NEWLY ACQUIRED BOOKS


This is a focused guide to pulses in the style of Li Shi-zhen, with an emphasis on a thorough understanding of the 27 pulse images. The purpose of this book is to give readers a solid feeling for the shape, force, and speed of the pulse and what those various signs might indicate.

Features:

• Explanation of the normal pulse
• Instructions on the approach to pulse diagnosis
• Clear pulse images with explanations and analyses
• Li Shi-zhen’s 27 pulses and the typical pulse combinations
• Qing Dynasty case studies with commentary on the pulse findings
Chromatic Illustrated Atlas of Tongue Diagnosis in Chinese Medicine (Chinese-English) by Chief Editor Yiping Gong; China Press of Traditional Chinese Medicine, 2010.

This book covers the characteristics for tongue manifestations, its clinical significance, English translation, and photographs of tongue manifestations (Approximately 200 photographs in the book are collected and photographed by the author from the clinic in the last 3 years, making them the up-to-date photographs of tongue manifestations).


"Children correspond to spring, to dawn, to the rising of yang within yin, to wind. Their qi is characterized by impulsive, rapid, sudden movement that is also a feature of any changes in their state of health - young children fall ill very easily, yet respond just as readily to treatment. Chinese medicine, which considers illnesses as manifestations of an imbalance in the body's energetic system, is very effective in making resources available that are important in enabling the child to grow up in a more harmonious and beneficial way." Main features: · Comprehensive introduction to the unique benefits of Chinese medicine in the treatment of children's disorders. · Detailed description of the etiology, pathology, symptoms, diagnosis, and treatment of childhood diseases according to TCM principles. · Clearly illustrated presentation of the main tuina sequences and acupuncture points. · Practical examples of the application of treatment principles and in-depth analysis of 18 case histories giving a useful insight into an assortment of clinical conditions. · Extensive discussion of the relationship between practitioners and young patients (and their parents) and of the difficulties and rewards experienced in clinical practice. · Suitable for all tuina and acupuncture practitioners and for all those interested in treating children in a non-invasive manner. The accompanying 65-minute DVD offers a vivid illustration of day-to-day work, demonstrating the use of tuina and acupuncture on child patients in the Xiaoxiao pediatric clinic.
Close To The Bone (3rd Edition) by David Legge; Sydney College Press, 2011.

Now in its third edition, this popular text covers the acupuncture treatment of musculoskeletal disorders. Its aim is to enable the acupuncture practitioner to diagnose musculoskeletal disorders from both a Chinese medicine and an anatomical perspective and to combine these insights into an effective treatment. This new edition is a comprehensive revision. It contains a substantial amount of new material, an increased emphasis on diagnosis and updated treatment recommendations.


Fire Child, Water Child is a revolutionary guide to parenting a child with attention-deficit hyperactivity disorder (ADHD) that does not rely on medication or pathologizing your child’s challenges. This method, created by pediatrician and ADHD specialist Stephen Scott Cowan, helps you identify your child’s unique focusing style—wood, fire, earth, metal, or water—and calm the stress that can contribute to your child’s ADHD symptoms. This personalized approach will help your child reduce impulsive behavior, regulate attention, and handle school and home routines with confidence.

What is your child’s ADHD style?

• The Wood Child An adventurous explorer, the Wood child is always on the move and gets frustrated easily.
• The Fire Child The Fire child is outgoing, funny, and can be prone to mood swings and impulsive actions.
• The Earth Child The cooperative, peacemaking Earth child can feel worried or indecisive when stressed.
• The Metal Child The Metal child is comforted by routine and finds it difficult to shift attention from task to task.
• **The Water Child** An imaginative dreamer, the Water child struggles to keep track of time.

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**Drug-Induced Diseases: Prevention, Detection, and Management (2nd. Edition) by James E. Tisdale & Douglas A. Miller; American Society of Health-System Pharmacists, 2010.**

A drug-induced disease is the unintended effect of a drug, which results in mortality or morbidity with symptoms sufficient to prompt a patient to seek medical attention and/or require hospitalization. Since the first edition of this book was published in 2005, numerous drugs have been withdrawn from the market in the United States as a result of morbidity and/or mortality associated with drug-induced diseases. Despite best efforts to assure that all drugs are safe and effective, millions of patients each year develop drug-induced diseases. Every time a patient presents with a new disease or an exacerbation of an existing condition, the clinician should ask, “Could this be drug-related?”

