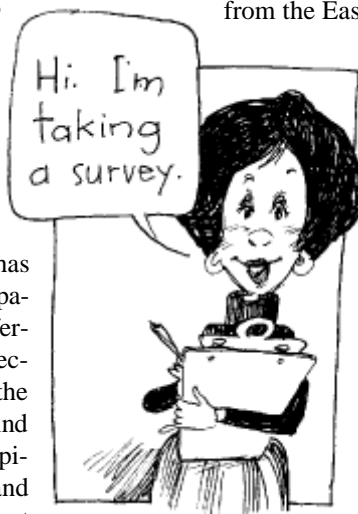


Medical acupuncture gaining popularity

Survey of hospitals shows 38.7% now offering alternative medicine

More than a quarter of surveyed hospitals are offering complementary and alternative medicine (CAM), such as 38.7% offering medical acupuncture, according to a new report released by Health Forum, a subsidiary of the American Hospital Association (AHA). The report is based on nearly 1,400 responses to a survey designed to examine the types of CAM programs and services being offered by US hospitals.

According to AHA's Annual Survey of Hospitals, the number of hospitals offering CAM has grown from 7.7% in 1999 to 18.3% in 2005. While patient demand is the primary reason (87.1%) for offering CAM services, hospitals also cited clinical effectiveness and the fact that CAM services reflect the hospital's desire to treat "the whole person-body, mind and spirit." Additionally, offering CAM helps hospitals differentiate themselves, attract new patients and provide more services to existing patients. The report states that hospitals also are interested in capturing some of the \$36-\$47 billion spent on CAM services and products.



Responses

The Health Forum CAM Survey with 37 questions was mailed to 6,347 hospitals in December 2005. The response rate was 21% (1,394 returned surveys). 370 of responding hospitals (26.5%) stated they offer one or more CAM therapies.

The largest group of respondents offering CAM (23.1%) was from the East North Central Region (Illinois, Indiana, Michigan, Ohio and Wisconsin), followed by Mid-Atlantic and West North Central. The Pacific region had only 9.2% of CAM programs. Analysts were surprised that the survey seems to contradict the general notion that CAM is more prevalent on the coasts.

CAM Facilities

The majority of hospitals that offer CAM are urban, and half are medium sized (100-299 beds). Teaching hospitals accounted for 35.7% of respondents with CAM. According to the Association of American Medical Colleges, the number of medical schools offering a required course in CAM increased from 26% in 2001 to 78% in 2004.

Therefore, the report concludes that CAM is gaining popularity by the new generation of physicians,

See *SURVEY* on page 2

AAMA 19th Annual Symposium set for Baltimore

Book room now for special rate

Book your room now to take advantage of discounted rates to learn from informative guest speakers and Faculty members at AAMA's 19th Annual Symposium, Modern Approaches to an Ancient Tradition, in April in Baltimore, MD.

The **19th Annual AAMA Symposium** will be held on April 27-29, 2007 at Baltimore Marriott Waterfront, 700 Aliceanna St. in Baltimore, MD. The Review Course will be offered on April 24-25, 2007, followed by Pre-Symposium workshops on April 26, 2007 and the Board Certification Exam on April 29, 2007.

The Academy has negotiated a special room rate of \$199/night (single/double). To reserve a room at that rate, call the hotel at 800/228-9290 or 410/385-3000 and be sure to mention AAMA by **March 26**. Reservations can also be made online by going to www.medicalacupuncture.org, click on 2007

Annual Symposium and then click on the Baltimore Marriott Waterfront link (group code: aamaama).

Scheduled guest speakers and Faculty include Steven K.H. Aung, MD; Benno Brinkhaus, MD; Nigel Dawes, LAc; Neil Gumenick, MAc (UK), LAc; Leon Hammer, MD; Joseph Helms, MD; Sanghoon Lee, PhD; Jeffrey S. Meyers, MD; Vitaly Napadow, PhD; Klaus-Dieter Platsch, MD; Jay Sandweiss, DO; Kwang-Sup Soh, PhD; Stephen M. Taylor, DO, and Toshikatsu Yamamoto, MD, PhD.

More details on the Symposium are available on the AAMA Web site. Go to www.medicalacupuncture.org and click on 2007 Annual Symposium for links to Web pages with more information. Additionally, watch for a brochure with sessions and a registration form that will be mailed to Academy members.

SURVEY continued from page 1

boosted by rising consumer interest and an increase in the number of grants for CAM curricula. Further, it noted that having a physician involved seems to be critical in establishing and sustaining a viable CAM program. 30.4% of those surveyed have a doctor on that staff.

37% of hospitals offer their CAM services in a hospital wellness or fitness center, while 14% reported a hospital CAM center. However, 59% reported offering CAM through “other” locations, which could imply multiple venues or creative ways to incorporate alternative therapy. Average amount allocated to CAM was three treatment rooms in 1,200 square feet. 49% of the CAM programs have a good to excellent relationship with their hospital’s medical staff.

38.7% of hospitals offer acupuncture on an outpatient basis (ranking fourth of six modalities). 11.5% of those surveyed use acupuncture on an inpatient basis (last of six modalities). However, 70% of patients using CAM are not informing their primary physician about it. Non-invasive massage therapy, yoga and relaxation training are the top CAM. 11.5% are trying a new trend: spa services.

46.5% reported services are offered in accordance with the use of the Federation of State Medical Board’s Medical Guidelines for Use of CAM Therapies in Medical Practices. However, 37% said they do not.

Fees

Hospitals did not charge 30.1% of their patients for CAM – meaning it was philanthropy or included in overall care. The report calls the predominance of patient self-pay (81.4%) “troubling and generally limits access to only those with insurance coverage or disposable income.”

