

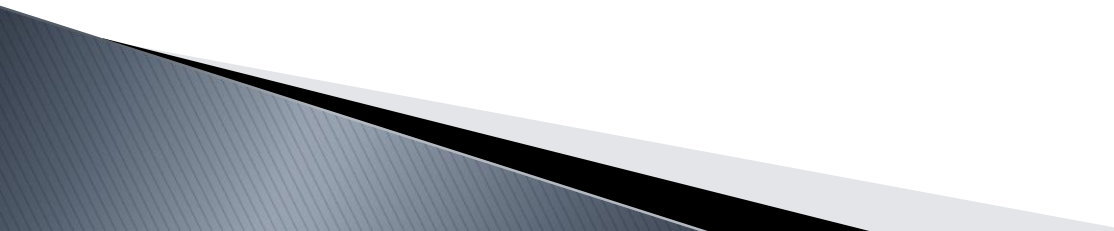
West goes looking for East and the role of integrative medicine in palliative care: So why would an MD learn Acupuncture?

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Sage



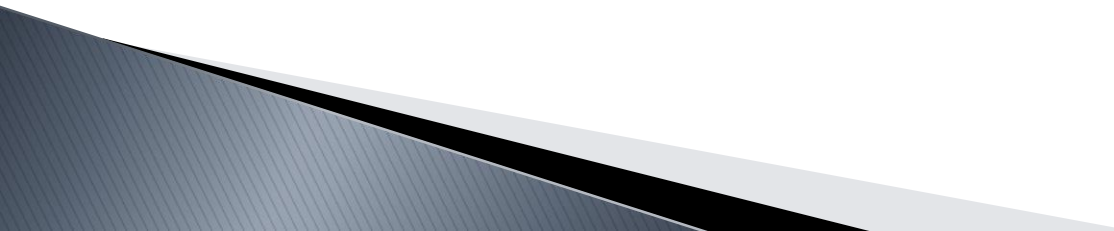
Sage

- ▶ What do we know?
 - ▶ What do we assume or think we know?
 - ▶ What are we open to learn?
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“Her tooth hurts”

- ▶ 27 yo female mother of three
- ▶ No money/no insurance
- ▶ Recurrent progressive left maxillary sinus carcinoma
- ▶ Right hemiparesis
- ▶ Dental abscess

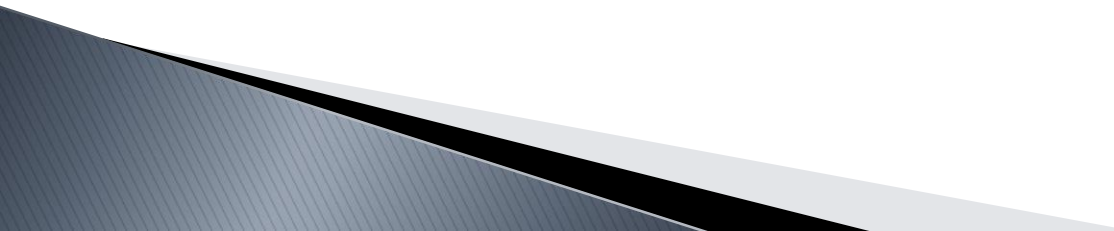
Definitions

- ▶ Alternative – in place of traditional/standard treatment
 - ▶ Complementary – added to traditional/standard treatment to improve an aspect of suffering, etc
 - ▶ Integrative – combined with the traditional/standard treatment to maximize the overall benefit to the patient
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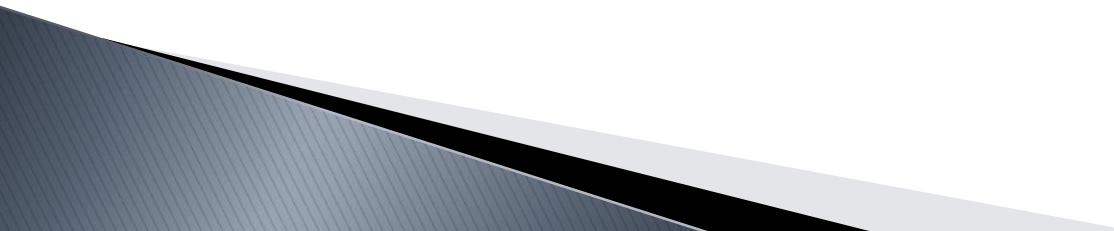
Alternative

- ▶ Laetrile
- ▶ Coffee enemas
- ▶ Ozone
- ▶ Vitamin C, etc
- ▶ Mistletoe
- ▶ Gerson therapy
- ▶ Prayer/spiritual healing
- ▶ etc

