President’s Message

AAMA focusing on acupuncture research, as survey revealed high priority

By Richard F. Hobbs, III, MD, FAAFP, FAAMA
President, AAMA

Is Qi the real deal or is it simply a metaphor for some, as yet, poorly understood physical phenomenon (or phenomena)? Are acupuncture points and channels anatomically distinct entities which have definable physiologic functions or are they merely trappings of an intellectual framework? From what I can tell, and I have looked into these questions in some depth, the jury is still out. We just don’t know.

What we do know, however, is that acupuncture in its various forms helps a lot of people. Most of us, if not all, can note many instances where patients have experienced dramatic improvement in symptoms or signs of disease with acupuncture, often where conventional western medical therapies have failed. Our daily, anecdotal experience keeps us going, not so much the plethora of clinical studies with their, frequently, ambiguous findings.

So where does that leave us as a medical specialty? How can we integrate with a system that, whether justified or not, considers itself to be based upon science? It’s probably not fair to just say, “trust us, it works!” We really do need to get to that point where east meets west, where we have at least a basic understanding of acupuncture and Chinese medicine in terms of anatomy, physiology, pathophysiology and therapeutics; I would also add to this list “biophysics.” Only then will we be able to explain what it is we do in a way that our western medicine colleagues can accept and understand.

Acupuncture Research

Worldwide, methodologies for clinical research in acupuncture are being refined and will eventually, I believe, more accurately reflect the results we achieve in our offices. When we reach that point, once a study has established beneficial effect, we should be looking at comparisons between various acupuncture modalities, as well as between acupuncture and western modalities. Also, we should be exploring the reasons for why some providers seem to have more success than others.

Basic science is the area where we are most deficient. I suspect there is a key reason for this. Any way you stack it up, acupuncture is empirically derived. There are a number of different formulations which provide frameworks for diagnosing and treating but, with the possible exception of neuroanatomic approaches, none draw significantly from the same base upon which modern, western medicine is derived.

So, in a sense, in order to develop a perspective on the basic science of acupuncture, we need to disassemble a free-standing system into its constituent parts (anatomy, physiology, etc), rather than constructing a system, based on parts, as has been the case with western medicine. It is very hard in our world to find researchers who (a) have the interest and (b) have the knowledge and skills to do this kind of detective work. Even more difficult in our profit-oriented era is the funding issue.

International Symposium Speaker

Currently, China leads the world in basic science acupuncture research. Unfortunately, most of this research is not available in English translations (a good reason to learn Mandarin). Prof. Guanhong Ding, vice-president of Fudan University (one of China’s premier universities) and director of the Shanghai Research Center for Acupuncture and Meridians, has an international reputation for his work on physical properties of points and channels.

We are, indeed, fortunate that he will be joining us for our 24th Annual Symposium in Atlanta, GA. He is going to give us an update on the basic science stuff, what is known of the underlying mechanisms of
acupuncture. For this reason and for the many other wonderful speakers who are scheduled to present, please make every effort to join us at the Grand Hyatt Atlanta April 26-29, 2012. You will not regret it.

**AAMA Survey**
Some final thoughts regarding the scientific basis for acupuncture: In our most recent survey, the membership gave clear indication of their support for the AAMA promoting acupuncture research. The Board hears this message loud and clear.

Recently, our Medical Acupuncture Research Foundation made a contribution of $1,000 to the Society for Acupuncture Research in sponsorship of a meeting to discern best ways for differentiating the analysis of studies done with electrostimulation from those without. We will be looking for other ways in which we can support the research community. Perhaps you have some ideas. If so, please let me know.

Now if we can just figure out how to get a few basic science guys here in the US to take a look at some very intriguing questions...

\[\text{Richard \text{\textit{M.}}} \text{, MD}\]

**AAMA Webinar Series**
*Practical Toolkit for Setting Up Successful, Fulfilling Medical Acupuncture Practice*

This September marks the beginning of a webinar series that will be offered to AAMA members at low or no cost. The first webinar entitled, “Getting Started: Setting Up an Acupuncture Practice,” will be presented live on Wednesday, Sept. 28th starting at 8pm EST by Claudia Harsh, MD. There will be no cost.

