

# INFORMATION FOR PHYSICIANS



Pain Care Symposium- [www.woundedwarriorpaincare.com](http://www.woundedwarriorpaincare.com)

In September 2011, the WWPCI had the 1<sup>st</sup> Wounded Warrior Pain Care Symposium, based on educating PCMs on pain management techniques and developing an integrated approach to treating Wounded Warriors. This event will be annually and projected to be Bi-coastal.

**CAM Complimentary Alternative Medicine (Attach PowerPoint Presentation)**

## Battlefield Acupuncture

A training or two will be offered in the upcoming 2012 year ! Please look for information coming your way or if you have questions contact the POCs by email.

**Resources(see attached)**



# **Complementary and Alternative Medical Treatments for Pain Management**

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**American Board Internal Medicine**

**American Board of Holistic and Integrative Medicine,  
Founding Member**

# WHAT IS ALTERNATIVE MEDICINE?

“ Medical interventions not taught widely at US medical schools or generally not available in US hospitals”

David Eisenberg 1993

“A diverse group of medical systems, used throughout the world to promote health, well-being and to treat disease, some of which have been incorporated into western medical practices”

Malcolm Riley, F.D.S.

# Complementary and Alternative Therapies

- Nutritional medicine
- Herbal medicine
- Functional medicine
- Mind-body work

- Manual Medicine
- Acupuncture
- Homeopathy
- Traditional Medical Systems

# NUTRITIONAL MEDICINE



# WHY TALK ABOUT NUTRITION?

- Nutrients
  - fight infection
  - fight cancer
  - fight inflammation
  - building blocks to repair and heal
    - Immune system
    - Muscle Mass
- Food as Medicine
  - Not all food is created equal

# High Glycemic Foods

- Processed Foods
- Juices, syrups, sodas
- Sweets
- Most starches
  - White potatoes
- **THE WHITES**
  - Bread, pasta, rice, potatoes





omega-3 EFA such as EPA and docosahexaenoic acid (DHA) have inhibitory effects on inflammation and tumorigenesis, but omega-6 EFA such as AA and linoleic acid have proinflammatory and tumor-growth-enhancing properties.”

Jho, David H. et al. Role of Omega-3 Fatty Acid Supplementation in Inflammation and Malignancy, INTEGRATIVE CANCER THERAPIES 3(2); 2004 pp. 98-111