Hospitals reported that the average cost of starting up a CAM program is less than \$200,000. 66.9% of them cited budgetary constraints as their biggest challenge to having a CAM program. Other hurdles included lack of evidence-based studies and internal expertise, credentialing providers and senior management buy-in. The report noted that CAM services typically carry a low profit margin. 64% of those surveyed did not expect alternative treatments to break even – considered part of the hospital’s support or philanthropic. The report noted that while CAM does not generate significant revenues, it has an enormous influence on market share and public image, and can lead to big appeal for consumers.

Reimbursement

The report states that acupuncture in certain cases and a few other treatments are the only alternative medicine for which the federal Medicare program offers any kind of coverage. The majority of most CAM services are paid for out-of-pocket by patients due to a lack of insurance reimbursement. According to the National Center for Complementary and Alternative Medicine, National Institutes of Health, most coverage for CAM involves higher deductibles, policy riders and a contracted network of providers.

However, the Centers for Medicaid and Medicare Services (CMS) has begun assessing other modalities. The 1997 report by NIH Consensus panel reported that acupuncture is effective in treating post-operative and chemotherapy nausea, vomiting and other conditions. Consequently, Medicare has started reviewing the cost effectiveness of including acupuncture in its benefits package. In February 2005, the Federal Acupuncture Coverage Act was introduced before

Congress. The report states that if enacted, the Act would cover acupuncture under Part B for Medicare recipients and all Federal employees under the FEHB.

An increase is expected in Consumer Driven Health Plans in the future. The report states that could create a new way for patients to have CAM services reimbursed or paid for out of the Health Savings Account portion of the Consumer Driven Health Plan and Health Savings Account (HSAs).

49% of hospitals surveyed have CAM as part of their strategic plan. Of those, only 29.1% have a strategic plan for the CAM program. The report notes that alternative medicine should start with systems of accounting, good communication and limits of care to solicit mainstream buy-in in a medical setting.

Evaluation/Research

At 83.2%, patient satisfaction is the most popular method used to evaluate CAM programs. However, quality of care and associated health outcomes are expected to become the measuring tools. The report states that “there is a lot of promise in evaluating CAM in terms of cost-offset for more expensive medical interventions.”

Currently, only 7.7% of research at surveyed hospitals is sponsored by the National Institutes of Health. 76.4% of those surveyed are offering CAM educational programs to the community.

6% of those surveyed previously offered an alternative medicine program. They cited a change in senior leadership, a change in hospital spending to make budget and a cut to nonessential programs as reasons for the elimination. 13% of the hospitals plan to offer CAM in the future. The report noted that CAM programs that have business and strategic plans are far better positioned to withstand the vicissitudes of management changes and one-year budgetary challenges.

Members earn DABMA certification

The following AAMA members recently met the stringent requirements of the American Board of Medical Acupuncture (ABMA) and have achieved Board Certification in medical acupuncture. They have earned the designation DABMA (Diplomate, American Board of Medical Acupuncture):

Mark Brosnihan, MD, DDS, DABMA, Hastings, NE; Kit C Lee, MD, DABMA, Frankfort, IL; and Hsin Peng, MD, DABMA, Holmdel, NJ

The Academy has posted online a list of members who are Board Certified at www.medicalacupuncture.org/cme/cme/board_certified.html. A complete list of Diplomates is also posted at the website www.dabma.org. Diplomates (DABMA) are listed alphabetically by last name, along with their location, and dates of certification and expiration.

Call for proposed Symposium presentations

You are invited to apply to present a Free (Oral) Paper, Poster Presentation or Research Paper at AAMA's Symposium 2007 April 26-29, 2007.

SYMPOSIUM ORAL PRESENTATIONS

Members and others interested in presenting a Free Paper Oral Presentation at the 2007 Symposium should submit a one-page abstract (summary) of the proposed oral presentation via email by **February 20** to cjdowden@pacbell.net with the E-mail Subject line reading: AAMA Free Paper, in order to be properly received. Abstracts should have the title, author, affiliation, contact information and abstract text of no more than 250 words.

If your application is approved, you will be notified by February 28, 2007. Approved Free Papers will then be eligible to compete for the Free Paper Awards competition, though presenters are not required to compete for the awards. Free Papers eligible for awards must be original, unpublished papers suitable to be published in the Conference Syllabus. The actual paper must be submitted by March 31, 2007 via e-mail to cjdowden@pacbell.net with the Email Subject line reading: AAMA Free Paper Award Contest, in order to be properly received and considered for the Free Paper Awards. Free Paper Awards will be offered to the 1st, 2nd, and 3rd place presentations, with \$750 USD, \$500 USD, and \$250 awarded, respectively. Awards will be announced at the close of the Symposium.

POSTER PRESENTATIONS

Application to make a Poster Presentation should be submitted no later than **February 20**. An abstract (summary) of the proposed Poster Presentations should be submitted via email by February 20, 2007, to cjdowden@pacbell.net with the Email Subject line reading: AAMA Poster Presentation, in order to be properly received. Abstracts should have the title, author, affiliation, contact information and abstract body of no more than 250 words.

Poster Presentation Awards will be presented to the 1st, 2nd, and 3rd place presentations, with \$750, \$500 and \$250 awarded, respectively. Awards will be announced at the close of the Symposium.

If your poster application is accepted, you will be notified by February 28, 2007. For additional information regarding the Symposium Poster Presentations and Competition, go to the Academy website.

RESEARCH PAPER COMPETITION

This is a call for entries for the annual Acupuncture Research Award. 1st, 2nd, and 3rd-place awards will be presented at the AAMA Symposium 2007. The deadline for submission of research papers for the competition is **February 20**. If your paper is selected as one of the winners, you will be notified by March 10, 2007. We are pleased to offer:

- First Place: \$1,500, Symposium Registration, travel to \$500, and three night's hotel lodging for the presenting author. Paper to be presented at AAMA Symposium in Baltimore, MD, April 26-29, 2007.