To access the webinar, click on the link below or copy this link to your browser: http://www.gvolive.com/conference/38488073/private and enter the password: aama123. Be sure to have security programs turned off and “allow” access, if the program asks.

Members will also need the latest version of Adobe Flash Player installed on their computer and will be guided to download it, if necessary. The webinar will be taped and available for download in the Member Area of the AAMA website shortly after the session airs. This first webinar will be offered at no cost to members.

Subsequent webinars will include John Kohler, MD, FAAMA, offering “Principles and Pearls of Treating Workman’s Compensation and Accident Victims,” and Rey Ximenez, MD, FAAMA, offering a webinar on coding and reimbursement basics.

Webinar dates will be Sept. 28th, Oct. 26th, Nov. 30th (dark in December) and Jan. 25th. They will be held at 8pm on those dates (the last Wednesday of the month).

Watch for details on the webinars in the AAMA Newsletter and the Academy’s online calendar and then log on with your peers.

**Medical acupuncturists earn DABMA certification**

The following physicians 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):

James H. Barry, MD, of Springboro, OH; Dawn Belvis, MD, of Chicago, IL; Kristen Burkholder, MD, of Tonalea, AZ; Elaine Chu, MD, of La Canada Flintridge, CA; Kristine Gedroic, MD, of Morristown,
The Academy has posted a list online of physicians who are Board Certified. Diplomates (DABMA) are listed alphabetically by last name, along with their location, and dates of expiration. Click here for more on the Board Certification process.

**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:

- **William P. Braun, III, MD**, of Mt. Bethel, PA;
- **Penelope Brooks, MD**, of Milledgeville, GA;
- **Daniel M. Brudnak, MD**, of Gorman, TX;
- **Alice Brunecky, MD**, of Arvada, CO;
- **Kathleen Bynum, DO**, of Dallas, TX;
- **William N. Clearfield, DO**, of Forty Fort, PA;
- **Gaston Dana, DO**, of Franklin, IN;
- **Victor Elinoff, MD**, of Endwell, NY;
- **Bryan L. Frank, MD**, of Edmond, OK;
- **Leonid Gordin, MD**, of Cambridge, MA;
- **Richard J. House, MD**, of Goldsboro, NC;
- **Sudesh Sheela Jain, MD**, of Watchung, NJ;
- **Thomas G. Johans, MD**, of St. Louis, MO;
- **Juliana H. Kang, MD**, of Farmington, CT;
- **David S. Kim, MD**, of Tustin, CA;
- **Luke Y. Kim, MD**, of Ypsilanti, MI;
- **Jai Sung Lee, MD**, of Laurel, MD;
- **Braham Levy, MD**, of Stratford, NJ;
- **Aurora P. de la Rosa, MD**, of Hamilton, NJ;
- **Lynn M. Rusy, MD**, of Milwaukee, WI;
- **Robert A. Schulman, MD**, of New York, NY;
- **Daniel A. Smolen, DO**, of Boothwyn, PA;
- **David Teitelbaum, DO**, of Fort Worth, TX;
- **Candace B. Warner, MD**, of Baton Rouge, LA;
- **Rebecca Wilks, MD**, of Glendale, AZ;
- **Rey Ximenes, MD**, of Austin, TX;
- **Norman G. Zavela, MD** of Perrysburg, OH.

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.

**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, “Effect of electroacupuncture on nitric oxide synthase in rats with cerebral ischemia-reperfusion injury,” was published in PubMed (June 31, 2011 (6): 784-8). The objective was to study the effect of electroacupuncture on nitric oxide synthase (NOS) in rats with cerebral ischemia-reperfusion injury. After 24-h ischemia-reperfusion, the NO levels of the hippocampus and the cerebral cortex increased abnormally, and the expressions of nNOS and iNOS increased, showing significant difference when compared with those of the normal group (P<0.05). Researchers concluded that acupuncture fought against cerebral ischemia and reperfusion in the loss of neurons, while at the same time, the abnormal regulation of NOS had reverse effect partly through TrkA/PI3K mediated signal transduction pathway.