Now in its second edition, this essential and comprehensive resource provides a detailed analysis of how to identify, prevent, and manage drug-induced diseases. Edited by James E. Tisdale and Douglas A. Miller, with contributions from experts distinguished in their respective specialties, Drug-Induced Diseases is organized logically and is easy to use for pharmacists, physicians, nurses, and pharmacy students alike.

Inside you'll find:

* Chapters dedicated to over 50 disease states.

* In-depth tables, including coverage of drugs implicated in drug-induced diseases, epidemiology, mechanisms, signs and symptoms, risk factors, prevention, and management are included in each chapter.

* A new chapter on Drug Safety and Drug-Induced Diseases: The Legal, Regulatory, and Practice Environment.

* A new chapter on “Evaluating Patients for Drug-Induced Disease”.

* The Levels of Evidence classification for identifying the” strength of evidence" that links a listed drug to a specific drug-induced disease.
And much more.

ARTICLE ABSTRACTS


Acupuncture has many beneficial effects during cancer therapy and has proven efficacy in the management of side effects induced by chemotherapy and radiotherapy. In this review, we discussed the benefits of acupuncture on cancer patients. In cancer pain management, acupuncture is effective for head and neck pain, waist pain, abdominal and chest pain. Many studies confirm the excellent efficacy of acupuncture against symptoms of vomiting and nausea, including those induced by chemotherapy and radiotherapy. Head and neck cancer patients receiving radiotherapy may develop xerostomia, which may be relieved by acupuncture. Acupuncture may also cause sedative and hypnotic effects in cancer patients for treating nervousness and insomnia.


Traditional Chinese Medicine (TCM) has made great contributions to human history, especially in China, as has been recorded for thousands of years. The characteristics of TCM in both theory and practice make it different from Conventional Western Medicine (CWM). The characteristics of TCM include phenomenological, philosophical, and methodological aspects. This paper briefly discusses some historical turning points and innovations in TCM development in China, explores human body enigmas such as the heart, compares different aspects of TCM and CWM, and identifies the unique characteristics of TCM treatment, as compared to other medical systems.


The purpose of this study was to assess the effect of 18-week Tai Chi training on body balance in a dynamic trial among elderly men with dizziness. The study covered subjects aged 60 to 80 years. We identified 40 men who reported a history of dizziness. The subjects were recruited using direct mailings and a community information campaign. The participants were randomly assigned to either the exercise intervention (n = 20) or control group (n = 20). The Tai Chi group participated in an 18-week exercise class held for 45 minutes twice a week. Body balance was studied in two ways: using the “8 foot up
and go test" (Rikli and Jones 2001) and using a Computer Posturographic System PE 90 (manufactured by Military Institute of Aviation Medicine in Warsaw and outfitted with Pro-Med modified software). The ability to perform specific tasks (maximal deflections in four directions) was measured on the posturographic platform. The variation in results obtained on the first and second date of tests in the experimental and control groups was confirmed statistically using four parameters, i.e. "8 foot up to and go test (H = 8.21;p = 0.003), forward deflection (H = 3.70;p = 0.050), backward deflection (H = 5.04;p = 0.024) and maximum sway area (H = 8.86;p = 0.002). Consequently, we found that the 18-week period of Tai-Chi exercises, with a frequency of twice a week for 45 minutes, is beneficial for dynamic balance, which is important for the reduction of fall risk factors among elderly men with dizziness.