- Second Place: \$750, Symposium Registration, travel to \$500.

- Third Place: \$350 and Symposium Registration.

The First Place winning paper is to be presented in a 30-minute Plenary Session at the Symposium. Papers for second and third place to be announced at the Symposium. The authors will be acknowledged there.

For complete instructions and rules for participation in the Research Competition, go to the Academy website at www.medicalacupuncture.org and click on 2007 Annual Symposium.

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Founded 1987

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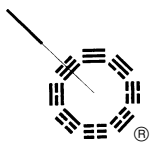
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Webmaster Zeus Rivera – zrivera@pacbell.net

Newsletter editor Barton Ortberg – bdortberg@aol.com

Toll-free patient referral number: 800/521-2262

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Nominees sought for AAMA Board of Directors

AAMA members interested in being considered for nomination to the Board of Directors are encouraged to submit a letter indicating their interest, along with a resume, by **February 15**. Full members and Fellows are eligible to serve on the Board, which is responsible for developing AAMA policies and overseeing operations. Address your letter to Chairman of the Nominations Committee, c/o AAMA, 4929 Wilshire Blvd., Ste. 428, Los Angeles, CA 90010. Also, the Academy is looking for volunteers for committees. For a list and responsibilities, go to www.medicalacupuncture.org and click on AAMA Committees, or contact Executive Administrator James Dowden (cjdowden@pacbell.net, 323/937-5514) or a member of the committee that interests you.

Member News

The Society for Acupuncture Research (SAR) and the National Acupuncture Foundation (NAF) will give three monetary awards of \$1,000 for each of the three best research presentations by a student or postdoctoral fellow in acupuncture and Oriental medicine (AOM) at SAR's annual conference, **The Status and Future of Acupuncture Research: Ten Years After the NIH Consensus Conference**, at the University of Maryland, Baltimore, Nov. 8-11, 2007. Young Investigator Awards will be based on both the submitted abstract and the presentation (oral or poster). To be considered for one of these awards, clearly indicate student or postdoctoral status and e-mail the abstract to helene.langevin@uvm.edu. The deadline is April 1. The criteria, abstract information and submission forms are posted on the SAR Web site (www.acupunctureresearch.org).

Drs. Peter T. Dorsher and **Ronald Reimer** from Mayo Clinic Jacksonville presented four workshops on Integrative Treatment of Head and Neck Myofascial Pain and Integrative Treatment of Lumbar and Pelvis Myofascial Pain at the American Academy of Physical Medicine and Rehabilitation Annual Symposium in Honolulu, HI in November.

Five Element Constitutional Acupuncture has been added to the Academy's Book Store. It covers the context and history of this form of acupuncture, as well as the relevant Chinese medicine theory. This text has also been added to the list of recommended readings for those preparing for the ABMA examination. Authors are **Angela Hicks**, MA, DipCHM, MBACc, MRCHM, **John Hicks**, PhD, DrAc, DipCHM, MBACc, MRCHM, and **Peter Mole**, MA (Oxon), MAC, MBACc, all with the College of Integrated Chinese Medicine, Reading, Berkshire, UK. AAMA Associate, Full and Fellow members receive a 15% discount on book purchases made through the AAMA Book Store. To order Item 95-53 (regular \$69.95, practice member price \$59.45), visit www.medicalacupuncture.org and click on, AAMA Store, or call Academy headquarters (323/937-5514).

Nepal, Mexico, Ecuador missions: **Bryan L. Frank, MD, FAAMA**, led his 16th mission to Nepal in September. The five-member team provided medical and acupuncture care to villagers in the hills to the north and east of Kathmandu, with more than 550 patient services. Additionally, Dr. Frank had a mission to Mexico in November and to Ecuador June 9-24, 2007 to serve the Quichua peoples of the Andes Mountains. AAMA members have joined his missions many times throughout the last eight years. For questions or applications, contact Dr. Frank at bfrankmd@hotmail.com or www.GlobalMission.us.

The **19th Annual AAMA Symposium** will be held on April 27-29, 2007 at Baltimore Marriott Waterfront, 700 Aliceanna St. in Baltimore, MD. The Review Course will be offered on April 24-25, 2007, followed by Pre-Symposium workshops on April 26, 2007 and the Board Certification Exam on April 29, 2007. The Academy has negotiated a special room rate of \$199/night (single/double). To reserve a room at that rate, call the hotel at 800/228-9290 or 410/385-3000 and be sure to mention AAMA by **March 26, 2007**. Reservations can also be made online by going to www.medicalacupuncture.org, click on 2007 Annual Symposium and then click on the Baltimore Marriott Waterfront link (group code: aamaama).

Preserve the 18th Annual AAMA Pre-Symposium and Symposium 2006 and all that vital information. Listen once again to a motivating, informative address or hear for the first time a compelling

session that you may have missed. The CD-ROMs are complete with session audio, video (where noted) and fully synchronized PowerPoints as submitted by presenters for inclusion. They are a great training tool and informational source for those who could not attend. Buy yours by clicking on the CD-ROMs link at www.medicalacupuncture.org or call AAMA (323/937-5514).

The American Holistic Medical Association 30th Annual Conference, **Environmental Awareness and Health Care: Tools for Patients and the Planet**, will be held June 6-9, 2007 in Portland, OR. It will focus on practical, how-to information. Attendees will raise their consciousness about real threats to human/planetary health with respect to every day toxic activities on earth and walk away with tools to make a positive change. Learning tracks for the 2007 conference are: plenary sessions, topical breakouts, clinical breakouts and personal development. In addition to expert advice about ways to lessen the impact on the environment, the conference will offer opportunities for collaboration, celebration, self-care, fun, personal development and fellowship. The American College for Advancement in Medicine (ACAM) has accredited this conference for 26 AMA Category 1 CME credits. For details, visit www.holisticmedicine.org.