• The abstract, “Acupuncture or acupressure for pain management in labour,” was published in the Cochrane Database of Systematic Reviews (July 6, 2011). The objective was to examine the effects of acupuncture and acupressure for pain management in labor. They included 13 trials with data reporting on 1,986 women. Nine trials reported on acupuncture and four on acupressure. Less pain was found from acupuncture vs. no intervention. Researchers found that acupuncture and acupressure may reduce pain, increase satisfaction with pain management and reduce usage of pharmacological management.

• A new report shows that the National Institutes of Health (NIH) recently sent $90 million of US taxpayers' money overseas to China for public health research projects. The NIH gave more than $150,000 to a Chinese researcher between 2005 and 2009 to learn more about acupuncture. In both 2005 and 2007, the researcher was paid more than $60,000 to study the craft at Massachusetts General Hospital. In both 2008 and 2009, records show NIH continued funding the research, which was, at that point, taking place in China.

• The abstract, “Acupuncture reduces crying in infants with infantile colic: a randomised, controlled, blind clinical study,” was published in Acupuncture in Medicine: Journal of the British Medical Acupuncture Society. The object was to investigate whether acupuncture reduces the duration and intensity of crying in 90 infants with colic. There was a difference (p=0.034) favoring the acupuncture group in the time which passed from inclusion until the infant no longer met the criteria for colic. Researchers found that minimal acupuncture shortened the duration and reduced the intensity of crying in infants with colic.

• The abstract, “Acupuncture for the alleviation of hot flashes in men treated with androgen ablation,” was published in the International Journal of Radiation Oncology, Biology, Physics (April 1, 2011). It showed that acupuncture is effective at relieving hot flashes in men after prostate surgery. There was a 68.4% improvement after only two weeks. At six weeks, there was an 89.2% improvement. Researchers followed up eight months after the treatment concluded, which revealed the men maintained an 80.3% improvement in hot flashes. The men maintained improvement for many months after acupuncture.

• As Australia launched its first National Pain Week (July 24-30), RMIT University researchers began recruiting volunteers for a new study investigating acupuncture and counseling as a treatment for tension headaches. About 7 million Australians regularly suffer from tension-type headache. Research clinics in Melbourne are seeking volunteers ages 18-65 who have suffered from tension-type headaches more than one day a month in the last 12 months. They will be offered acupuncture, Cognitive Behavioural Therapy (CBT) or a combined treatment for 12-16 sessions over 12 weeks. Each session lasts 30-50 minutes. The collaborative research involves acupuncture and pain researchers, psychologists, pain specialists and neurologists from RMIT, Royal Melbourne Hospital, University of Melbourne and Griffith University.

• The abstract, “Serotonin Receptor 2A/C Is Involved in Electroacupuncture Inhibition of Pain in an Osteoarthritis Rat Model,” was published in the Evidence-Based Complementary and Alternative Medicine (Vol. 2011). The NIH-funded study applied electroacupuncture to acupuncture points in rats with osteoarthritis. Results showed that electroacupuncture “inhibits osteoarthritis-induced pain by enhancing 5-HT2A/2C (serotonin) receptor activity.” Researchers said electroacupuncture attenuates osteoarthritis pain by activating serotonin receptors that “play an important role in pain modulation at the spinal level.” They also discovered electroacupuncture activates serotonergic neurons that project into the spinal cord.
The abstract, “Active Albuterol or Placebo, Sham Acupuncture, or No Intervention in Asthma,” was published in the New England Journal of Medicine (July 14, 2011). The NCCAM-funded study randomly assigned 46 patients with asthma to active treatment with an albuterol inhaler, a placebo inhaler, sham acupuncture or no intervention. Albuterol resulted in a 20% increase in FEV₁, as compared with about 7% with each of the other three interventions (P<0.001). Although albuterol, but not the two placebo interventions, improved FEV₁ in patients with asthma, albuterol provided no incremental benefit. Placebo effects such as sham acupuncture can be clinically meaningful and rival the effects.

