President’s Message
Get ready for an exciting 25th Anniversary Symposium full of fun & surprises

By Rey Ximenes, MD, FAAMA
President, AAMA

Hello, everyone.

Well, it is almost time again. The AAMA Symposium, “Celebrating 25 Years of Medical Acupuncture,” is just around the corner in May, and it looks like Chair Jay Sandweiss, DO, FAAMA, has put together quite an impressive Faculty for this year. We hope you’ve been enjoying the email promotions we’ve been sending to preview some of these presenters.

All members of the Symposium Committee have worked very hard this last year. It promises to be a great meeting and will be our 25th anniversary. I can hardly imagine that -- 25 years! As they say in my neck of the woods, "HOODATHUNKIT."

Developing Nicely
The Academy has come a long way since its inception. At first, it was just a handful of people -- and now we have 1,300 members. Even at that, we need more members to strengthen our position in medicine.

With all the changes in medicine that are occurring right now, I think we are in a great position. The public interest in acupuncture grows with each day. More and more people are finding out more about what we do and why we have chosen to do so. They are realizing the wisdom of an integrative approach and are seeking us out to get it.

I congratulate you all on a job well done in the practice of a truly integrative approach to medicine and look forward to seeing you at the Symposium on the East Coast!

25th AAMA Symposium
So please prepare right now, if you haven’t yet. The AAMA Symposium is May 2-5 at the Renaissance Harborsplace Baltimore in Baltimore, MD. Make sure you are registered and have reserved your hotel room (by April 7 for our discounted rate, pending availability of our block). This year's Symposium should prove to be one of the best as this is our 25th Anniversary, and special efforts have been made to ensure that we have a great meeting.

We can all thank Dr. Sandweiss for his tremendous efforts in making this dream come true. It has truly been a labor of love on his part. Drs. Marshall Sager and Sandy Amoils have a special surprise for us all this year in commemoration of the 25th anniversary. Plus this year, the Friday night Dinner/Dance is included in Symposium registration. I hope to see you all there.

Best wishes until then,

25th Anniversary Symposium in Baltimore will be something special
There’s still time to register and book your discounted hotel room (by April 7!) for the special AAMA Symposium, “Celebrating 25 Years of Medical Acupuncture,” May 2-5, 2013 at the Renaissance Baltimore Harborplace in Baltimore, MD.

“We will be continuing the tradition with great programming,” said Chair Jay Sandweiss, DO, FAAMA. “Highlights include: National and international faculty; timely and useful, clinical content, plenary, mini-workshops and indepth sessions. Hear the latest research, master clinical techniques and explore new systems.”

**Guest Faculty**
Joseph Audette, MD; Steven K.H. Aung, MD; Dan Bensky, DO; Thomas Burgoon, MD, DABMA; Brodie Burris, LAc; Chip Chace, LAc; Peter T. Dorsher, MD; Mitchell Elkiss, DO, FAAMA; Michael Hammes, MD; Jan Hendryx, DO; Lixing Lao, PhD; Yuan-Chi Lin, MD, FAAMA; Charles Moss, MD, FAAMA; Jay Sandweiss, DO, FAAMA, Louisa Silva, MD, FAAMA; Nader E. Soliman, MD, FAAMA; Wolfgang Weidenhammer, PhD and Rey Ximenes, MD, FAAMA.

**Pre-Symposium Workshops**
Chair Yuan-Chi Lin, MD, FAAMA, has lined up four Pre-Symposium Workshops on May 2:

- **Pre-Symposium Workshop I** – "Engaging Vitality, Listening to Qi and Responding Effectively in Clinical Practice"
  Instructors Dan Bensky, DO and Charles (Chip) Chace, L.Ac

- **Pre-Symposium Workshop II** – “Auricular Medicine: A Clinically Effective Microsystem”
  Instructor Nader Soliman, MD, FAAMA

- **Pre-Symposium Workshop III** – “Introduction to 5 Element Acupuncture ”
  Instructor Charles Moss, MD, FAAMA

- **Pre-Symposium Workshop IV** – From Energetics to Integration"
  Instructor Mitchell Elkiss, DO, FAAMA

Details on these can be found here.