The National Center for Complementary and Alternative Medicine, NIH, has updated its fact sheet for people who have questions about paying for CAM treatment. Visit <http://nccam.nih.gov/health/financial/index.htm>.

Maureen A. Flannery, MD, MPH, DABMA, was recently appointed as one of two physician members and elected chairperson of the new Kentucky Acupuncture Advisory Committee (KAAC). That group was established by Kentucky in July 2006 as a committee of the Kentucky Board of Medical Licensure. The KAAC has the authority to certify non-physician acupuncturists and to review and make recommendations to the Board on matters relating to the practice of acupuncture. Legislation passed in the Kentucky General Assembly during the 2006 legislative session made Kentucky the 43rd state to establish provisions for regulation of acupuncture.

Members participating in AAMA's referral program will be happy to hear that 95 calls came into national headquarters and 770 unique visits to the website referral page (www.medicalacupuncture.org and click on, Find an Acupuncturist Near You) in **August**; 127 calls and 527 unique visits to the website referral page in **September**, and 90 calls and 722 unique visits to the website referral page in **October** from patients seeking medical acupuncturists in their area. The toll-free number that patients are calling is 800/521-2262. Members interested in participating in the Patient Referral Program should visit the physician listings on-line to verify that they are listed. The Academy staff needs explicit notice to include members in the program.

The detailed program and registration have just been posted at www.icmart2007.com for the International Symposium of Medical Acupuncture and Related Techniques (ICMART), **Acupuncture: Art, Evidence and Challenges, and Third International Medical Congress on Acupuncture**. The event will be held June 1-3, 2007 at the Fira Palace Hotel in Barcelona, Spain. AAMA members are encouraged to participate and to present abstracts for oral or poster

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Chapter News

Arizona

Arizona Chapter meetings are held at 9 am on the second Saturday of each month at Dr. Martha Grout's office. For more details, call 602/787-8500 or e-mail drmartha@crossroadsclinic.net. There are monthly speakers on topics related to medical acupuncture, as well as Chinese and Functional/Integrative medicine. E-mail Rebecca Wilks, MD, at info@drwilks.com to get on the e-mail list for meeting announcements, etc.

Maryland

The Maryland Society of Medical Acupuncture heard Dr. Darren Starwynn lecture on Microcurrent & Color Light Electro-Acupuncture in November. This technique has been called by many "the most significant advancement in the field of acupuncture in modern times." Solidly grounded in Traditional Chinese Medicine, this treatment system integrates aspects of acupuncture, quantum physics,

aesthetics and color light mind-body healing to deliver results for modern patients with complex disorders.

Chapter President Richard C. Niemtzow, MD, PhD, MPH, has treated patients with white light (poly chromatic), and it vaporized the pain. He is combining it more and more into his practice. White light contains many colors, and the ear points absorb the frequency needed: Auriculomedicine.

MSMA is looking for a secretary, vice president and new members. The Chapter is now offering more educational programs and wants to increase participation. Treat yourself to a nice evening. It is free, and members whose dues are paid receive a nice free meal. The lecture is on the Chapter. Contact Dr. Niemtzow at n5ev@aol.com to join this Chapter.

New York

The New York Chapter of AAMA is actively seeking new members — members interested in leadership positions and members willing to organize Chapter activities. This is a great opportunity to

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presentation.

The fall issue of CAM at the NIH: Focus on Complementary and Alternative Medicine (Vol. XIII, No. 3) is now posted online at http://nccam.nih.gov/news/newsletter/2006_fall. There are stories that might interest AAMA members, such as how the first director of the National Center for Complementary and Alternative Medicine recently resigned and more.

Yamamoto's New Scalp Acupuncture will be held May 19-20, 2007 at Brigham and Women's Hospital, in Boston, MA. Unique diagnostic and treatment approaches developed by Toshikatsu Yamamoto, MD, PhD, of Japan will be discussed, demonstrated and practiced. Physicians attending will learn the theory and principles of YNSA, including YNSA basic and ypsilon points. Participants will understand principles of treatment of various conditions, including stroke, pain syndromes and neurological conditions. They will also better understand how YNSA techniques can be applied in clinical situations and be integrated with traditional Western medical practices. The course has been accredited by Harvard Medical School Department of Continuing Education for 15 AMA Category 1 CME credits. For details, contact Kathy Marino (781/391-7518, x240, kmarino@partners.org) or visit www.kiiko.com.

Bryan L. Frank, MD, FAAMA, taught Auricular Therapy to a group in Arhus, Denmark in August and will return in March 2007 to teach Auricular Medicine. He also taught Auricular Medicine at the annual New Zeland Medical Acupuncture Society in May, with many of the AAMA/Pan-Pacific friends present. Additionally, he had a Prolotherapy/Neural Therapy: Beyond Acupuncture for Pain seminar in Philadelphia in July. Dr. Frank also presented workshops and plenary sessions at the GLEM Congress in Lyon, France in October, with many world leaders in Auricular Therapy and Auricular Medicine in attendance.

Members are reminded that the Academy's online calendar lists a variety of meetings, workshops and conferences (where CME and CEU credit can be earned) online at www.medicalacupuncture.org (click on Events Calendar). More details on each event can be obtained by visiting the website listed or contacting the sponsoring

organization. Academy sponsored events are noted with the logo.

