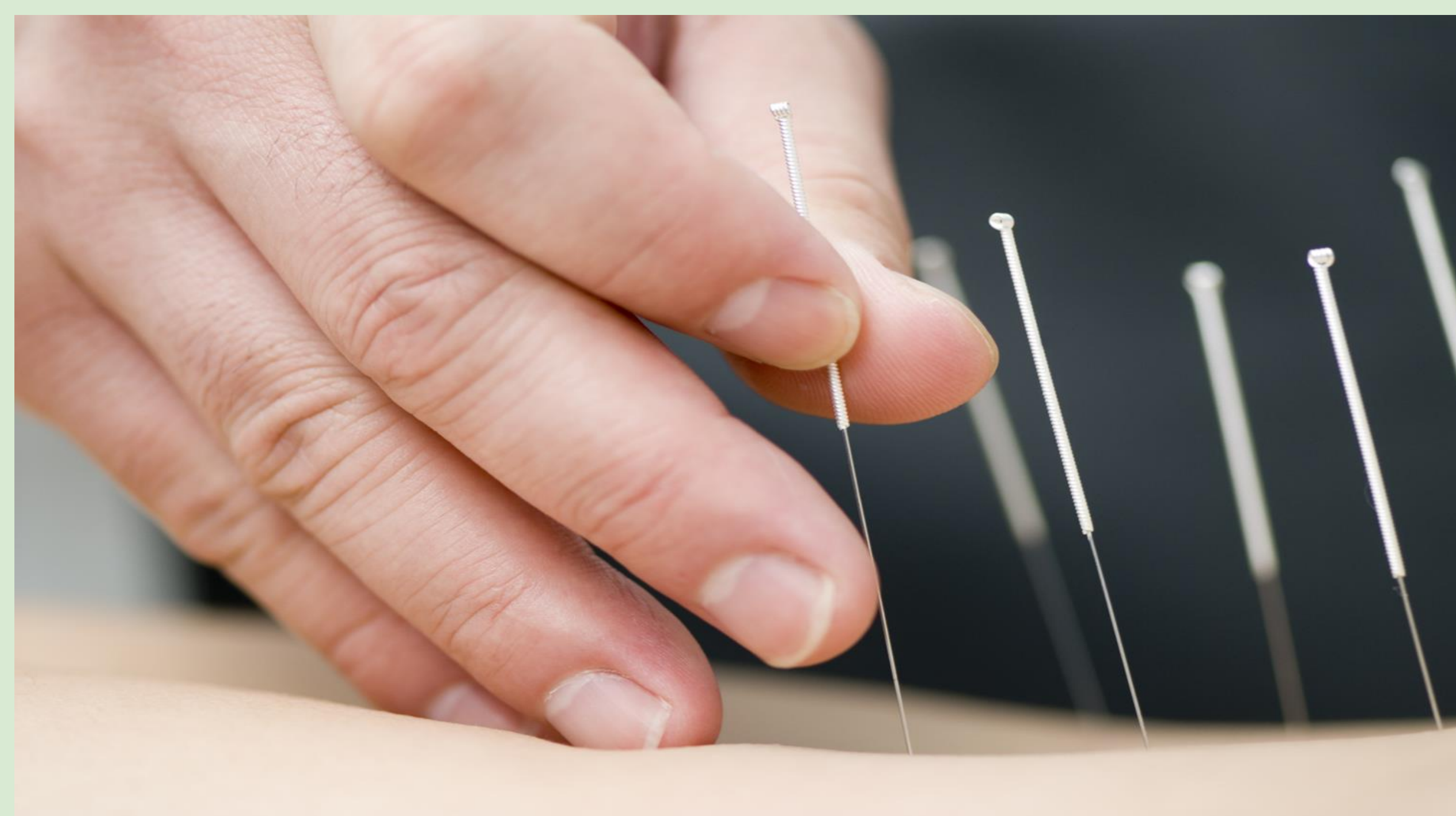
## Abstract

Traditional western allopathic medicine isn't the only way to treat pain. The purpose of this study is to research acupuncture, an ancient Chinese medicine in which thin needles are put into the skin at strategic points in the body, in order to balance out chemicals and energy flow. Using evidence based research on acupuncture techniques, we will be evaluating acupuncture's effectiveness of treatment versus other western methods. We will study the use of acupuncture as treatment for headaches, arthritis, menstrual cramps, and anxiety. This form of treatment isn't a permanent solution but, could act synergistically with western medicine.