**Hotel Details**
The 2013 Symposium will be held at the Renaissance Baltimore Harborplace, 202 East Pratt St., Baltimore, MD 21202. For reservations, call (410) 547-1200 or 800/535-1201 by April 7, 2013 for the AAMA group rate of $189 (sgl/dbl). Rooms at that rate will be available until April 7 or when the block is sold out -- whichever comes first. So make your reservations now. Click here to reserve a room online.

**Dinner/Dance**
New this year, the Dinner/Dance has been included with the price of registration. So don’t miss out! Make plans to join your peers for a fun-filled evening of wine tasting, delicious food, dancing and mingling in a festive setting at the Renaissance Baltimore Harborplace on Friday, May 3.

**Contests**
In Atlanta, winners will be honored of the Poster Presentations, Research Paper Competition and Free (Oral) Paper competitions. Posters will be displayed during a Wine & Cheese Reception and Calligraphy Demonstration/Silent Auction by Steven KH Aung. MD, PhD, on Saturday night, May 4.

“This will be a great time in a great city,” said Dr. Sandweiss. “Make new and renew professional social connections. You will find enjoyable opportunities to visit and socialize with colleagues.”

Full details are posted on the AAMA website, along with online registration.
Member lauds benefits of AAMA acupuncture internship program

AAMA member Gary L. Monroe, MD, DABA, DABMA, of Anchorage, AK, recently spent a two-day acupuncture internship with Academy member Gene George Hong, MD, DABMA, in Portland, OR. Upon completion of the program, he filed the following report to be shared with the membership.

Dear Colleagues:

I recently took advantage of the opportunity to experience the acupuncture internship with Dr. Gene Hong in Portland, OR. I called Dr. Hong about three months in advance and expressed my interest in observing his acupuncture practice. Dr. Hong was gracious and agreed to allow me to come observe his practice.

I understood that I was to pay a fee of $500 to Dr. Hong as per AAMA guidelines. I am a physician with more than 30 years practice experience, and I knew this was a very inexpensive fee to observe a professional and learn how to set up my own practice.

I showed up in Portland on the assigned day. I came about 8:45, thinking I’d be a little early for clinic. Wrong. Dr. Hong had probably seen four patients by the time I arrived. He said a quick hello and invited me to follow him. He introduced me to each patient and asked their permission to allow me to watch each treatment. All but two patients allowed me to observe.

The patients were scheduled I guess about three per hour. Dr. Hong used very straight forward acupuncture treatments. Some pure five element, some French energetics, and possibly one or two secret treatments learned by his studies in mainland China or from his own father who was the leading acupuncturist in the area for many years. His choice of points and confidence of placement demonstrated the judgment of a physician with more than twenty years of acupuncture practice experience.

I had chosen Dr. Hong from the AAMA list because it said he had a busy, pure acupuncture practice. I wanted to see this in action, as I already had experience as a general medical physician years ago.

Dr. Hong said his practice was somewhat cash based, but that four insurance companies in Oregon do pay for limited acupuncture visits. He works from two offices and had two nice ladies who schedule appointments, show patients to rooms and change papers on the exam and treatment tables.

I left Dr. Hong and his practice on Wednesday to return to my full-time anesthesia practice in Anchorage, AK.

My own background: I have practiced acupuncture at a hobby level (about 300 treatments per year) for 12 years since my completion of the UCLA course. I have since completed the Harvard Structural Acupuncture for Physicians course and the UCSF course in herbal medicine by Dr. Tsun-Nin Lee, M.D. I have taken various other courses including Dr. Yun Tao Ma's course in Dry Needling for pain, Dr. Bryan Frank's course in auricular medicine, Dr. Yamamoto's New Scalp Acupuncture and a few others. This last spring I tested and qualified for DABMA. It's been a fantastic journey, and I hope it's not over. I am hoping to study scalp acupuncture next year in New Mexico and hopefully retire from clinical anesthesia to full time acupuncture practice in 3-4 years.

Thanks to Dr. Hong and his assistants Karen and Andrea for helping to make this dream possible.