Members can search the **Acubriefs** database for references, special research programs and bibliographic assistance as a valuable resource to the acupuncture community. After six years as Acubrief's Administrator and Librarian, Peggy Albers has left to take a position with Big Brothers/Big Sisters of America. The new administrator is Heather Spencer, LAC, a graduate of the Oregon College of Oriental Medicine who practices acupuncture and herbal medicine in Washington State. For details, visit www.Acubriefs.com.

Peter T. Dorsher, MD, from Mayo Clinic Jacksonville worked with Mike Cummings, MB, ChB Dip Med Ac, medical director of the British Medical Acupuncture Society and an honorary clinical specialist at the Royal London Homeopathic Hospital, as authors in developing the "Anatomy for Acupuncture" DVD-Rom (ISBN: 1-904369-70-7) software title from Primal Pictures. This 3D anatomic model shows the anatomy of needle passage for 88 of the most common acupuncture points, as well as 64 of the most important myofascial trigger points, with descriptive text. It graphically demonstrates the relationship of myofascial trigger points to acupuncture points for the first time in any publication. Anatomical alerts are provided for points where damage would be caused by incorrect direction or depth of insertion. Just released in November, this \$285 software is useful as a clinical and educational tool for medical acupuncturists and myofascial pain practitioners. For more details or to order, visit www.primalpictures.com and type Anatomy for Acupuncture in the Find Products box.

Drs. Angelica Fargas-Babjak and Alejandro Elorriaga Claraco will present, Contemporary Medical Acupuncture For Health Professionals - Spring 2007, Unit 1 (Feb 23-25) - Unit 2 (March 23-25) - Unit 3 (April 20-22) - Unit 4 (May 25-27) and Unit 5 (June 22-24) at McMaster University in Hamilton, Ontario, Canada, sponsored by the Department of Anesthesia. The College of Family Physicians of Canada and Royal College of Physicians and Surgeons of Canada have approved this offering for 126 Mainpro-M1 Credits CFPC. For more information, call 905/521-2100, x75175 or visit www.acupuncturecourses.com.

Please send news items and photos to bdortberg@aol.com.

Expand knowledge, healing skills to treat whole patient

By Michael W. Coomes, MD, FAAMA
President, AAMA

This time of year, for me, has always been one for reflection on the past year. Personally, it has been a year of radical and wrenching changes. The familiar “crisis and opportunity” dyad describes it well.



Lately, I find myself contemplating that fuzzy interface between CAM and Western medicine. On one end of the spectrum, I hear vitriolic criticisms of Western medicine and its profit-driven, blind dependence on technology and the pharmaceutical industry. On the other side, I hear critics referring to CAM practitioners as pseudo scientists and charlatans.

Surely somewhere in the middle lies the truth. That place where we really are able to take advantage of the best that Western medicine has to offer in combination with the wisdom of the various CAM therapies.

As medical acupuncturists, we pride ourselves in maintaining that we offer “The Best of Both Worlds.” In fact, I’m not sure that is always the case. There are many more worlds than just these two!

Recently, my particular situation as an intense consumer of high-tech medical services has made it clear that the worlds of Western medicine and acupuncture are only a part of that universe of therapeutic possibilities. Too often such subjects as therapeutic nutrition, meditation and exercise are still ignored completely.

Patient’s Spiritual Health

How many of us actively address the spiritual health of our patients? As a Family Medicine-trained physician, I find myself once again wondering why those basic elements of my education were left out! I’m experiencing the same resentments I had for my medical school teachers as when my eyes were opened to the possibilities of other healing realities such as acupuncture so many years ago.

In truth, I have no one to blame but myself. As a healer, I am called to address all aspects of my patient’s health. Unfortunately, the reality is that in this day and age, we are saddled with 15-minute appointments and medical diagnoses that narrowly define and limit

both our patients and us. Given the time pressures and difficulties with adequate insurance reimbursement, there is little incentive to either educate oneself in these other disciplines or to take time to share that knowledge with the patients we serve.

My professional goals now encompass more than just being schooled in Western medical technologies and acupuncture. The knowledge I seek is readily available. People like Jim Gordon, MD, founder and director of the Center for Mind-Body Medicine in Washington, DC, have been educating and promoting a more comprehensive model for health care for years.

Many of our own AAMA members have quietly been pursuing this more fully integrated model for years. They have often gently (or not) suggested that expanding my knowledge and healing skills was the appropriate next step in my growth. Some of us are blessed with such wisdom early, but as for me... better late than never!



DISTANT LEARNING—Hiroshi Nakazawa, MD, FAAMA, is now connected to Japanese physicians by video and audio technology using Skype. He can demonstrate management on his patients in real time, perhaps the first successful video/audio communication using Distant Learning in acupuncture. This has been welcomed by physician acupuncturists and licensed acupuncturists.

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get involved locally with the Academy. They need your active involvement to be able to continue to expand their activities. Contact Chapter President Bruce R. Gilbert, MD, PhD, at bruce.gilbert@verizon.net or 516/487-2700 for more information.

Ohio

The Ohio Chapter of AAMA will host a practical and informational seminar entitled, “Sanjaio Energetics: The Heart of Chinese Energetic Medicine,” to be presented by Edward S. Garbacz, MD, FAAMA, in Cincinnati, Ohio on Feb. 10 and 11, 2007. The seminar will provide 12 hours of accredited Category 1 CME and is sponsored by the AAMA. If you are interested in attending, e-mail Chapter President Sandi Amoils, MD, (amoilsss@healthall.com) for a brochure and registration information.

The Ohio Chapter of AAMA continues to hold regular Journal Club meetings. These are excellent opportunities to learn about dynamic changes in medical acupuncture, as well as to interact with

like-minded colleagues and to improve acupuncture techniques. E-mail President Dr. Amoils (amoilsss@healthall.com) for details on these meetings.