## Acupuncture in Mental Illness Patients

- Mental disorders are typically caused by a chemical imbalance in the brain because our bodies produce too many stress hormones and acupuncture helps to reestablish equilibrium. (Hull, 2014)
- Often time's western medicine alone is difficult to treat more complex disorders such as PTSD in veterans. Acupuncture treats these in a more broad sense by targeting multiple biological symptoms concurrently. (Ostermann, 2013)



## Acupuncture: Treating Menstrual Cramps

- Many females are afflicted with painful menstruation cramps. This notion of a painful menstruation cycle is known as *dysmenorrhea*.
- Dysmenorrhea can indeed be fixed temporarily by taking certain medications (like ibuprofen, birth control, etc.) however acupuncture gets rid of it once and for all. [Points made near the abdomen, back, and legs especially help.] (Smith, 2010)

## Relief from Arthritis

- Acupuncture can ease pain through the release of endorphins to the affected muscle. Acupuncture triggers the muscle to relax which can bring relief to those suffering from Arthritis.
- The relief from acupuncture doesn't come quickly. It can take multiple sessions for people to feel relief.

## Combination Therapy

- Many experiments have shown that the best solution for pain management is a combination of acupuncture with traditional allopathic medicine
- A study conducted on patients with high blood pressure proved this (Kim, Zhu 2010)
- With cancer pain studies showed drugs alone were more effective than acupuncture alone, but the most effective was the combination of the two (Choi, 2012)
- Studying nausea before and during a cesarean showed both methods to be effective, but acupuncture to be easier and more tolerable for patients (Ahmady, 2011)



## Conclusion

- If acupuncture and modern western medicine were used hand and hand in patients with certain illnesses, acupuncture could work as a temporary relief as western medicine works on a long term solution.

## References

- Ahmady, Mona S., and Alaa M. El-Deeb. "Effect Acupuncture on Nausea and/or Vomiting during and after Cesean Section in Comparison with Ondansetron." *Academic Search Complete*. EBSCO, 15 July 2011. Web. 25 Mar. 2015.
- Choi, Tae-Young, Myeong S. Lee, and Tae-Hun Kim. "Acupuncture for the Treatment of Cancer Pain: A Systematic Review of Randomised Clinical Trials." *Academic Search Complete*. EBSCO, 25 Mar. 2012. Web. 25 Mar. 2015.
- Diener, H. (2008). Acupuncture for the treatment of headaches: more than sticking needles into humans?. *Cephalgia*, 28(9), 911-913.
- Hull, Amanda "Acupuncture and meditation for military Veterans: the first steps of quality management and future program development." July 2014
- Kim, Leo-Wi, and Jiang Zhu. "Acupuncture for Essential Hypertension." *Academic Search Complete*. EBSCO, Mar.-Apr. 2010. Web. 25 Mar. 2015.
- Ostermann, Thomas, "The Effects of Integrative In-Patient Treatment on Patients' Quality of Life: A Meta-Analysis," Hindawi Publishing company," 2013
- Smith, Caroline A., and Bridget Carmady. "Acupuncture To Treat Common Reproductive Health Complaints: An Overview Of The Evidence." *Autonomic Neuroscience: Basic & Clinical* 157.1/2 (2010): 52-56. *Academic Search Complete*. Web. 6 April. 2015.

## Treating Migraines with Acupuncture

- Acupuncture needles are placed in different locations of the body to treat migraines as "placebo" (Deiner, 2008).
- Acupuncture is also used to prevent migraines by activating the sympathetic system.