The objective of this study was to assess evidence for the efficacy and effectiveness of Chinese qigong exercise in rehabilitative programs among cardiac patients. Thirteen databases were searched through to November 2010, and all controlled clinical trials on Chinese qigong exercise among patients with chronic heart diseases were included. For each included study, data was extracted and validity was assessed. Study quality was evaluated and summarized using both the Jadad Scale and the criteria for levels of evidence. Seven randomized controlled trials (RCTs) and one non-randomized controlled clinical trial (CCT) published between 1988 and 2007 met the inclusion criteria. In total, these studies covered 540 patients with various chronic heart diseases including atrial fibrillation, coronary artery disease, myocardial infarct, valve replacement, and ischemic heart disease. Outcome measures emerged in these studies included subjective outcomes such as symptoms and quality of life; and objective outcomes such as blood pressure, ECG findings, and exercise capacity, physical activity, balance, co-ordination, heart rate, and oxygen uptake. Overall, these studies suggest that Chinese qigong exercise seems to be an optimal option for patients with chronic heart diseases who were unable to engage in other forms of physical activity; however, its efficacy and effectiveness in cardiac rehabilitation programs should be further tested.


High serum cholesterol is an important risk factor for cardiovascular events. It has been reported that regular blood donation is associated with a reduction in serum cholesterol. This study aimed to determine the effects of wet cupping on lipid profiles and anthropometric characteristics of patients with metabolic syndrome. One hundred and thirty-six patients aged 18–65 years with metabolic syndrome were recruited to
participate in this trial. Ten patients were excluded due to exclusion criteria. Patients (n = 126) were randomly assigned into the control (n = 63) and experimental (n = 63) groups. Patients in the experimental group were treated with wet cupping combined with dietary advice. The controls were given dietary advice only. Anthropometric and biochemical parameters were assessed at baseline and at six and 12 weeks after treatment. The significance of the data was analyzed using a repeated measure ANOVA. The lipid profile status did not differ significantly between the two groups (p > 0.05) whereas there was a significant difference between the two time points within each group (p < 0.05). In addition, several anthropometric parameters improved in both groups, but this did not differ significantly between subject groups. Wet cupping does not have a significant effect on anthropometric or biochemical indices compared to the effect of dietary advice alone.


Psoriasis is an immune-abnormal, chronic, proliferative skin disease determined by polygenic inheritance and induced by a number of environmental factors. It causes worldwide concern because of its high-prevalence, harmful and incurable characteristics. Over the years, Chinese medicine (CM) treatment of psoriasis has accumulated a wealth of clinical experience. Disease-syndrome combination, which achieves more satisfactory clinical effect, is the basis to highlight the special CM advantages in treating psoriasis. In this paper the authors review the advantages of treating psoriasis with the combination of disease and syndrome, analyze the prospects of research on treating psoriasis combining disease with syndrome. The authors also make a point that there are several key points for the clinical research of combination of disease and syndrome. It can be expected that carrying out clinical research on the combination of disease and syndrome will help improve the clinical efficacy of medical treatment of psoriasis, which will be the main direction of research in the future.


Objectives: To observe the efficacy and safety of sphenopalatine ganglion needling in treating patients with primary trigeminal neuralgia (PTN) OF Liver (Gan)-yang upsurge syndrome (LYUS) type.

Methods: Sixty-five PTN patients of LYUS type were assigned by a random number tale to two groups and treated by deep-needling (33 patients, DN group) and superficial-needling (32 patients, SN group), respectively. The main-acupoint used for both groups was Xiaguan (ST7) of affected side, on which needle was deeply inserted to reach
sphenopalatine ganglion in the DN group, but was inserted conventionally in the SN group; the auxiliary acupoints used were the local points Zuanzhu (UB2), Sibai (ST2), Chengjiang (CV24) of affected side, as well as the remote points, bilateral Hegu (LI4) and Taichong (LR3). The needleling was implemented every other day, with electric stimulation applied to all the punctured acupoints for 30 min, 10 days treatment as one therapeutic course. Each patient received 2 courses of needling with 1 week interval in between. The clinical efficacy, pain control and adverse reaction were evaluated and compared after the treatment.

**Results:** Rank-sum test showed that the efficacy in the DN group was significantly better than that in the SN group (Z=2.30, P=0.021); the pain was alleviated in both groups in frequency, intensity and sustained time (evaluated by visual analogue scale) significantly (P<0.01), but deep needleling showed a superiority over superficial needleling in reducing the frequency and intensity of episode (Z=9.55, Z=5.50, both P=0.00). No adverse reaction occurred during the treatment course of both groups.

