

UCSF Health

# Integrative Oncology- East Asian Medicine

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# How Are We Licensed in CA?

- 4 year Masters after pre-med (now becoming entry level doctorate)
- 1300 hours of clinical time-advancing levels
- Pass the state boards- state regulatory board
- Additional specialty doctorate- 2.5 more years + 1.5 years of residency

# A Brief Intro of Acupuncture in the West

- European Middle Ages, from 1500 to 1700, the Dutch East India Company
- Hypodermic needle inspired from Chinese acupuncture needles.
- Beginning in the 1850s, Chinese immigrants came to the United States and brought their health practices
- 1971 Nixon/Kissinger's trip to China
- Acupuncture was first popularized in America by African American and Hispanic people in the 1970's (the Young Lords and the BPP).
- 1985 NADA method was born
- 1997 National Institutes of Health (NIH) consensus conference reported that there was positive evidence for acupuncture's effectiveness

# An Introduction: The Black Panther Party and Acupuncture?

Eana Ming, 2/20/2020

- <https://www.ofpartandparcel.com/blog-2/an-introduction-the-black-panther-party-and-acupuncture>
- Dr. Mutulu Shakur (Tupac's stepfather)- he founded his own acupuncture organization, the Black Acupuncture Advisory Association of North America,
- Dr. Tolbert Small- 1972 China with BPP- taught himself/barefoot docs in China
- This is an important article written by an Asian woman who is making sure that the complex history of acupuncture is not erased by the dominant narrative. This narrative furthers the gap of access and understanding.

*“For the BPP, acupuncture fit into their social praxes of “serving the people, body and soul” and empowering the marginalized. In the context of distrust around the biomedical institution (think the [Tuskegee syphilis study](#) or [Mississippi appendectomies](#)), acupuncture was appealing because it was strictly non-biomedical and based on notions of self-healing, as the practice aims to readjust the body's inherent balance.”*

- Lincoln Detox Hospital in the Bronx- 1970's- heroine, 1980's- crack epidemic

# East Asian Medicine in a Nutshell

## **Balanced Physiology- homeostasis**

What does this mean and what does this include?

*The body, mind (emotions), and spirit are inseparable in East Asian medicine – meaning if you have disharmony in your physical body, it is tied to your emotional state/well being and vice versa.*

# What is acupuncture?

- National Center for Complementary and Integrative Health - NCCIH's definition:
  - Acupuncture is a technique in which practitioners stimulate specific points on the body—most often by inserting thin needles through the skin. It is **one of the practices used in traditional East Asian medicine.**

# Acupuncture in Context

- **EAM, whole systems medicine with multiple interventions:**
  - Acupuncture and associated techniques (electro, stimulation, 7-star, etc)
  - Moxibustion, cupping, tui na, gua sha, sho ni shin
  - Tai chi, qi gong
  - Chinese herbal medicine
  - Lifestyle and nutritional counseling

# Micro vs Macro

- Western vs Eastern

- Why does it matter?





# Is Acupuncture Safe?

- Acupuncture and pain
  - 2.2 million treatments (Currently at over 10,000,000/year)
  - Minor side effects: pain or discomfort at site of needle insertion, infection, bruising, weakness, fainting, and nausea are *rare* ( $\geq 1/10,000$  to  $\leq 1/1,000$ ).
  - Severe AEs: pneumothorax and cardiac tamponade are *very rare* ( $\leq 1/10,000$ ). (*Forsch Komplementmed. 2009 Apr;16(2):91-7*)

# EAM Treatment:

## What to expect in a session

### **East Asian medicine diagnosis/constitution- MIND-BODY-SPIRIT**

- Patient reporting 10 questions-  
reviews all the systems of the body
- Chief complaint- and Goals
- Tongue and Pulse
- Observation of the Whole Body- coloring, odor, sound, skin appearance (touch, see, listen, smell)
- History of oncology treatment, surgery, and medication affects on patient's presenting constitution

# East Asian Medicine (EAM) vs Integrative Chinese Medicine (ICM)

- **EAM** theory focuses on re-creating health and wellness through balanced physiology.
- **EAM** is a treatment approach that combines acupuncture, cupping, heat therapy, massage, Chinese herbs, as well as dietary and lifestyle recommendations.
- **ICM** also utilize labs, diagnoses, treatments, medications, and past/future procedures to inform our treatment. Attention is given to: anemia, platelets, absolute neutrophil count, liver enzymes, kidney function, responses of cancer to treatment, etc.

# Oncology and East Asian Medicine

The Relationship:

A practitioner of EAM approaches you based on:

- ~Imbalances- as interpreted by EAM
- ~Symptom complex
- ~Life style choices
- ~Your goals- we meet you where you are and where you want to be
- ~Treating the root- not just the branch
- ~Your health: next week, 1 month, 6 months, 1 year, 5 years

# Mechanisms of Action for Acupuncture in the Oncology Setting

Stone, J et al; Current Treatment Options in Oncology (2010) 11:118–127 DOI 10.1007/s11864-010-0128-y

- A biomedical database search for articles in the English-language literature revealed studies examining the effect of acupuncture on fibroblast cells, a decrease of inflammatory cytokines, an increase of T-lymphocytes, and increasing adenosine, neuropeptides, opioid peptides, peptide hormones, and stem cells.