Cold water fish

salmon, haddock,  
halibut, bass, cod,  
mackerel, sardine

Borage Oil

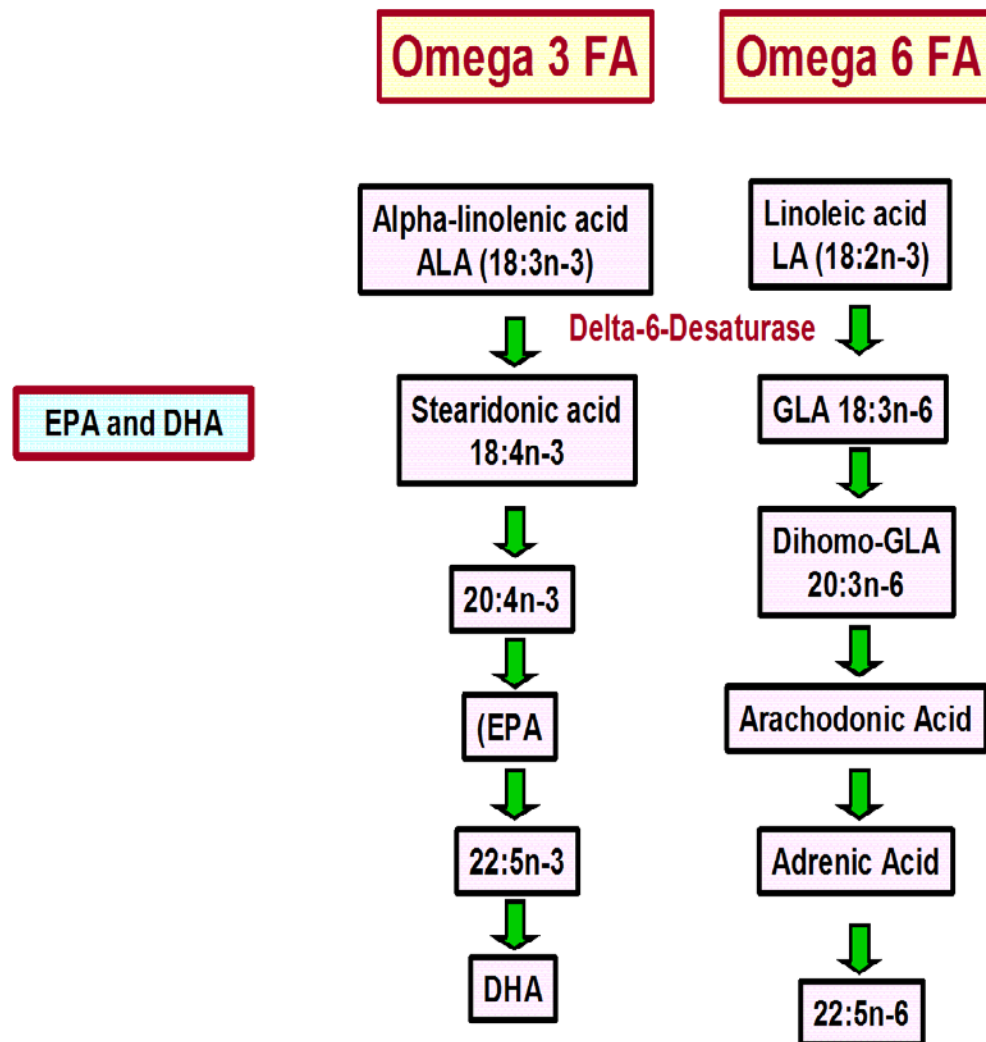
Flax Seeds and Oil

Evening Primrose Oil

Conjugated linoleic  
acid

Supplements

EPA, DHA



# PROTEIN

- Needed to maintain muscle mass
- Needed to repair muscle
- Body will break down muscle....
  - Fish, poultry, meat, eggs
  - Nuts
  - Dairy

# MIND BODY MEDICINE

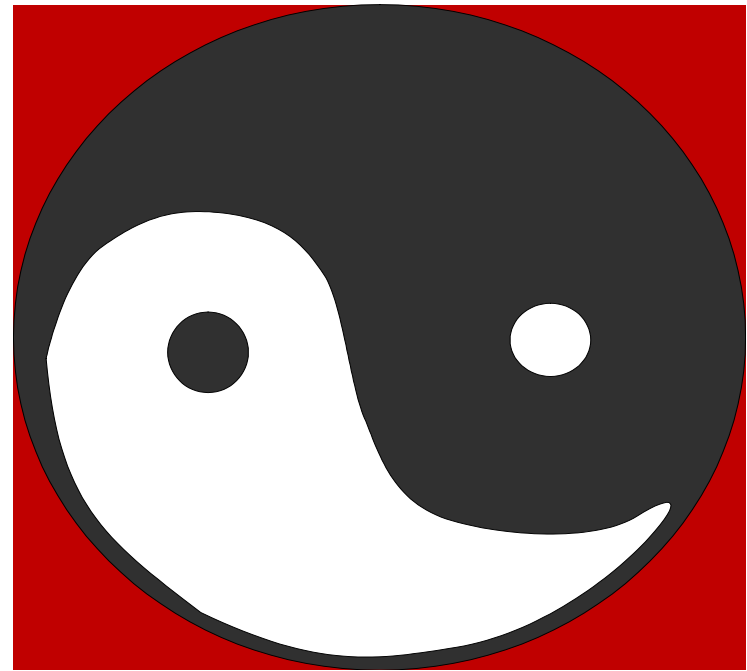
- Meditation
- Progressive Relaxation
- Guided Imagery
- Yoga

