

Are you one of the many people struggling with chronic pain?

There are many underlying causes of pain. Among them are inflammation, infection, and trauma, and can show up in your body away from its source. In Chinese medicine, pain has two primary causes, stagnation or depletion.

Pain caused by stagnation occurs because the natural flow of blood, nutrients, and energy (called Qi) has been interrupted. For example, a sprained ankle hurts a lot. That's because it bruises and swells to about twice its normal size, which is causing you pain. The trauma and inflammation of rolling the ankle is the underlying cause, but in Chinese medicine, it's the stagnation that must be treated for the ankle to heal.

Depletion, on the other hand, is pain caused by lack of energy. For example, pain associated with chronic fatigue, fibromyalgia, and low-grade chronic headaches tends to be of the depletion type. A clear diagnosis involves knowing exactly what kind of pain you are dealing with.

Here is how TCM helps treat pain:

- Acupuncture alters the chemistry of your brain. It increases your body's own pain-killing chemicals. In addition, acupuncture increases the circulation of feel-good endorphins in your brain.
- At the site where an acupuncture needle is placed locally in your body, there is an increase in the circulation of white blood cells by about 40 percent. Your white blood cells are the ones tasked with clearing inflammation—and in most cases where there is pain, there is inflammation.
- Remember that stagnation is a cause of pain in Chinese medicine? A common and intentional effect of TCM is to increase circulation both in the area of pain and throughout your body.

Jane C.P. Cheung & Associates

117 King Street East
Oshawa, ON L1H 1B9

Phone: 905-721-4917
Website: www.oshawachinesemedicine.ca
E-mail: go.tcm.jane@gmail.com

Pain Management and Traditional Chinese Medicine



Go natural. Go simple. Go TCM.



Introduction to Traditional Chinese Medicine (TCM) and Pain Management

TCM is a safe and effective holistic medicine backed by more than two thousand years of practice and research. It is practiced worldwide both as a primary and adjunctive treatment for a wide range of conditions. While there are somewhat standard treatment protocols for many conditions, the clinical success of the treatment is related – at least in part – to the wide range of diagnostic signs and symptoms which are taken into effect when looking at an imbalance.

What will my first treatment be like?

In general people find our treatments to be an incredibly relaxing experience, even for those who have some initial hesitation about needles, in particular. In general your first treatment involves quite a bit of discussion, as the practitioner gathers as much information as possible to clearly understand and diagnose your issues from a TCM viewpoint. Once the practitioner has made a diagnosis, the practitioner will discuss the various treatment modalities available, including acupuncture, gua sha, herbal medicine, and cupping.

An initial visit is approximately 90 minutes with a complete intake performed, medical records and tests evaluated.

Course of Treatment

Pain Management

Our clinic firmly believes that simple and frequent treatment yields the best results when using acupuncture as a healing modality. We will design a treatment plan to help you come as frequently as possible, for each person's unique situation. Do what works for you. If you can only come once a week or once every 2 weeks, then that's great, please do that. You will still see results, just maybe a bit slower.

Immediate treatments will be frequent, and will determine if the acupuncture is working for you. You should see some shift in your symptoms within five treatments. These changes might include decrease in pain, change in location or quality, or general improvement in symptoms.

After the initial set of frequent treatments, we will ensure that you are receiving enough treatments to get to the root of the initial source of pain.

After the root of the pain has been treated, we recommend continuing to receive maintenance treatments, or a "tune-up". Patients come in with no real complaints and just want treatments as a preventative or just to maintain satisfactory health levels. Frequency of treatments at this stage can be from once a week, to once a month, or seasonal as needed.

Note: All treatment plans are customised for each patient, depending on diagnosis and the patient's needs.

How Effective is TCM in Treating Chronic Pain?

Researchers have discovered that acupuncture causes a special biochemical reaction that reduces inflammation and muscle pain. The study investigated the effects of needling one acupuncture point on the leg. The research team measured a remarkable effect: acupuncture reduced pain and swelling. Acupuncture literally flips a switch wherein initial inflammatory responses are reduced and the secondary healing responses are promoted.

References:

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