Gary L. Monroe, MD, DABA, DABMA
Anchorage, AK

For further information or to participate in AAMA’s acupuncture internship program, contact Executive Administrator C. James Dowden at administrator@medicalacupuncture.org.
Physicians complete process for 10-year ABMA recertification

The following physicians have completed the process set by the American Board of Medical Acupuncture Board of Trustees to be recertified as a Diplomate for another 10 years:

Richard Feely, DO, of Chicago, IL; Dinora Ingberman, MD, of Skokie, IL; Joseph M. Helms, MD, of Berkeley, CA; Henry F. Kenkel, MD, of Chicago, IL, and Dietlinde Zipkin, MD, of Matthews, NC

After 10 years, each candidate for recertification was required to submit the following:

· Application for recertification.
· Copy of current active medical license.
· Documentation of 150 hours of continuing education credits in medical acupuncture since certification. CME credit is preferred. Topics must be primarily acupuncture. Independently awarded CEU credits may be acceptable, at the discretion of the Board.
· Submission of two written Case Reports on actual cases treated to demonstrate continued knowledge and proficiency in the discipline. Specific Case Report Guidelines will be provided.
· Payment of a recertification fee of $250.

There is no written examination required for recertification.

Applications for recertification should be submitted at least 60 days prior to the expiration of the original certification to assure sufficient time for Board review and approval. Each submission is submitted to the Board for review to confirm the adequacy of the Case Reports and to confirm that the continuing education requirements were met.

For those designees who are unable to complete the process by the expiration date, an automatic extension of up to three years is available upon request.

AAMA looking for members to presenter webinars

The Academy continues to offer educational webinars as a value-add to membership in the organization and as such, needs your involvement.

If you have an interest in offering a webinar for the membership, please provide the title and a short summary for consideration by the Education Committee. Webinars are typically 45 minutes to an hour in length and can either be personal case presentations or literature reviews.


Details on future webinars will be posted on the Academy’s website, in this newsletter and sent via email.

Come be a part of the 21st Century education. Send suggestions to AAMA staff or Dr. Claudia Harsh (claudia.harsh@gmail.com).
Medical Acupuncture Research News

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

• The abstract, “Acupuncture in Patients With Seasonal Allergic Rhinitis (SAR): A Randomized Trial,” was published in the Annals of Internal Medicine (Vol. 158, No. 4, Feb. 19, 2013). Acupuncture’s efficacy was tested on 422 patients with SAR using 46 physicians in six hospital clinics and 32 private clinics. Researchers found that acupuncture led to significant improvements in quality of life and antihistamine use measures after eight weeks of treatment vs. sham acupuncture and with rescue medication.

• The abstract, “Acupuncture blocks cold stress-induced increases in the hypothalamus–pituitary–adrenal axis in the rat,” was published in the Journal of Endocrinology (April 2013). While acupuncture is used to treat chronic stress, the mechanism of action is not understood. In studies utilizing four groups at Georgetown University Medical Center, researchers demonstrated how acupuncture can significantly reduce the stress hormone response in an animal model. They concluded that electronic acupuncture blocks the chronic, stress-induced elevations of the HPA axis hormones and the sympathetic NPY pathway.

• The abstract, “Acupuncture on Yintang Point Decreases Preoperative Anxiety,” was published in the Journal of Alternative and Complementary Medicine (Dec. 27, 2012). This study investigated the effect of ear-press needle acupuncture on Yintang point for preoperative anxiety in a randomized, single-blind, controlled trial. Bispectral Index values in the acupuncture group were significantly lower than in the sham group. Researchers concluded that ear-press needle acupuncture on Yintang point reduces preoperative anxiety in adult surgical patients.

• The abstract, “Effects of motion style acupuncture treatment (MSAT) in acute low back pain (aLBP) patients with severe disability: A multicenter, randomized, controlled comparative effectiveness trial,” was published in the Journal of the International Association for the Study of Pain (March 2013). There is insufficient evidence to show the efficacy of acupuncture on aLBP. So a randomized comparative effectiveness trial was held to evaluate the effects of MSAT on 58 people with aLBP. Researchers found that MSAT has positive effects on immediate pain relief and the functional recovery of aLBP patients.