They would enjoy having more AAMA members in the vicinity participating in their efforts to create a Chapter that’s educational and collegial, so please join by contacting Dr. Amoils..

Visit www.medicalacupuncture.org and click on Regional Chapters for an up-to-date listing of AAMA Chapter officers, their contact information and members. Think about joining a Chapter to learn more about medical acupuncture specific to your area. And if there’s not a Chapter in your region, please consider forming one by contacting Chapter Liaison Dr. Bruce Gilbert (bruce.gilbert@verizon.net). Chapters provide fellowship, professional camaraderie, education and curbside consults.

Chapter representatives, please send your news and photos for the AAMA Newsletter via e-mail to bdortberg@aol.com.

Exciting changes planned for AAMA journal

Beginning in 2007, the professional medical publisher Mary Ann Liebert, Inc. has taken over publication of Medical Acupuncture, the official journal of AAMA. All Academy members have subscriptions to the Medical Acupuncture as part of their membership, which will continue. The first issue under this company will be published in February. The peer-reviewed journal written for physicians, by physicians, will be increased to quarterly.

Additionally, substantial promotion and marketing are planned to raise awareness and to get the journal into libraries, institutions and hospitals worldwide so the publication can have a bigger impact on health care. Academy leaders also plan to make certain that AAMA goals and objectives are better served via a more visible and professional journal indexed in MEDLINE.

Long-time journal Editor Richard Niemtow, MD, PhD, MPH, will remain in that role and Roz Royal, managing editor, as well. Dr. Niemtow has worked with Mary Ann Liebert and her staff on other projects for several years. The Academy is confident that this new publisher will deliver a better journal to members, along with a sophisticated online journal system with excellent search capabilities and hyperlink features.

In fact, because of existing contracts that Liebert has with prestigious libraries and institutions around the world, the journal will automatically be added to the collection of at least

450 libraries, including Yale, Stanford, UCLA, University of Virginia, Karolinska Institute, University of Hong Kong and more, which means additional exposure for AAMA.

The journal presents authoritative, evidence-based clinical papers, case reports and research findings that integrate concepts from traditional and modern forms of acupuncture with Western medical training. This multi-disciplinary publication covers the efficacy and safety of acupuncture in pain relief, cancer, stroke, pulmonology, urology, OB/GYN, gastroenterology and more.

Mary Ann Liebert, Inc. is known for establishing authoritative peer-reviewed journals in promising areas of science and medicine, including Journal of Women's Health, The Journal of Alternative and Complementary Medicine, Thyroid, AIDS Patient Care and more. Liebert also publishes society journals for groups such as the American Association for Hospice and Palliative Medicine, the Endourological Society, the American Telemedicine Association and the American Thyroid Association. A list of the company's 60 journals, books and magazines is posted at www.liebertpub.com.

For more information about the Medical Acupuncture journal and Mary Ann Liebert, Inc., visit www.liebertpub.com/publication.aspx?pub_id=233.



ACUPUNCTURE SEMINAR—AAMA President-elect Hiroshi Nakazawa, MD, FAAMA, conducted the seventh annual Medical Acupuncture Seminar at Mamiya Clinic, Hamamatsu, Japan in October, with the collaboration of the Japanese Physician Acupuncture Society. Topics this year included Four Examination Methods, pulse and hara

diagnosis, Helms' Energetics, Craig PENS, Japanese meridian treatment and scalp acupuncture. About 20 patients were treated in an impromptu fashion. DVDs and CD-ROMs of the sessions are now available. Dr. Nakazawa was encouraged to see an increased number of physicians and licensed acupuncturists participating in these events.

Medical Acupuncture Research News

The following is a review of reported research results recently announced or released through Internet outlets:

- The abstract, “Acupuncture in Patients with Osteoarthritis of the Knee or Hip,” was published in “Arthritis & Rheumatism” (Vol. 54, Issue 11, pages 3485 – 3493) published online Oct. 30, 2006 by the American College of Rheumatology. It studied 3,633 patients (357 randomized in the acupuncture group, 355 in the control group and 2,921 in the nonrandomized acupuncture group). The purpose was to investigate the effectiveness of acupuncture in addition to routine care, compared with routine care alone, in treatment of patients with chronic pain due to osteoarthritis (OA) of the knee or hip. Patients with chronic pain due to OA of the knee or hip were randomly allocated to undergo up to 15 sessions of acupuncture during a three-month period. The control group did not receive acupuncture, while the patients who did not consent to randomization underwent acupuncture.

Quality of life improvements were more pronounced in the acupuncture group versus the control group. Treatment success was maintained through six months. Results indicated that acupuncture plus routine care is associated with marked clinical improvement in patients with chronic OA-associated pain of the knee or hip. An editorial in that same magazine supported wider use of acupuncture in a multidisciplinary approach to treat chronic pain conditions. To find this abstract, type its title in the search engine at www.google.com.

- The abstract, “Study of Positron Emission Tomography (PET) Brain Glucose Metabolism to Assess the Efficacy of Tongue and Body Acupuncture in Cerebral Palsy,” was published in the Journal of Child Neurology (posted online Sept. 22, 2006). The efficacy was studied of tongue and body acupuncture in affecting visual recovery in 12 children (ranging in ages from 18 months to 14.5 years) with central and peripheral visual disorders. Treatment consisted of five sessions per week for a total of 60. The study demonstrated that tongue and body acupuncture can improve the visual status of children with visual disorders, both peripheral and central in origin. As children with chronic visual impairment also showed some visual recovery, the authors recommended that more studies be done to assess the full potential of acupuncture as an adjunct to Western medicine in neuroplasticity. Their randomized controlled trial also showed that traditional Chinese acupuncture was effective in improving the functioning of patients with cerebral palsy. For details, visit www.medscape.com/viewarticle/543631.

