



Podcast Transcript:

Dr. Ron Falk & Dr. Wunian Chen

Healing Through Acupuncture

“How soon will patients see results from acupuncture?”

- Patient As a patient, how do you when it's helping—how long does it usually take?
- Dr Chen For channel blockage, the difference can be felt quickly. If you have pain or muscle tightness, you will feel different soon after the treatment. Sometimes, right after the treatment, you feel different; sometimes, a few days. For internal organs, it takes longer. Sometimes we treat patients for more than a month.
- Dr Falk So if you have somebody who has nerve disease, which many of our vasculitis patients have, you would think that with numbness or pain, you think those patients really might get some benefit from acupuncture.
- Dr Chen Absolutely. Those are symptoms of channel blockage.
- Dr Falk And generalized fatigue?
- Dr Chen Yes, generalized fatigue is complicated, but you could have a very good response from the treatment.
- Patient So, patients who are on drugs that suppress the immune system, do experience fatigue. Does the acupuncture counter the results of the immunosuppressive drugs—how does all that work?
- Dr Chen Research has shown that acupuncture can increase the endorphin production. Also, other research has shown that the immune cells have receptors for those endorphins. Here is a hypothesis that acupuncture can help the immune system through the endorphin system. Clinically, patients feel that when they do regular acupuncture, their immune system is better, they have less sickness.
- Dr Falk When would you determine that acupuncture was not helping? How long would you wait?

Dr Chen Usually we try 3-5 treatments at first. In most cases, patients should feel some difference. For some chronic conditions, it may take longer.

Ho

Dr Falk What would be the longest that you would try before you would say this is just not working?

Dr Chen In our clinic, we only try 10 times.



UNC
KIDNEY CENTER