• The abstract, “Intense acupuncture can improve muscle recovery in patients with Bell palsy,” was published in the Canadian Medical Association Journal (Feb. 25, 2013). All patients received prednisone. Acupuncture was provided in both groups, and at six months, patients in the de qi group had better facial function. Researchers concluded that acupuncture achieves intense stimulation, de qi, associated with better recovery of facial muscle function in patients with Bell's palsy vs. acupuncture without such stimulation.

• The abstract, “Patients’ experience of auricular acupuncture during protracted withdrawal,” was published in the Journal of Psychiatric and Mental Health Nursing (Dec, 12, 2012). This study assesses patients' experiences with auricular acupuncture following the cessation of problematic alcohol and illicit drug use. Researchers found that patients experienced increased relaxation and well-being. Anxiety reduction and reduced drug and alcohol consumption were directly related to the use of auricular acupuncture.

• The abstract, “Laser acupuncture for depression: A randomised double blind controlled trial using low intensity laser intervention,” was published in the Journal of Affective Disorders (Jan. 18, 2013). This study examined the effectiveness of laser acupuncture compared with placebo acupuncture to treat major depression in participants ages 18-50 in a randomized, double blinded, placebo controlled trial. Researchers found that laser acupuncture showed a clinically and statistically significant benefit with reducing symptoms of depression on objective measures.

Please send information you find on research involving the efficacy of medical acupuncture to bart.ortberg@dowdenmanagement.com.
AAMA Member News

The Academy is looking for volunteers interested in working on AAMA committees. Among those seeking volunteers are the Symposium Program Committee and the AAMA Membership Committee. Click here for a list of committees and responsibilities of each. Contact Executive Administrator James Dowden (administrator@medicalacupuncture.org, 310/364-0193) if you have questions or are interested in becoming more directly involved in a committee.

The Society for Acupuncture Research 2013 Conference will be held April 19-21 at the University of Michigan in Ann Arbor, MI. Visit http://www.sar2013conference.org/ for details.

If you are a Full Member or Fellow of the AAMA with DABMA certification, you should be printing the Medical Acupuncture certification mark on your stationary, business cards or other listings to promote your special accomplishments in medical acupuncture. The certification mark is available only to Full Members and Fellows of the AAMA who are currently Board Certified by the ABMA. See the image of logo posted online. The mark has been registered with the US Patent Office as a Certification Mark that is available for the exclusive use of those who meet the specified credentials. See the Certification Mark Guidelines posted online for standards on how the mark should be used in printed materials including acceptable type face, size, color, etc. For an electronic copy of a reproducible jpeg copy of the logo to provide your printer, Full Members and Fellows who are currently Board Certified through the ABMA may send a request to administrator@medicalacupuncture.org. Upon verification of your status, a jpg file will be sent to you.

Bryan L Frank, MD, FAAMA, Past-President of AAMA, will lead missions to serve those with little or no access to healthcare around the world in 2013. Join Global Mission Partners for a project in Nepal in April, Kenya in June, Ecuador in July, Mexico in September or India in October/November. Travel with a purpose in 2013. This may be the most fun you have had in medicine in years. Information at www.GlobalMissionPartners.org or bfrankmd@hotmail.com.

AAMA achieved a major new milestone this year: the Academy’s official Journal, Medical Acupuncture, goes from quarterly to bi-monthly – six times each year. Academy members receive the Journal free as part of their membership. Also, members have access to all back issues of the Journal published by the Mary Ann Liebert Co. when accessed through the Members Only section of the Academy’s website.

Thomas Burgoon, MD, DABMA, AAMA Membership Committee chair and Board of Directors member, says if each member recruits at least one fellow physician acupuncturist into the Academy, membership can double in the next year. So please make that a special priority to help support and promote physician acupuncture in the US.