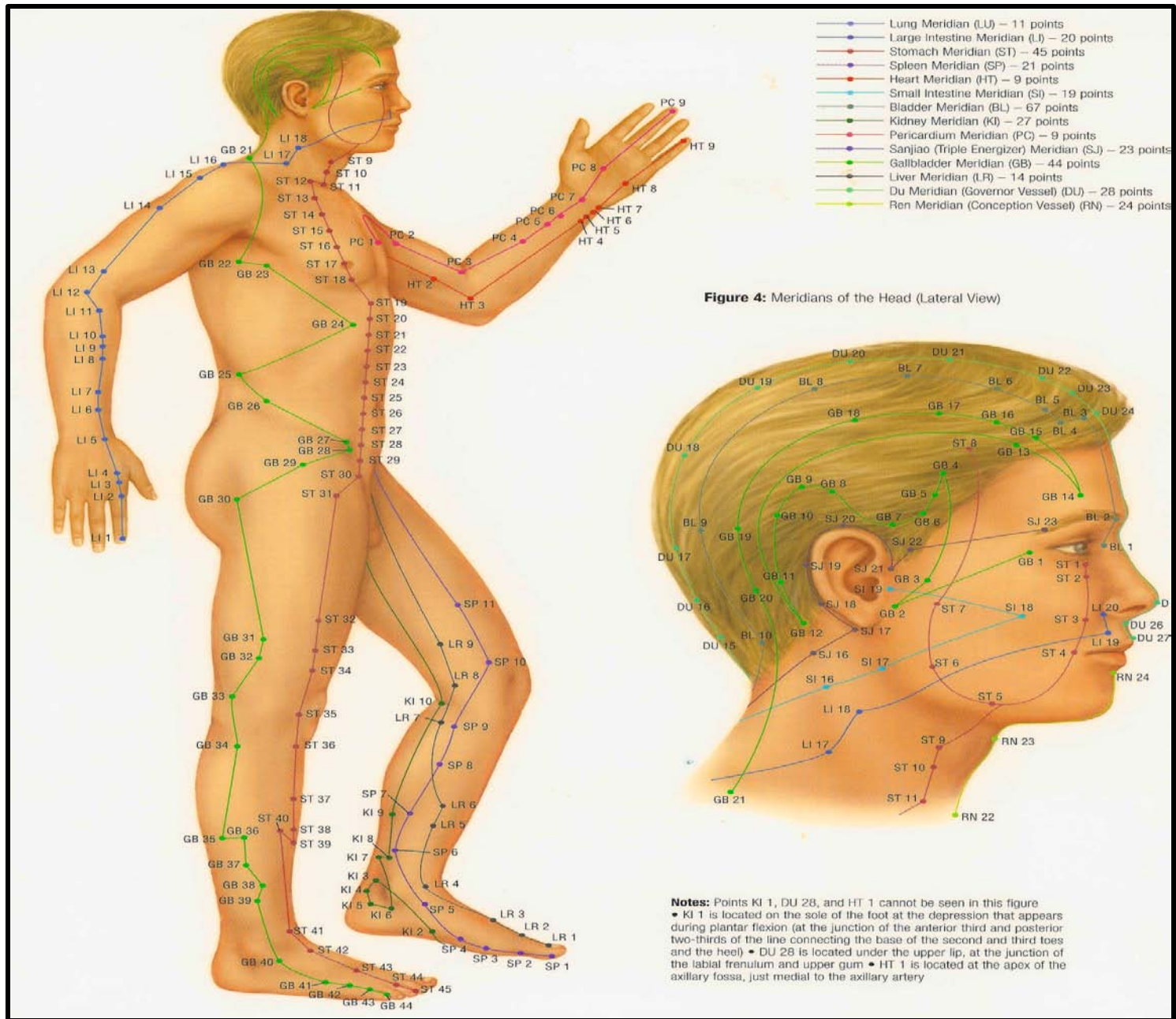
# MANUAL MEDICINE

- Chiropractic
- Massage

# ACUPUNCTURE

- Imbalance of Qi
- Modulate Neurotransmitters





# ACUPUNCTURE-SCHOOLS

- 5 Elements
- 8 Principles
- Medical Energetics
- Battle Field Acupuncture
- Korean Hand acupuncture
- Scalp acupuncture
- Harari



# THEORY-RELEASE OF NEUROTRANSMITTERS

- Needling stimulates the CNS
  - Spinal Cord
    - Enkephalin, dynorphin release
  - Midbrain
    - Enkephalin release
  - Hypothalamus
    - B-endorphin release
    - Increased blood flow in thalamus
  - Adrenal Gland
    - ACTH release

# 1997 NIH Consensus Statement on Acupuncture

- Nausea and vomiting
- Pain control
- Addictions

# ACUPUNCTURE

## Treatment of Lower Back Pain

- 60 patients with low back pain-herniation
  - decrease intensity of LBP pain
  - decrease intensity of radicular pain 64 to 12
  - 3-12 months later 88 % satisfied
- Schmitt H, Zhao JQ et al. Schmerz 2001;15 (1): 33-7

# Does acupuncture have additional value to standard post stroke motor rehabilitation?

- 106 patients
- moderate to severe functional impairment
- 3-5 days after a stroke
- Conventional therapy
- No statistical significance