# Acupuncture Mitigates the Side Effects of Oncology Treatment and Beyond

Peripheral neuropathy

Anxiety/Depression

Bowel issues

Saliva/Taste

Weight loss/gain

Anorexia

Fatigue/Exhaustion

Neutropenia

Xerostomia

Sleep

Arthralgia

Hot flashes

Hair growth

Anemia

Immune System Modulation

Nausea/Vomiting

Leukopenia

Well being

# Use of Acupuncture- Cancer

As of 2017

- In the United States, ~3.5 million adults or 1.5% of the population receive acupuncture each year.
- Approximately one in 10 cancer survivors in the United States have used acupuncture, with higher use among those with cancer as compared with those without.
- More than 60% of National Cancer Institute (NCI)–designated comprehensive cancer centers incorporate acupuncture for cancer symptom management.



# Barriers to Acupuncture Use Among Breast Cancer Survivors: A Cross-Sectional Analysis

Bao, T et al; Integrative Cancer Therapies 2018, Vol. 17(3) 854–859 © The Author(s) 2018

## Results:

- The most common barriers were *lack of knowledge* about acupuncture (41.6%), concern for *lack of insurance* coverage (25.0%), *cost* (22.3%), and *difficulty finding qualified acupuncturists* (18.6%).
- Compared with whites, *minority patients* had higher perceived barriers to use acupuncture ( $\beta$  coefficient = 1.63, 95% confidence interval = 0.3-2.9,  $P = .013$ ).
- Patients with *lower education* had higher barriers to use acupuncture ( $\beta$  coefficient = 4.23, 95% confidence interval = 3.0-5.4,  $P < .001$ ) compared with patients with college education or above.

## Conclusion:

Lack of knowledge and concerns for insurance coverage and cost are the common barriers to acupuncture use among BC survivors, especially among minority patients with lower education. Addressing these barriers may lead to more equitable access to acupuncture treatment for BC survivors from diverse backgrounds.

# Group Acupuncture

Group acupuncture-

- Circle
- Large space
- Privacy
- Less in-depth intake
- Standards and protocols
- Lowers the barriers of treatments:
  - a) accessible
  - b) availability of appointments
  - c) Provider competency
  - d) affordable

# Prior Research on Group Style Acupuncture

- Group Acupuncture:
  - Broadens socioeconomic access without compromising patients' perspectives of quality of care.
  - Usually sought for pain alongside management of other chronic conditions such as diabetes.

(Chao et al. 2012, *J Altern Complement Med*; Tippens et al. 2013, *BMC Complement Altern Med*)

# Group Acupuncture Research

- **All In the Same Boat-** Astrey, A et al: 2012 Sep;30(3):163-9.- small sample size doi: 10.1136/acupmed-2012- 010150. Epub 2012 Aug 20.
    - Small sample size, clinically significant, inter and intra personal
  - **Acupuncture Therapy in a Group Setting for Chronic Pain-** Kligler, B et al: *Pain Medicine*, Volume 19, Issue 2, February 2018, Pages 393–403
    - Nonrandomized, repeated measures quasi-experimental trial
  - **Randomized Controlled Trial of Acupuncture for Women with Fibromyalgia: Group Acupuncture with Traditional Chinese Medicine Diagnosis-Based Point Selection ;** Mist, S. et al; *Pain Medicine*, Volume 19, Issue 9, September 2018, Pages 1862–1871
    - Small sample size, treatment vs education
- All had clinically significant outcomes for pain management*

# Group Acupuncture- Mission Bay

SERVING ALL THREE INFUSION CENTERS AT MB

- Community style, or group, acupuncture fills a needed gap here at UCSF and lowers barriers of access:
  - Osher cannot always get patients who are currently in cancer treatment in for a session in a timely manner, which matters
  - Group acupuncture allows patients to receive acupuncture frequently to alleviate side effects of treatment
  - There are health benefits being treated in a shared experience
  - Patients will be able to choose when acupuncture works best for them- before or after infusions instead of having to take what appointments are available
  - Potentially keeps patients in treatment who may have stopped due to adverse events
  - Acupuncture separate from infusion avoids adverse associations with acupuncture
  - Guarantee of practitioner competency in oncology
  - Acupuncture has best outcomes when done regularly

# Future Goals:

1. Mitigating side effects of oncology treatments
2. Helping to keep patients stable to remain in oncology treatment
3. Greater access to EAM
4. Bridging gaps socioeconomically
5. Bridging gaps medically- and via education
6. Greater outcomes
7. Support from oncologists
8. Systems for outreach to oncology patients for EAM access

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