The 10th International Conference of the Society for Integrative Oncology, "Translational Science in Integrative Oncology: “From Bedside, to Bench, to Best Practices,” will be held in Vancouver, Canada, Oct. 20-22, 2013 at the Fairmont Hotel Vancouver. It will be presented by the Society for Integrative Oncology and co-sponsored by the University of British Columbia Division of Continuing Professional Development, Faculty of Medicine and the University of British Columbia School of Nursing. The conference will include keynote speakers, plenary and concurrent sessions, and workshops that will highlight the latest research evidence, methodological issues and dialogue in the field of integrative oncology. Abstracts can be submitted until April 1.

It’s almost time for AAMA’s 25TH Annual Symposium at the Renaissance Baltimore Harborplace in Baltimore, MD. The Review Course will be April 30-May 1, 2013, followed by Pre-Symposium Workshops on May 2, 2013, the Symposium May 3-5, 2013 and then the ABMA Exam on May 5, 2013. To book a room at AAMA’s discounted rate of $199/night (sgl/dbl), call (410) 547-1200 or 800-535-1201 by April 7 and mention the AAMA Symposium.

Alternative Medicine Seminars has announced the spring 2013 schedule. Featured are basic and advanced seminars in auricular therapy, auricular medicine, three-phase hand acupuncture, and homeopathy for
physicians and acupuncture practitioners. Also featured are weekend workshops for practicing the Vascular Autonomic Signal and auricular medicine protocols. For more information, visit the Academy's calendar of events or log onto www.alternativemedicineseminars.com.

Check out a CBS News video report on Feb. 18, 2013 about a veterinarian in Floyd County, Virginia treating a dog's pain with acupuncture.

Editor-in-Chief Dr. Richard Niemtzow of the journal, Medical Acupuncture, is seeking volunteer reviewers to review manuscripts. Reviewers will access manuscripts online. Reviews must be completed and returned within one business week. Reviewers successfully completing a series of timely, high-quality reviews may be invited to join the Editorial Board (at the discretion of the editor in chief). Please send brief qualifications and contact information to n5ev@aol.com.

The International Council of Medical Acupuncture and Related Techniques (ICMART) 2013 and 5th International Johannes Bischko Symposium for Acupuncture will be held Nov. 29-Dec. 1, 2013 in Vienna, Austria. For more information on 30 years of ICMART and 60 years of the Austrian Acupuncture Society, click here or visit http://www.icmart.org/.

The 6th European Congress for Integrative Medicine (in conjunction with the German Congress for Integrative Medicine) will be held on Oct. 4-5, 2013 in Berlin, Germany. General Secretary Walburg Maric-Oehler, MD, reports that as a result of AAMA membership in ICMART, Academy members are eligible for 25% reduction on Congress fees. Academy members are urged to make plans to attend, as well as to submit an abstract by the April 30 deadline.

Helms Medical Institute will hold a two-day graduate workshop in Chinese Scalp Acupuncture with Jason Hao, DOM, May 25-26, 2013 in Tempe, AZ. This is a modern technique that combines Chinese acupuncture with the Western biomedical understanding of the anatomy, physiology, and pathology of the cerebral cortex. It can be used as a solo treatment or combined with auriculotherapy and neuroanatomical or energetic body treatments for motor and sensory problems. CSA is used to manage musculoskeletal pain, headaches, vertigo, stroke, traumatic brain injury, and a variety of neurological problems. HMI has been accredited to offer up to 20 AMA PRA Category 1 Credits for this course.

Attention all DABMA designees: The ABMA is into the second year of certification renewals. More recent Diplomates have been completing the renewal process quicker, as they are aware of the requirements and are prepared to meet them. As a reminder, you must document completion of 150 hours of continuing education credits in medical acupuncture-related courses at the time of re-certification. Those who are short are asked to complete those credits before your certification comes up for renewal.

Mark your calendar: The 26th Annual AAMA Symposium has just been booked at the Grand Hyatt Denver, 1750 Welton St., Denver, CO 80202. The Review Course will be on April 8-9, 2014; Pre-Symposium on April 10, 2014, the Symposium April 11-13, and the Board Certification Exam on April 13, 2014.