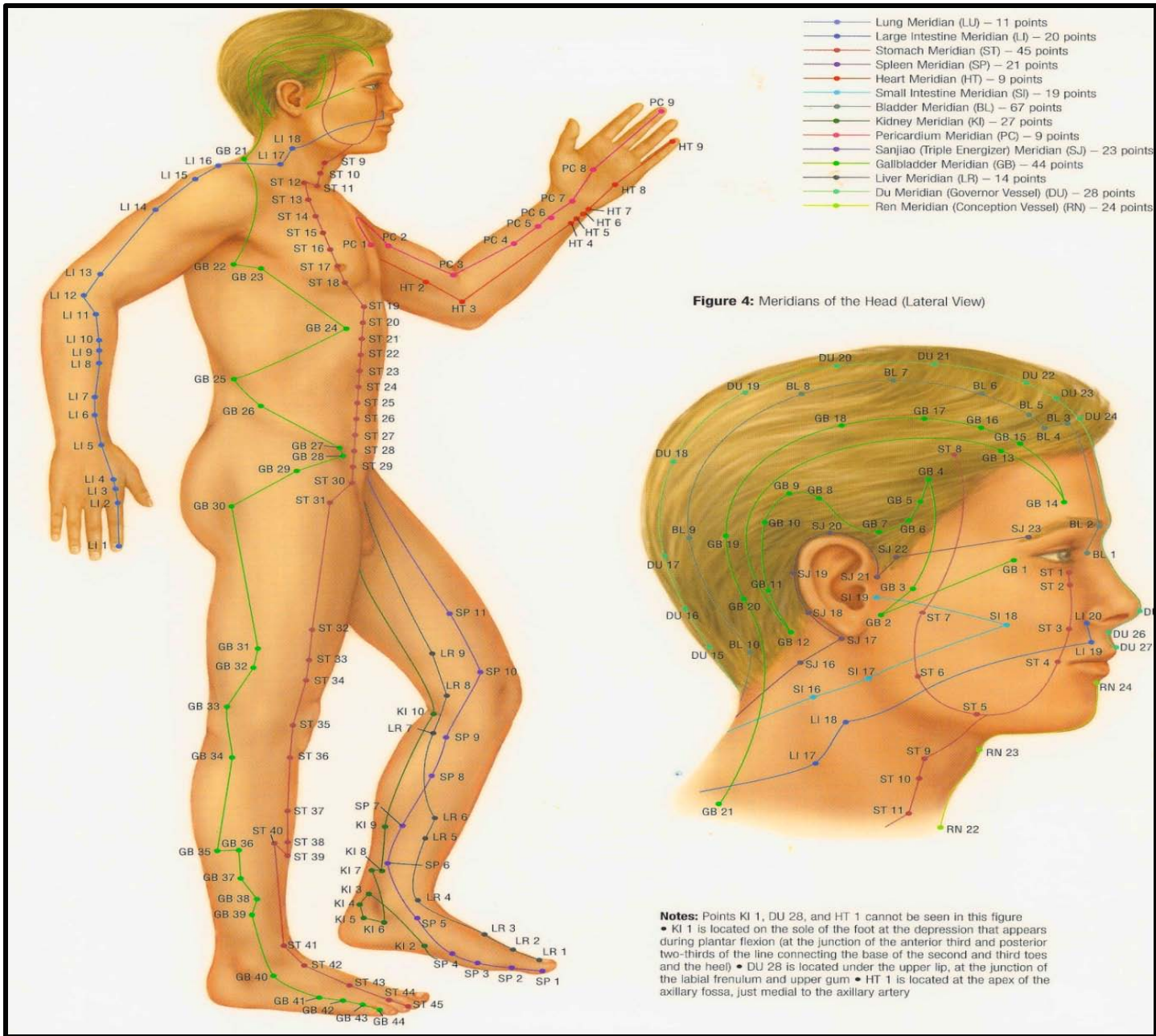
– Sze FK, Wong E et al. Stroke 2002 Jan;33(1):186-94

# ACUPUNCTURE

- The use of auricular acupuncture to reduce preoperative anxiety
  - Wand SM, et al. *Anesth Analg* Nov;93(5):1178-80
- Acupuncture and clinical hypnosis for facial and head and neck pain: a single crossover comparison.
  - *Am J Clin Hypn* 2001 Oct;44(2):141-8
- Chronic neck pain: a comparison of acupuncture treatment and physiotherapy
  - David J, Modi S et al. *Br J Rheumatology* 1998 Oct;37(10):1118

