



Podcast Transcript:

Dr. Ron Falk & Dr. Wunian Chen

Healing Through Acupuncture

“How can acupuncture fit into a treatment plan for a patient?”

Patient How can acupuncture fit into a treatment plan for a patient?

Dr Chen Kidney disease is a complicated condition so Western medicine usually can get great results. In this situation, acupuncture can help unblock the channel, helps the medicine work better, helps the patient feel better.

Dr Falk So if you have vasculitis, inflammation of blood vessels, everywhere—your lungs, your kidney, your skin—would you prescribe different kinds of acupuncture approaches?

Dr Chen Exactly. We emphasize where the problem of the vasculitis is. Someone who has a kidney condition, someone who has a central nerve problem—it really depends. It doesn't matter exactly what the diagnosis is.

Dr Falk I've never participated in acupuncture. What would you actually do?

Dr Chen The first you visit an acupuncture clinic, you probably have to spend about 30 minutes talking to the practitioner, then we treat you for about 60 minutes lying down. We give you the needles which are very thin. You may feel a mild pain or a mild sensation. Sometimes you may not feel anything. The needles are put in the body, then you lie there for about 30 minutes or an hour. That's a typical treatment.

Patient I've actually had acupuncture. As part of my disease I had a 7th nerve paralysis and the right side of my face just dropped. My eye was wide open—I couldn't close it and it was going to take some time to heal. I wanted to see if there was something I could do to help speed things along. I did some research and found that the National Institutes of Health had done studies of acupuncture with stroke patients. I reasoned that what I had was kind of like a stroke.

So I sought a local practitioner here in town. I am needle phobic, but the needles were not bad. We did an intensive treatment for about 3

months. I didn't tell my doctors at the time, but one of them, my ENT commented that I was getting more of my face back and it was moving along quite well. I did tell my doctors later, but I felt that because this was medicine that had been used for centuries, that this wasn't something untoward, and that the NIH for strokes. I found it very, very helpful.

Dr Chen The symptoms you just described, in Chinese medicine we would call that channel blockage. Acupuncture is very good for those channel blockage.

Dr Falk Where do you think acupuncture works best? In what conditions?

Dr Chen I think acupuncture works better for channel blockage. When we feel tightness, pain, aches this is channel blockage. For internal organ problems, herbal treatment is better. But we know with organ damage, it is usually complicated by channel blockage. In many acupuncture practices, they have herbal available in the clinic.