- Two randomized trials reported in the Sept. 15, 2006 Online First issue of the British Medical Journal revealed that acupuncture has significant benefits for low back pain and is cost effective. Acupuncture is used by an estimated 2% of adults in the United

Kingdom each year for a range of conditions, including back pain. This study dealt with 241 patients from 43 general practitioners with chronic low back pain of 4-52 weeks duration. 161 patients received up to 10 sessions in three months by acupuncturists, while the rest were treated only by their general practitioners. Authors reported that for chronic low back pain, there is evidence of short-term pain relief and functional improvement using acupuncture, compared with no treatment or sham therapy. Although functional disability did not improve, patients reported satisfaction with acupuncture care, reduced concerns about back pain and lessened use of analgesics. However, evidence for long-term effectiveness is sparse. The second trial dealt with cost-effectiveness of this study. Results showed that acupuncture for low back pain seems to be cost effective in the longer term. For details, visit www.bmj.com/onlinefirst_date.shtml and click on Archive.

- The abstract, “Efficacy of Traditional Chinese Acupuncture in the Treatment of Rheumatoid Arthritis (RA): A Double-blind Controlled Pilot Study,” was presented at the Annual Scientific Meeting of the American College of Rheumatology (ACR) in Washington, DC, in November. The purpose was to study the efficacy of acupuncture as an adjunct measure for patients with refractory RA. The study employed electro-acupuncture, traditional acupuncture and placebo needles (12 patients in each group). Six local points were used in 20 sessions during 10 weeks. Electro-acupuncture and traditional acupuncture were no better than placebo needles in achieving the ACR response.

However, they may provide some pain relief in terms of reducing the number of tender joints in patients with RA. For details, visit www.rheumatology.org, click on ACR/ARHP Abstracts and then

enter this abstract’s title in the Search box.

- Hypertension (November 2006 issue) reports that standardized or individualized traditional Chinese acupuncture is no better than a sham procedure in reducing blood pressure in hypertensive patients. Findings from small trials and case studies have suggested a benefit for acupuncture in treating hypertension. However, until now, no data from large, randomized trials have been reported. The Stop Hypertension with the Acupuncture Research Program (SHARP) trial involved 192 subjects with untreated blood pressure between 140/90 and 179/109 mmHg. Subjects were randomized to undergo standardized acupuncture at preselected points, individualized traditional Chinese acupuncture, or invasive sham acupuncture (needle puncture at non-acupuncture sites). They underwent 12 or fewer acupuncture sessions during 6-8 weeks. Authors were unable to find any patient subgroups for which active acupuncture was more effective than sham acupuncture at reducing blood pressure.



Research And Development

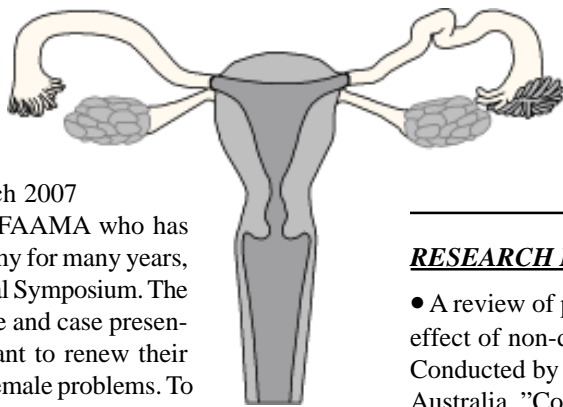
See RESEARCH NEWS on page 9

Academy offers new educational opportunity

On disorders of female reproductive system

AAMA announces a **NEW** education opportunity, Treatment of Disorders of the Female Reproductive System, a workshop focusing on the effective diagnosis and treatment of disorders of the female reproductive systems by the use of acupuncture.

This workshop will be presented in Atlanta, GA in March 2007 by Edward S. Garbacz, MD, FAAMA who has been a presenter for the Academy for many years, most recently at the 2006 Annual Symposium. The workshop will combine lecture and case presentations for physicians who want to renew their approaches to more common female problems. To assure a high quality learning experience, attendance will be limited.



Purpose and Objectives

This workshop focuses on the effective diagnosis and treatment of disorders of the female reproductive systems by the use of acupuncture. It was designed to address and treat some of the most common conditions presented by patients. These diseases often lack definitive medical treatment apart from indicated surgery, antibiotic or hormonal treatments.

These forms of treatment unfortunately merely “manage” rather than cure the condition, frequently have limited effectiveness and

often possess significant side effects. The proper use of acupuncture, alone or in combination with other alternative or conventional medical treatments, expand the practitioner’s “toolbox” of effective therapies.

AAMA has designated the Workshop for a maximum of **14** hours of category 1 credit toward the AMA Physician’s Recognition Award.

For more details on this workshop and to register, visit www.medicalacupuncture.org and click on this meeting’s link or call AAMA (323/937-5514).

RESEARCH NEWS continued from page 8

- A review of pain relief for mothers in labor has reassessed the effect of non-drug related options, such as acupuncture. Conducted by researchers at the University of Adelaide, Australia, “Complementary and Alternative Therapies for Pain Management in Labour,” was published in the current issue of the Cochrane Library (Cochrane Database of Systematic Reviews 2006, Issue 4), a publication of international health organization, the Cochrane Collaboration. It tested 1,400 women and looked at a variety of alternative therapies, including acupuncture, hypnosis, aromatherapy and acupressure. The study concentrated on acupuncture and hypnosis since they’ve been reviewed more than other treatments. Results were positive for both treatments, with women reporting more satisfaction with labor pain management while using acupuncture, and hypnosis lessening the need for medications that enhance labor. For details, visit www.cochrane.org and type this abstract’s title in the Search engine.