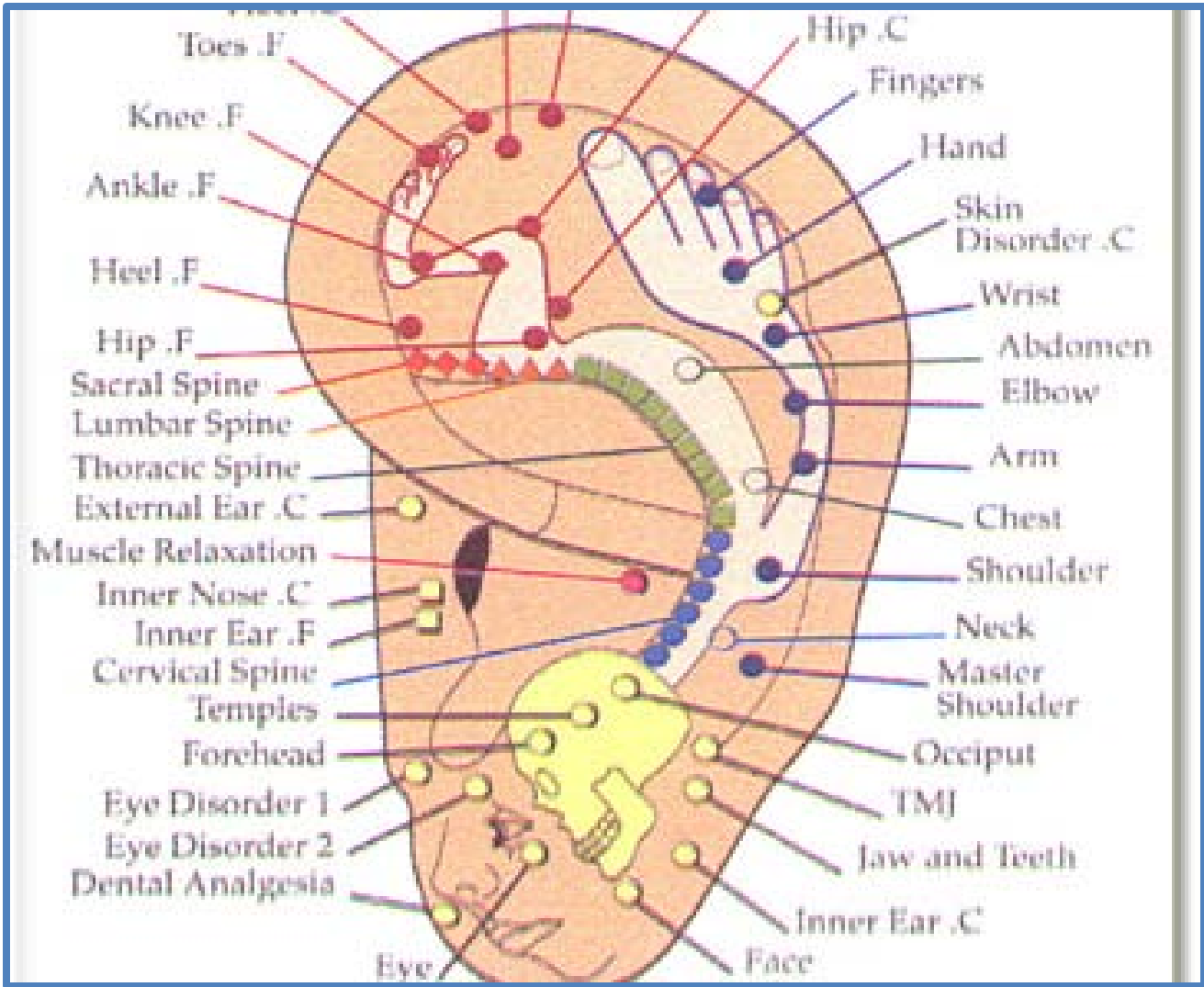
# WHAT TO EXPECT?

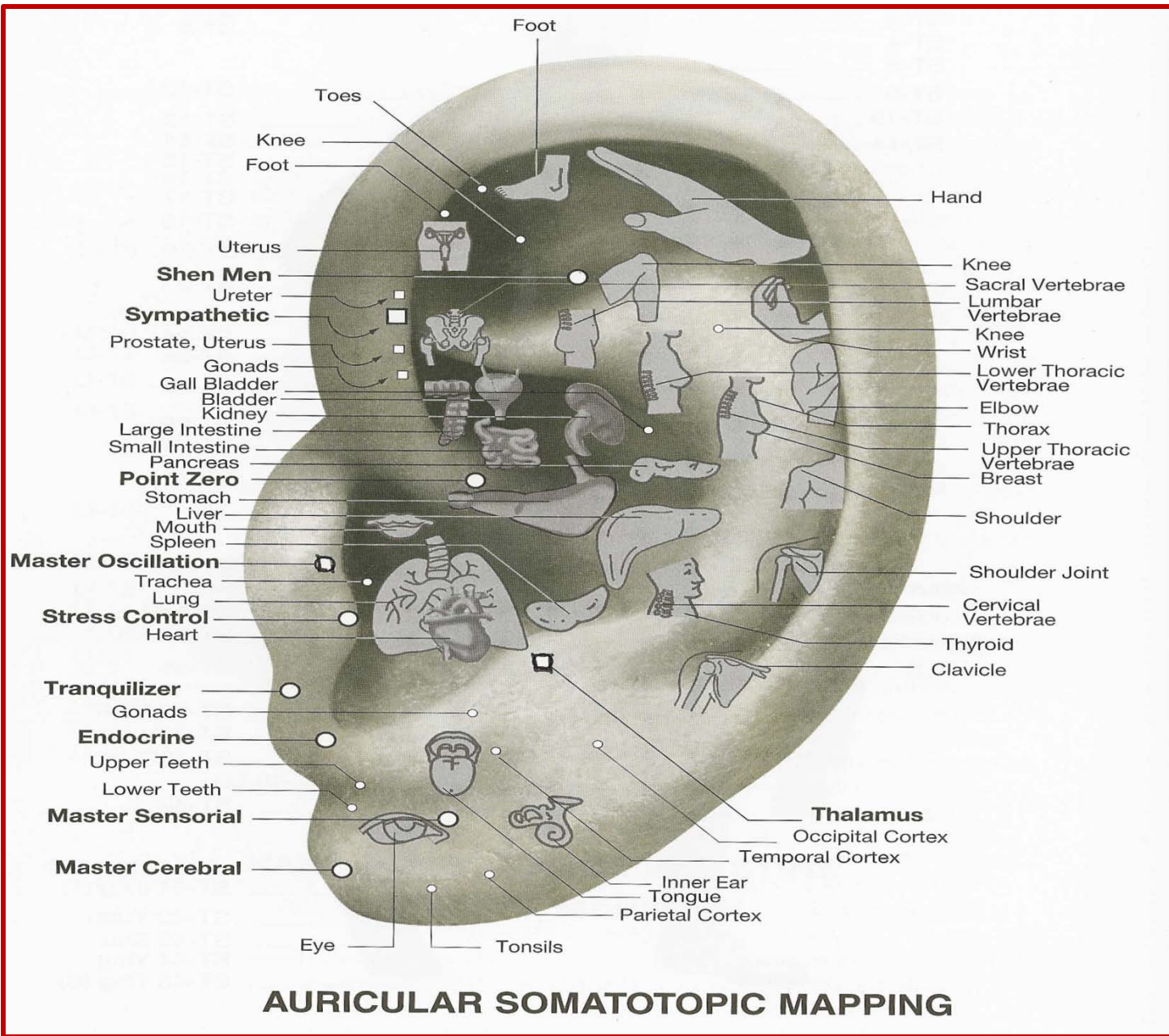
- Treatments
  - Needling
    - Body Points
    - Ear Points
    - Scalp Points
  - Laser
  - Stimulation







