TRADITIONAL CHINESE MEDICINE APPROACHES FOR BMT SURVIVORS

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INTRODUCTION
Major Processes After BMT

- **Tissue repair** - managing organ toxicities
- **Immune recovery** – risk of infections
- **GVHD** – ongoing immune suppression
- **Tissue renewal, repair** - ongoing
- **Chronic health issues** – late effects
- **Psychosocial problems** – emotional issues
- **Prevention** of future complications to achieve a **Healthy Balanced Life**
TCM (Traditional Chinese Medicine)
Yin and yang symbol for balance. In Traditional Chinese Medicine, good health is believed to be achieved by a balance between yin and yang.
Acupuncture chart from Hua Shou (fl. 1340s, Yuan Dynasty). This image from Shi si jing fa hui (Expression of the Fourteen Meridians). (Tokyo: Suharaya Heisuke kanko, Kyoho gan 1716).
WEST MEETS EAST

Nature, 480 : S 84, 2011
INTEGRATION

Definitely Possible...
“Talk with Your Doctor”

Your doctor needs to know about your child’s health care practices in order to provide the best care possible.

Talk with your doctor about all the therapies and remedies your child is using.

Source: http://care.ualberta.ca/ResourcesForHealthCareProviders/PracticeTools.aspx
Traditional Chinese Medicine

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What is an Acupuncturist?

An acupuncturist is trained in Traditional Chinese Medicine
Traditional Chinese Medicine Practitioner

- Masters of Science Traditional Oriental Medicine (MSTOM)
  - 4 years/ 3500 hours. Didactic study in Chinese Medicine theory, herbal medicine, western sciences i.e.. Biology, biochemistry, anatomy/physiology, nutrition.
  - 2 year clinical internship
  - State Board Exam/ National Exam

- Doctorate of Acupuncture and Oriental Medicine (DAOM)
  - 2 years 1267 hours. Advanced Chinese Medicine Theory
Additional Training and Experience

- 2 year Internship at San Diego Inpatient Hospice
- Pediatric and Internal Medicine Fellowship at Shandong Traditional Chinese Medicine University, Peoples Republic of China
- Allied Health Practitioner Children’s Hospital of Orange County (2003-present)
- Allied Health Practitioner Children’s Hospital of Orange County at Mission (2002-present)
- Outpatient Clinic Hoag Health Center, Aliso Viejo, Ca
- Outpatient Clinic St. Joseph Cancer Center, Orange, Ca.
NIH Consensus Panel on Acupuncture

▪ Acupuncture is effective for nausea associated with surgical anesthesia, chemotherapy, post-surgical dental pain

▪ Acupuncture alone or in conjunction with conventional treatments is effective for treatment of addiction, headaches, menstrual cramps, fibromyalgia, myofascial pain, osteoarthritis, low back pain, carpal tunnel syndrome, asthma, rehabilitation from stroke and in conjunction with conventional medications is extremely effective in pain control

History of Acupuncture

- Acupuncture is believed to have been practiced for over 3000 years in China
  
  *The Yellow Emperor’s Classic of Medicine*

- Acupuncture has been documented in Europe in the 19th century
  

- In the United States, acupuncture was listed as a treatment for “acute lumbago” in the 1st through 14th editions of *William Osler’s The Principles and Practice of Medicine (1892-1944)*
What is Chinese Medicine
Inpatient TCM Consults
Logged at CHOC (2012)

CHOC Orange      217 patients
Oncology        116 (4-10 treatments)
Oncology Intensive Care Unit  22 (4-16 treatments)
BMT            18 (16-20 treatments per patient)

CHOC @ Mission    80 patients
BMT

- Psychosocial symptoms
  - Anxiety
  - Fear
  - Frustration
  - Depression
  - Anger
  - Stress
  - Abandonment
  - Cognitive deficits
  - Guilt

- Physical side effects
  - Pain
  - Nausea / Vomiting
  - Poor appetite
  - Weakness
  - Fatigue
  - Insomnia
  - Constipation
  - GVHD
  - Lung and respiratory tract infections
  - Mucositis
  - Neuropathy
Traditional Treatment Modalities

- TCM treatments aim to diminish or supplement excess or deficient Qi, respectively, creating **balance**

- Classical Treatments:
  - Acupressure/Tui Na Medical Massage
  - Acupuncture
  - Moxibustion
  - Herbal Therapy
Adult Meridians
In health, Qi flows continuously through the body along rigorously defined pathways-Meridians.