As part of AAMA membership, members are being offered access to more than 400 journal articles categorized by disease/health application that promote the efficacy of acupuncture. Contact The Helms Medical Institute at mafp@hmieducation.com to obtain your unique password to access this information anytime. Then go to http://hmieducation.com/home and click on "Published Articles." Scroll down to "View Articles Not in the Public Domain."
The International Congress on Naturopathic Medicine (ICNM) will take place in Paris, France from July 7-9, 2013 at the Marriott Hotel & Conference Centre. ICNM will gather multi-disciplinary naturopathic physicians, therapists, professors and health care professionals from around the world, to improve patient care and define alternative healthcare.

Please send news items and photos to bart.ortberg@dowdenmanagement.com.

AAMA Chapter News

Arizona
Arizona Chapter meetings are held at 9 am the second Saturday of the month at Dr. Martha Grout’s office, Arizona Center for Advanced Medicine, 9328 E. Raintree Drive, Scottsdale, AZ 85260. For details, call 480/240-2600 or e-mail drmartha@arizonaadvancedmedicine.com. There are monthly speakers on topics related to medical acupuncture, as well as Chinese and Functional/Integrative medicine. Email Dr. Grout to get on the email list for meeting announcements.

Georgia
The Georgia Association of Medical Acupuncturists invites everyone to visit their website to learn more about their organization’s philosophy, mission, events and much more. Their site includes a “Member” page, which includes contact information for each GAMA member. For information regarding membership and seminars, contact GAMA President Carlos Parrado, MD, at parrado.pena@att.net.

Illinois
The goal of President Lorene Wu, MD, DiplAc, and Secretary/Treasurer Anthony DeLorenzo, DO is to provide education and support to members. They plan to interface more with the wider acupuncture community by serving on the Illinois Acupuncture Board and by attending meetings of the local acupuncture society.

Meetings are held every other month at Memorial Hospital in LaGrange, IL.

Maryland
The Maryland Society of Medical Acupuncture is pleased to announce that Raphael Nogier, MD, has agreed to come back to Maryland in 2013 for another seminar. If you are interested, contact either President Joan Ordman, MD, FAAMA, or John Howard at the Maryland Acupuncture Clinic, www.mdacuclinic.com, (301) 515-7272.

The MSMA is planning the following upcoming speakers

1. Richard C. Niemtzow, MD, PhD, MPH, on his recent visit to China to discuss acupuncture with the Chinese Military. TBA

2. Dr. Nasir Bashirelahi, Professor, University of Maryland School of Dentistry on Nutrition for Antiaging.

3. Joan Ordman, MD, FAAMA, Inpatient Acupuncture treatments on the newly injured Wounded Warriors returning from the battlefield.

The Chapter offers 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. Ordman at jordman@aol.com to join MSMA.

Ohio
The Ohio Chapter intends to hold more acupuncture seminars in 2013. Members would love to see more active participation of the current membership, as well as new members. Please join them and invite
medical acupuncture colleagues. For more information or questions, contact President Dr. Steve Amois at Steve.Amois@myhealingpartner.com.

New Jersey & Pennsylvania
John Kohler, MD, FAAMA, is the president of the Pennsylvania Chapter. Visit www.pamedicalacupuncture.com/ for details on this chapter.

Click here for an up-to-date listing of AAMA Regional Chapter officers, their contact information, Websites 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 Jim Dowden, AAMA executive administrator, at administrator@medicalacupuncture.org. 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 bart.ortberg@dowdenmanagement.com.

Employment Opportunities

• Well-respected and established family acupuncture practice in Portland, ME interested in hiring an integrative medicine doctor. They have three TCM trained acupuncturists on staff and are ready to grow their practice over the next few years with a longer term vision of a complete integrative medicine center. Ideally, they are looking for a physician who also practices acupuncture. They would be interested in adding a primary care opportunity if the physician desired it, as well as making accommodations in their practice for other skills, such as osteopathic manipulation, etc. Their website is http://rockycoastacupuncture.com/index.php. Contact beth_herzig@yahoo.com for details.

Send your employment vacancy or position sought to bart.ortberg@dowdenmanagement.com for a free listing on AAMA’s website.