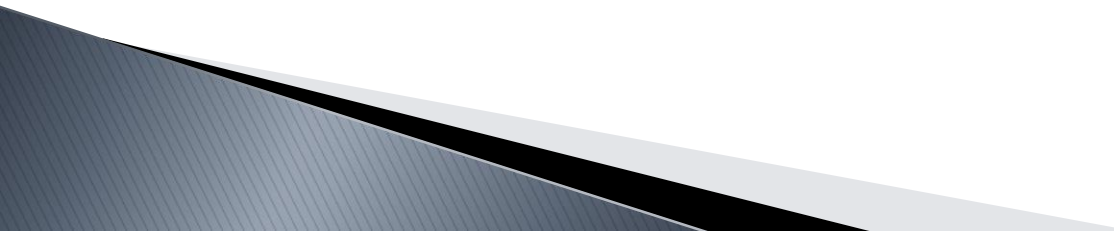
Complementary

- ▶ This name is meant to soften the language
 - ▶ Massage, relaxation, music, pets, chiropractic, exercise, yoga, organic food
 - ▶ Acupuncture, acupressure, guided imagery, homeopathy, Reiki
 - ▶ The Wellness Community
 - ▶ Prayer
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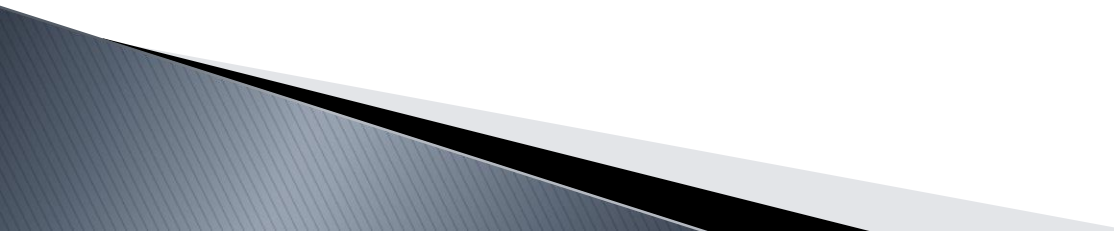
Integrative

- ▶ Acupressure
 - ▶ Acupuncture
 - ▶ Reflexology
 - ▶ Reiki
 - ▶ Mindfulness, relaxation, mind–body medicine
 - ▶ Qigong, yoga, tai chi
 - ▶ Energy medicine
 - ▶ Music
 - ▶ Pets
 - ▶ etc
- 

Integrative

- ▶ Annals of Internal Medicine study
 - ▶ Weekly acupuncture throughout radiation treatment
 - ▶ Acupuncture done during chemotherapy
 - ▶ Music therapy within the infusion space
 - ▶ Aromatherapy within the infusion space
 - ▶ Pets within a facility or space
 - ▶ Guided imagery during treatment
- 

Personal Journey

- ▶ So how do you get East from West?
 - ▶ Limits of Western Medicine
 - ▶ Side Effects of Medication and Treatments
 - ▶ Opening up to a different way of seeing the world
 - ▶ Can they live together?
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Otzi the Iceman

- ▶ 3400 - 3100 BCE
- ▶ 61 Tattoos - Acupuncture
- ▶ Plant material - Herbal treatment?

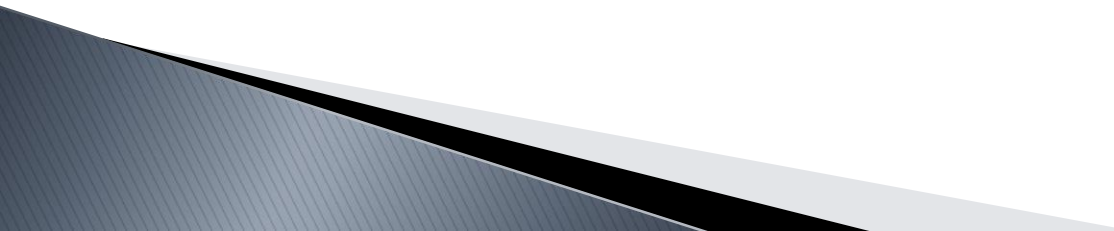
Yin and Yang

- ▶ Huang Ti Nei Ching Su Wen, 2697 BCE
- ▶ Tao
- ▶ TCM, Qi Gong, Daoism – a way of being

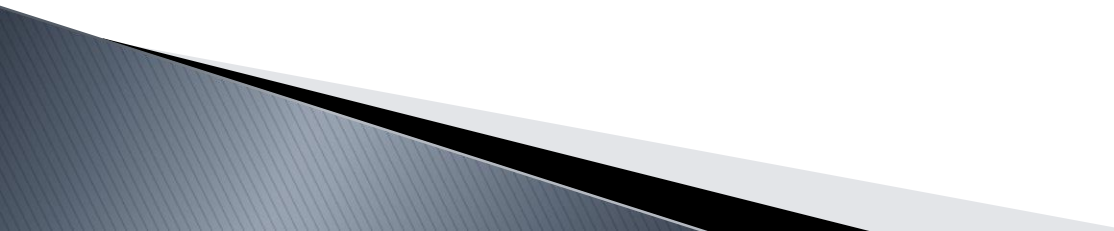
Qi

- ▶ Meridians
- ▶ Organs
- ▶ Fluids

5 Element Theory

- ▶ Wood – Blue/Green, Spring, Liver/Gallbladder
 - ▶ Fire – Red, Summer, Heart/Small Intestine
 - ▶ Earth – Yellow, Center, Spleen/Stomach
 - ▶ Metal/Air – White, Autumn, Lung/Large Intestine
 - ▶ Water – Black, Winter, Kidney/Bladder
- 

Integrative – personal

- ▶ Acupuncture for head and neck cancer treatment
 - ▶ For pain
 - ▶ For nausea
 - ▶ Take your pet to work
 - ▶ Mindfulness / breathing / relaxation
 - ▶ Guided imagery
 - ▶ Qi gong
- 

My Stories

- ▶ So let's go back to that 27 year old mother of three with her Dental Abscess. What are we going to offer her???

Stories continued

- ▶ 85 year old with end stage COPD in SNF with very large stage 4 Sacral Ulcer. On hospice but with terrible pain and foul odor. What can we offer?

Stories continued

Doctor you have to come see this!!