Meridians function to channel Qi between organ systems.
“If the channels are free there is no pain; if the channels are obstructed there is pain”

Obstruction of qi flow through meridians leads to stagnation and the symptom of pain
Acupuncture

- Disposable sterile needles (34-40 gauge)
- Inserted at specific points along the meridians
- Micro-systems are often used in conjunction with main meridians (auricular, scalp)
- Treatments last 20-50 minutes
- Needle techniques regulated by OSHA
Auricular Acupuncture
Electrostim (EAA)

- Electrical current is passed through needles to strengthen or alter the nature of stimulation.
- Stimulation is stronger and better controlled with electro-acupuncture.
- Electrostim is utilized for the treatment of neuralgia, paralysis and spasticity.
Acupressure and Tui Na Massage

- Acupressure and Tui Na represent the manual stimulation of specific acupuncture points and meridian pathways through the application of pressure or stroking techniques, respectively.

- Although a weaker stimulus, acupressure and Tui Na are used in situations where acupuncture is contraindicated (infants, bleeding disorders, etc.)
Moxibustion

- The burning of Artemesia Vulgaris (mugwort)
- Moxibustion is another technique to stimulate qi along meridians
- Indirect: Moxa pole burned above acupuncture points
- Direct: Small moxa cones are placed directly on the skin.

Moxa Indications:
- Pain, nausea, vomiting, reduced appetite, asthma, diarrhea, immune deficiencies
Curing the Sick with Moxa fire
CA Circa 1890
Herbal Medicine

- Herbal formulas are based on a patient’s individual pattern of disharmony
- Method of delivery
- Raw herbal formulas specifically designed to fit the patient’s exact signs and symptoms.
- Raw herbal formulas can be decocted into a tea or ground into powder form and taken in capsules.
- Patent Formulas in pill or tincture form.
Ganoderma lucidum Spores
Ling Zhi

- Ling Zhi first described in herbalist records in Han Dynasty 25-220 CE
- Deemed The Mushroom of Immortality
- Studies have shown that Ganoderma lucidum spores possess multiple therapeutic properties including specific anticancer apoptotic activity and immune restoration.

Traditional Chinese Medicine Goals

- Support “Quality of Life”
  - Holistic approach allows supportive care regardless of western diagnosis, chronicity, or nature of current treatments
  - Patients can benefit from TCM while receiving western therapies
  - Pursue TCM applications which are synergistic to conventional therapy
  - Commitment to defining “Complimentary” TCM/Western treatment plans to provide better care for our patients
Life after Cancer

Psychosocial symptoms:
- Anxiety
- Fear
- Frustration
- Depression
- Anger
- Stress
- Abandonment
- Cognitive deficits
- Guilt

Physical side effects:
- Pain
- Weakness
- Fatigue
- Insomnia
- Constipation
- Dry mouth (Xerostomia)
- GVHD
- Lung and respiratory tract complications
- Neuropathy
- Osteoporosis
The Epidemic of Stress
Stress

- Workplace stress costs more than $300 billion each year in health care, missed work and stress-reduction
- Obesity
- Fatigue
- Depression
- Anxiety
- Insomnia
- Autoimmune disorders
Children and Stress

- Depression / Suicide (has doubled in last 2 decades among teens)
- Anxiety
- Chronic pain
- Migraines
- ADHD ADD
- Obesity
- Sleep disorders
- Eating Disorders
- Addiction
- Tics
What can you do?
Mind Body Integrative Therapies
Healing Spaces
Meditation

- Focusing one’s attention in a quiet space to initiate a relaxation response
Guided Imagery
Healthy Nutrition
Aromatherapy

- The therapeutic use of essential oils derived from flowers, herbs, and trees for the improvement of physical, emotional, and spiritual well-being
Yoga

- An ancient form of exercise with a focus on stretching, deep breathing, and meditation