- The abstract, “A Randomized Controlled Pilot Study of Acupuncture for Postmenopausal Hot Flashes: Effect on Nocturnal Hot Flashes and Sleep Quality,” was published in Fertility and Sterility (Vol. 86, No.3, September 2006). Twentynine menopausal women ages 45-65 found that acupuncture treatments reduced the severity of their nocturnal hot flashes and, as a result, they slept better. The women were randomized into an active treatment group and a control group. Both underwent a seven-week course of sessions. The active treatment group received real acupuncture using points selected to target hot flashes as the primary symptom, and sleeplessness as a secondary symptom. The control group received sham acupuncture using placebo (non-penetrating) needles at acupuncture channel points selected at random. Nocturnal hot flash severity decreased significantly for the women receiving active acupuncture compared with the placebo group, and both the active acupuncture and the placebo groups found that their nocturnal hot flashes became less frequent. The study concluded that given the strength of correlations between improvements in sleep and reductions in nocturnal hot flashes, further exploration is merited. For details, visit www.pubmed.gov and type this abstract’s title in the Search engine.

Please send information you find on research involving the effectiveness of medical acupuncture to bdortberg@aol.com.

Classified Ads

- Take the Leap! Step in to an established medical acupuncture/walk-in (urgent care-type) clinic in Ashland, OR. Charming cottage on Main Street (leased). Hospital Lab and X-ray facilities around the corner. Low overhead. Flexible hours. In-house billing and start-up support. Moving overseas and must sell. Asking \$30,000, will negotiate. Talk with Cameron or Sandy. Cameron McCoin, MD, 541/482-7474 (office), 541/292-0672 (c).

- Medical acupuncture practice with 30-year patient network for sale in Berkeley, CA. Creative arrangement. HMI/UCLA/Stanford graduate only. E-mail cb@hmieducation.com.

- Medical acupuncturist/internal medicine physician needed for private practice in Bethesda, MD. Training in medical acupuncture and interest in integrative medicine desired. Fax CV to 202/318-7557 or e-mail to IntegralEdinMD@hotmail.com.

To list a medical acupuncture-related employment opportunity or practice for sale here at no cost, send details to AAMA Staff Associate Barton Ortberg (bdortberg@aol.com, fax 323/937-0959).



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Events Related to Medical Acupuncture

- Feb. 10-11, 2007 **Sanjaio Energetics: The Heart of Chinese Energetic Medicine** Cincinnati, OH
Edward S. Garbacz, MD, FAAMA, amoi1sss@healthall.com, 12 CME Sponsor: AAMA
- Feb. 23-25, 2007 **Contemporary Medical Acupuncture for Health Professionals** McMaster University, Ontario, Canada
Additional units follow, 905/521-2100, x75175, 300 Mainpro-M1 Credits Sponsor: Dept. of Anesthesia, McMaster
- March 10-11, 2007 **Treatment of Disorders of the Female Reproductive System** Atlanta, GA
Edward S. Garbacz, MD, FAAMA, 323/937-5514, 14 CME Sponsor: AAMA
- March 11, 2007 **Kiiko Matsumoto Style Acupuncture** Cambridge, MA
Kiiko Matsumoto, 617/868-4585, www.charlesriverinstitute.com Sponsor: Charles River Institute
- Through April 2007 **Chinese Herbal Medicine for Medical Acupuncturists** Morristown Memorial Hospital, NJ
510/420-0904, www.eemedicinewisdom.com, 65 CME Sponsor: Mindbody Center
- April 24-25, 2007 **Medical Acupuncture Review Course** Baltimore Marriott (410/385-3000)
323/937-5514, www.medicalacupuncture.org Sponsor: AAMA, 22 CME
- April 26, 2007 **AAMA Pre-Symposium** Baltimore Marriott (410/385-3000)
323/937-5514, www.medicalacupuncture.org, 7.5 CME Sponsor: AAMA
- April 27-29, 2007 **19th Annual AAMA Symposium** Baltimore Marriott (410/385-3000)
323/937-5514, www.medicalacupuncture.org, 22 CME Sponsor: AAMA
- April 27-May 6, 2007 **Medical Acupuncture for Physicians Returning Warrior Clinical Units** Pittsburgh, PA
Also May 18-27, Tempe, AZ, Dr. Helms, et al, 510/649-8488, 100 CME Sponsor: UCLA/Helms Medical Institute
- May 11-13, 2007 **International Congress on Complementary Medicine Research** Munich, Germany
+49 (0)89-726 697 0, www.cmr-muc2007.de, info@cmr-muc2007.de Sponsor: ISCMR
- May 19-20, 2007 **Yamamoto New Scalp Acupuncture** Boston, MA
Dr. Toshikatsu Yamamoto, 781/391-7518, x240, www.kiiko.com, 15 CME Sponsor: Harvard Medical School
- June 1-3, 2007 **ICMART 2007 & 3rd International Medical Congress on Acupuncture** Barcelona, Spain
+34 933238573, www.icmart2007.com, icmart2007@activacongresos.com Sponsor: ICMART
- June 6-9, 2007 **American Holistic Medical Association 2007 Conference** Portland, OR
425/967-0737, www.holisticmedicine.org, zmilova@reflex.at, 26 CME Sponsor: Am. College for Adv. in Med.
- June 16-23, 2007 **Comprehensive Training Course on Acupuncture for Physicians** San Francisco, CA, 300 CME
Also Oct. 27-Nov. 3, 2007 Dr. Tsun-Nin Lee, et al, 888/882-1330, www.acupuncturecourse.org Sponsor: Acad. of Pain Research

For more events, visit www.medicalacupuncture.org and click on Events Calendar.