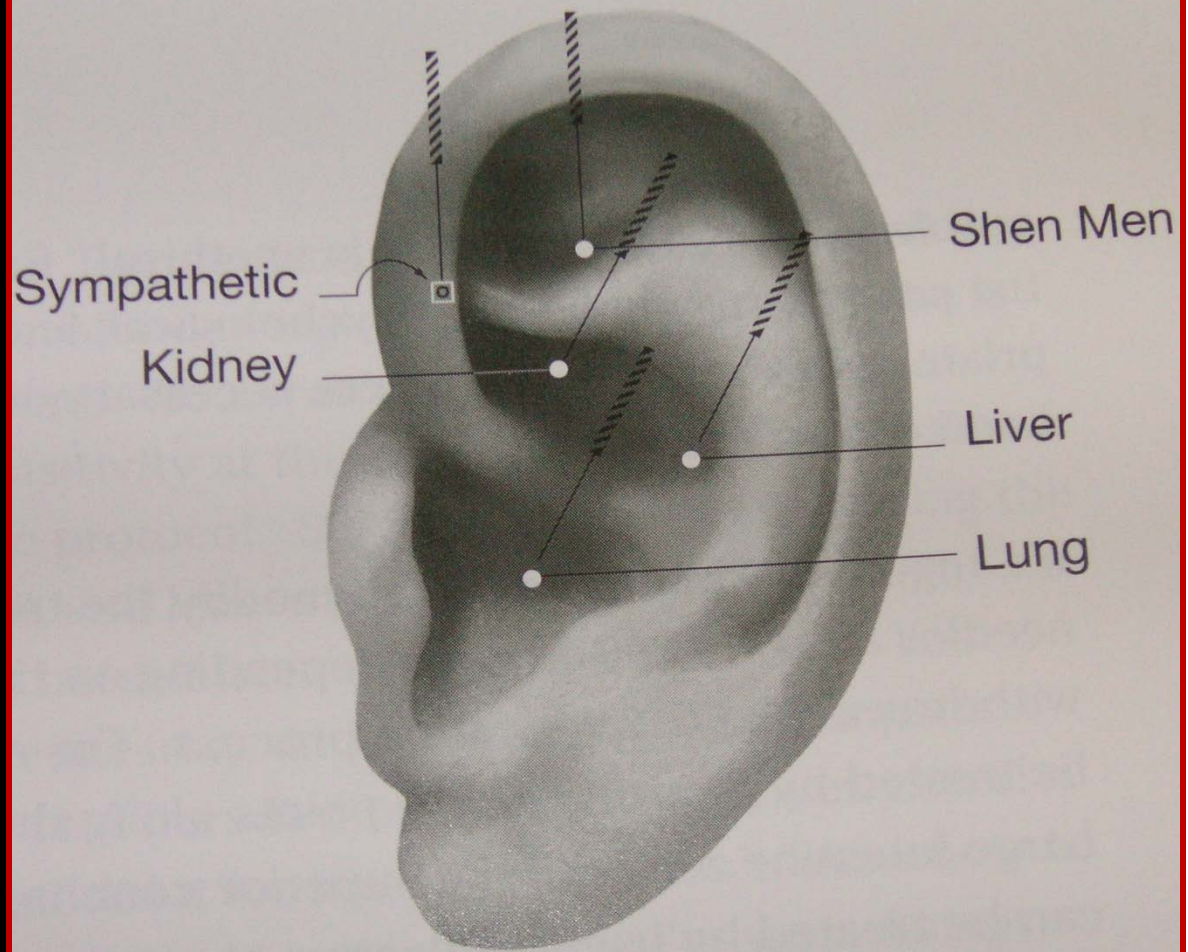




**AURICULAR SOMATOTOPIC MAPPING**

# NADA PROTOCOL

- Lung
- Liver
- Kidney
- Shen Men
- Sympathetic

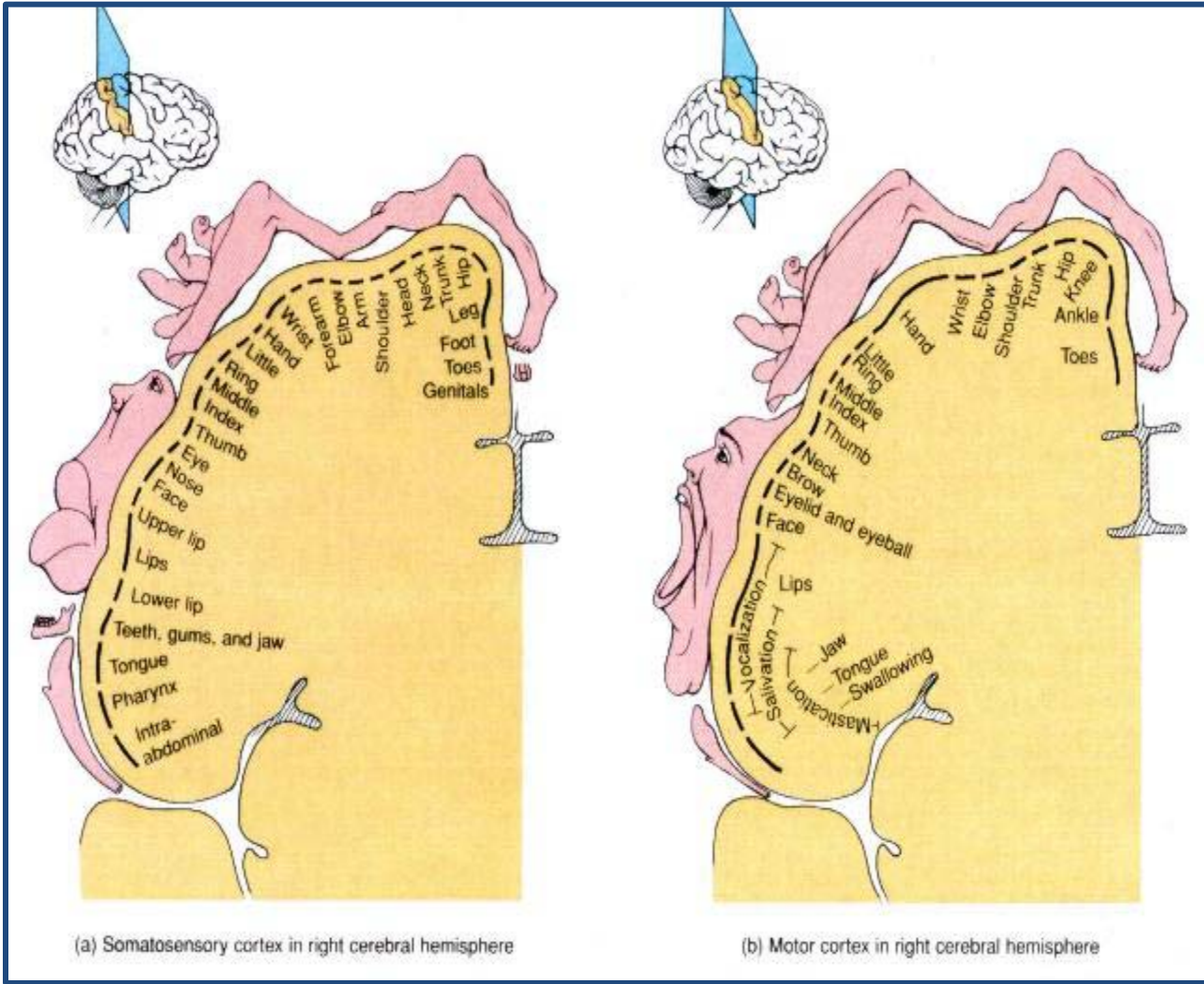


# BATTLEFIELD ACUPUNCTURE















# WHAT TO EXPECT?

- During Treatment
  - Relaxation
  - Sleepy
  - Pain reduction or elimination
  - Improvement in sense of well-being

# WHAT TO EXPECT?

- After Treatment
  - Relaxation
  - Pain reduction or elimination
  - Improvement in sense of well-being
  - Improvement in insomnia
  - Increased activity for same level of pain
  - ( Improved function)

# WHAT TO EXPECT?

- Improvement for hours, days, weeks
- Treatments have cumulative effects
- Treatments given
  - few times a week
  - weekly
  - as needed