**Conclusion:** Sphenopalatine ganglion needling is highly effective, safe and reliable for the treatment of PTN.

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Liver fibrosis and hepatocellular carcinoma (HCC) are emerging health problems worldwide. Number of death due to HCC was steadily increased during the last decade. Although liver fibrosis and HCC have been investigated extensively, there are no successful and/or satisfactory therapies especially for patients with HCC. From authors’ understanding of both Western medicine and Chinese medicine, it could identify the targets in liver fibrosis and HCC for intervention with Chinese medicine such as bone morphogenetic protein 4 (BMP-4). BMP-4 expression was significantly increased in both liver fibrosis and HCC and saponin class of certain Chinese herbs could regulate its expression. Therefore, BMP-4 could be one of the targets for treatment of liver fibrosis and HCC from integrative medicine.

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Contemporary Western medicines approved by the U.S. Food and Drug Administration (FDA) for the treatment of chronic hepatitis B (CHB), although available in China, have high costs, or major side effects and limited effectiveness. Research efforts have focused on looking for natural products as alternative medicines with low cost and good safety for CHB treatment. Chinese medicine (CM) has ancient, time-honored theories about methods of diagnosis and treatment for liver diseases. In recent decades, a large number
of clinical trials and pre-clinical studies, which were performed in China and other countries, indicated that CM has potential benefit in several aspects of the treatment of CHB, e.g., anti-inflammatory, anticancer, antioxidant, immunomodulating, antifibrosis, and antiviral. However, there are many concerns regarding the study design and the quality of clinical trials. Further large, stringently designed, double-blind, placebo control, randomized clinical trials and long-term follow-up are needed to provide conclusive evidence of their efficacy and safety. Components of CM deserve further study in preclinical models of HBV infection and in clinical trials world-wide.


A Chinese medicine (CM) approach, designed based on the clinical experiences of the West Los Angeles Center for Traditional Chinese Medicine, is a practical path for assessing and treating breast cancer survivors. The approach consists of balancing the body with deciphering the cause of the patient’s chief complaints by assessing and recognizing the six physiological dysfunctions that include gastrointestinal problems, sleep problems, emotional imbalance, low body energy, menstrual change and pain. Multifaceted interventions are used for eliminating various CM pathologies based on identifying the basic CM patterns (syndromes) differentiation. Watching to assess the above two situations dynamically is used for outcome evaluation and predicting prognosis. Therefore this approach is called BMW. It can serve as a reference for CM clinical practice and integrative clinical care. It also can be used to simplify the clinical interpretation of CM and provide an easier way for CM doctors to communicate with Western medical doctors and patients. Additionally, it can be used as a guide for patients to assess their own symptoms for self-monitoring and self-care.

“Clinical Observation of the Efficacy on Renal Colic Treated with Electroacupuncture at the Xi-cleft points of Kidney and Bladder Meridians as well as the Relevant Front-mu Points” by Min Chen & Sai-mei Li; World J. of Acupuncture-Moxibustion, Vol.22 (1): 7-12, 2012.

Objective: To observe the efficacy difference of renal colic treated with electroacupuncture in comparison with intramuscular injection with Fortanody. 

Methods: Fifty-one patients with renal colic were randomly divided into an electroacupuncture group (26 cases) and a medicine group (25 cases). In the electroacupuncture group, electroacupuncture was applied to the Xi-cleft points of kidney and bladder meridians, named Shuiquan (KI 5) and Jinmen (BL 63) as well as the relevant Front-mu points, Jingmen (GB 25) and Zhongji (CV 3). In the medicine group, intramuscular injection with Fortanody (100 mg) was administered. Once treatment was applied for immediate analgesia in each group before and after treatment, the Simplified
McGill Pain Questionnaire (SF-MPQ) and the Visual Analogy Scale (VAS) were adopted for pain assessment respectively. The clinical efficacy and the recurrence of the disease were observed in the two groups.