# References & Resources for Physicians

- <http://www.imconsortium.org/> --Consortium of Academic Health Centers for Integrative Medicine
- [http://www.who.int/chp/chronic\\_disease\\_report/en/](http://www.who.int/chp/chronic_disease_report/en/) --World Health Organization. Preventing Chronic Disease: A Vital Investment. Geneva: WHO, 2005
- <http://www.milkeninstitute.org/publications/publications.taf?function=detail&ID=38801018&cat=ResRep> --pdf and need to sign in to see full text
- <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3032183/> --Naser Ahmadi, et al. American Heart Association (AHA) Scientific Sessions 2010 Presented November 17, 2010.—overview of research
- [http://nccam.nih.gov/news/camstats/2007/camsurvey\\_fs1.htm](http://nccam.nih.gov/news/camstats/2007/camsurvey_fs1.htm) --Barnes PM., et al. The Use of Complementary and Alternative Medicine in the United States U.S. Department of Health and Human Services. National Institutes of Health. National Center for Complementary and Alternative Medicine. Created December 2008. Cited from Web site 7/30/2011.
- <http://www.biomedcentral.com/1472-6882/7/16> --Complementary and alternative medicine use among US Navy and Marine Corps personnel
- <http://www.ncbi.nlm.nih.gov/pubmed/9820257> --Trends in alternative medicine use in the United States, 1990-1997: results of a follow-up national survey.
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- <http://www.agencymeddirectors.wa.gov/Files/PrescGuide.pdf> --Cautious, Evidence-Based Opioid Prescribing
- <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2699563/> --Martins S, Keyes K, Storr C, Zhu H, Chilcoat H. Pathways between nonmedical opioid use/dependence and psychiatric disorders: Results from the National Epidemiologic Survey on Alcohol and Related Conditions Drug and Alcohol Dependence. 2009; 16-24.
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- <http://www.biomedcentral.com/1472-6882/6/25> --How might acupuncture work? A systematic review of physiologic rationales from clinical trials
- <http://www.ncbi.nlm.nih.gov/pubmed/19500677> --Brain encoding of acupuncture sensation--coupling on-line rating with fMRI.

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- <http://www.ncbi.nlm.nih.gov/pubmed/19216662> --Randomized controlled trials of acupuncture for neck pain: systematic review and meta-analysis.
- [http://www.jpain.org/article/S1526-5900\(08\)00503-8/abstract](http://www.jpain.org/article/S1526-5900(08)00503-8/abstract) --Acupuncture for Tension-Type Headache: A Meta-Analysis of Randomized, Controlled Trials –must register for the Journal of Pain
- <http://www.ncbi.nlm.nih.gov/pubmed/19160193> --Acupuncture for migraine prophylaxis.
- <http://cie.ed.asu.edu/volume10/number2/> -- Grosswald SJ, et al. *Current Issues in Education* [On-line], 10(2).
- <http://www.deadiversion.usdoj.gov/pubs/manuals/pract/index.html> -- U.S. Department of Justice, Drug Enforcement Administration –Practitioner’s Manual
- <http://www.cdc.gov/HomeandRecreationalSafety/pdf/poison-issue-brief.pdf>--Rates of Prescription Pain Medication Abuse
- <http://www.nejm.org/doi/full/10.1056/NEJMoa022164> -- Office-Based Treatment of Opiate Addiction with a Sublingual-Tablet Formulation of Buprenorphine and Naloxone-overview
- <HTTP://WWW.NEJM.ORG/DOI/FULL/10.1056/NEJM200011023431802> -- A COMPARISON OF LEVOMETHADYL ACETATE, BUPRENORPHINE, AND METHADONE FOR OPIOID DEPENDENCE-OVERVIEW
- <http://jama.ama-assn.org/content/267/20/2750.abstract> -- A Controlled Trial of Buprenorphine Treatment for Opioid Dependence- overview of study
- <http://www.ncbi.nlm.nih.gov/pubmed/10714729> -- Methadone maintenance vs 180-day psychosocially enriched detoxification for treatment of opioid dependence: a randomized controlled trial. – Overview
- <http://onlinelibrary.wiley.com/doi/10.1111/j.1527-3458.2002.tb00235.x/pdf> -- Buprenorphine: An Analgesic with an Expanding Role in the Treatment of Opioid Addiction
- <http://www.tricare.mil/tma/congressionalinformation/downloads/Education%20and%20Training%20of%20Use%20of%20Pharmaceuticals%20in%20Rehabilitation%20Programs%20for%20Wounded%20Warriors.pdf> --OTSG/MEDCOM Policy Memo 11-029 Warriors in Transition High-Risk Medication and Sole Provider Program.

# References & Resources for Physicians

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- <http://www.rehab.research.va.gov/jour/03/40/5/kerns.html> -- Veterans' Reports of Pain and Associations with Ratings of Health, Health-Risk Behaviors, Affective Distress, and Use of the Health Care System
- <http://jama.ama-assn.org/content/301/20/2099.full.pdf> -- Optimized Antidepressant Therapy and Pain Self-management in Primary Care Patients With Depression and Musculoskeletal Pain