**Results:** The clinically cured and remarkably effective rate was 69.2% (18/26) in the electroacupuncture group, which was superior to 44.0% (11/25) in the medicine group (P<0.05). Separately, in 10 min, 30 min, GO min and 120 min after treatment, in either group, SF-MPQ and VAS scores were obviously reduced as compared with those before treatment (all P<0.05). The scores in 10 min and 30 min after treatment in the electroacupuncture group were reduced more remarkably as compared with those in the medicine group (both P<0.05). The complete remission time in the electroacupuncture group was shorter apparently than that in the medicine group [(131.19±2.12) min vs (184.29±84.04) min, P<0.05]. The recurrence rate of renal colic in 24 h was 8.0% (2/25) in the electroacupuncture group, which was lower slightly than 31.6% (6/19) in the medicine group (P>0.05).

**Conclusion:** Renal colic can be effectively relieved in the treatment with either electroacupuncture at the Xi-cleft points and the Front-mu points of kidney and bladder meridians or intramuscular injection with Fortanody. But, the electroacupuncture therapy achieves much better efficacy.

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**Objective:** To evaluate the clinical efficacy of acupuncture on depression in nicotine withdrawal.

**Methods:** Seventy-four cases of depression after nicotine withdrawal were selected as the subjects in observation and they were group (36 cases). In the acupuncture group, acupuncture was applied to Baihui (GV20), Yintang( EX-HN 3), SanyinJiao (SP 6), Taichong (LR 3), Neiguan (PC 6) and Hegu (LI 4). In the western medicine group, Fluoxetine was prescribed for oral administration, once per day. Hamilton Depression Scale (HAMD) was adopted for the evaluation before and after treatment separately and the changes in HAMD score as well as the efficacy were compared before and after treatment.

**Results:** HAMD score in either acupuncture group or western medicine group was improved significantly as compared with that before treatment (all P<0.05). The effective rate was 89.5% (34/38) in the acupuncture group and was 91.7% (33/36) in the western medicine group. There was no statistically significant difference between the two groups (all P>0.05).

**Conclusion:** The efficacy of acupuncture is similar to that of Fluoxetine in the treatment
of depression in nicotine withdrawal.


**Objective:** To observe the impacts of electroacupuncture (EA) on oocyte quality and pregnant outcome for the patients with polycystic ovary syndrome (PCOS) undergoing in vitro fertilization and embryo transfer (IVF-ET) and explore its potential mechanism.

**Methods:** Sixty-six patients with PCOS and undergoing IVF-ET were divided into two groups randomly, including an observation group (34 cases) and a control group (32 cases). Ethinylestradiol and cyproterone acetate tablets and gonadotropin-releasing hormone agonist were administered for long-program superovulation in either group. In the observation group, the intervention of EA was applied to Guanyuan (CV 4), Zhongji (CV 3), Sanyinjiao (SP 6), Zigong (EX-CA 1) and Taixi (KI 3) additionally for 30 min, once daily, 1 menstrual cycle before controlled ovarian hyperstimulation (COH) and during COH. The pregnant outcome, evaluation of kidney deficiency syndrome, blood hormone level on the day of human chorionic gonadotropin injection and the concentrations of stem cell factor (SCF) in the serum and follicular fluid on the day of oocyte collection were compared between the two groups.

**Results:** The score of kidney deficiency symptoms was reduced remarkably after treatment in either group and the improvement in the observation group was superior to that in the control group (P<0.01). The fertilization rate [(76.25 ± 20.33)% vs (66.34 ± 15.44)%], cleavage rate [(98-6613.70)% vs (94.47 ± 9-45)%] and the rate of high-quality embryos [(60.20 ± 22.20)% vs (50.55 ± 16.15)%] in the observation group were all superior to those in the control group separately (all P<0.05). Clinical pregnancy rate (46.67%, 14/30) in the observation group was higher than that (37.93%, 11/29) in the control group, but without statistical difference (P>0-05). SCF concentrations in the serum and follicular fluid on the day of oocyte collection in the observation group were higher obviously than those in the control group (both P<0.05).

**Conclusion:** Electroacupuncture plays an active role in the pregnant outcomes of PCOS patients undergoing IVF-ET and it can relieve the symptoms of kidney deficiency in terms of TCM and improve clinical pregnant rate. The mechanism is relevant to the overall adjustment of organic endocrinal system and the local micro-environment of ovary and the improvement of oocyte quality through the up-regulation of SCF concentration.

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