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

AAMA Member News

AAMA’s 24th Annual Symposium will be April 26-29, 2012. The Review Course will be on April 24-25, 2012, the Pre-Symposium Workshops on April 26, 2012 and the ABMA Certification Exam on April 29, 2012. The location will be at Grand Hyatt Atlanta in Atlanta, GA. For the AAMA discounted room rate of $159/night (sgl/dbl) pending availability, call the hotel by April 1, 2012 at 404/237-1234 and be sure to mention the AAMA Symposium.

Dr. Peter Hanfileti’s wife, Lisa, who is a licensed acupuncturist in practice with him, will present, Acupuncture Business Academy Live Seminar, from 9am to 5pm on Sept. 9 and 10, 2011 in Suite 185 at George Fox University, 12753 SW 68th Ave. in Portland, OR. Lisa Hanfileti has spent the past five years putting together and testing a marketing system developed just for acupuncturists. She will present business administration and marketing techniques to develop a sustainable, thriving practice. The course is approved by the NCCAOM for 12 Professional Development Activity (PDA) Continuing Education Units.

Check out Global Mission Partner opportunities in 2011: Join Bryan L. Frank, MD, FAAMA, past president of AAMA (1999-2001) for some travel with a purpose. Projects in 2011 include Mexico in September and India in November. Plan in advance; click here for an application. Click here for photos from 2010. GMP encourages physicians, dentists, therapists, nurses and non-medical general volunteers to help those with little or no access to health care. Dr. Frank says this may be the most fun you’ve had in medicine in years.

The International Scientific Acupuncture and Meridian Symposium will be held Oct. 7-9, 2011 at The Beckman Center in Irvine, with 29 international speakers. Sponsor University of California, Irvine has approved this activity for up to 22 AMA Category 1 credits. Call 949/824-5763 or visit http://www.sscim.uci.edu/ISAMS.htm for details.

Five Element Acupuncture for Physicians will be taught Oct. 20-23, 2011 in San Diego, CA by Drs. Charles A. Moss and Ron Puhky. Sponsored by Five Element Acupuncture Physician Training Program, this course has been approved for 30 Category 1 CME hours by Palomar Medical Center. Visit www.FiveElementTraining.com for details.

The Medical Acupuncture Review Course is available on DVD. Visit the AAMA Store to purchase this valuable learning tool.

Members participating in AAMA’s referral program will be happy to hear that there were 1,191 unique visits to the website referral page in May, 2,235 in June and 2,247 in July from patients seeking medical acupuncturists in their area. Members interested in participating in the Patient Referral Program should visit the physician listings online to verify that they are listed. Only Practice level members are eligible to participate, and the Academy staff needs explicit notice to include a member in the program.

Recent surveys show in most countries, including the UK, midwives employ alternative medicine liberally and usually without the supervision or knowledge of obstetricians. Check out questionnaire results from 18
instructors at 17 institutions training midwives in acupuncture in Sweden (where midwives are only allowed to practice acupuncture after attending such courses).

AAMA reminds members who meet special qualifications in Medical Acupuncture about the certification mark to convey their accomplishments. 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. An application has been submitted to the US Patent Office to register this Certification Mark so that it 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 administrat@medicalacupuncture.org. Upon verification of your status, a jpg file will be sent to you.

A recent report from the National Institutes of Health reports “that many well-designed studies have found that acupuncture can help with certain conditions, such as back pain, knee pain, headaches and osteoarthritis.” Research includes various scientific approaches to validating and measuring the effects of acupuncture including MRI studies, biochemical and bioelectric analysis and clinical trials. The NIH also reports, “Studies have found it to be very safe, with few side effects.”

Jay Sandweiss, DO, FAAMA, will lead, Integrative Manual Approach to Cervical Spine Pain and Dysfunction, Oct. 8-9 at Covenant HealthCare Physical Medicine & Rehabilitation in Saginaw, MI. An algorithm of treatment will be presented, which includes manual muscle testing, tender point analysis, trigger point analysis, motion testing, anatomical positional analysis and more. Call 734/995-1880 or visit doctorjaysandweiss.com.

Symposium 2011 sessions on CDs and syllabus for Pre-Symposium and Symposium can be ordered online.

The fall schedule for “Alternative Medicine Seminars” is now available on the Academy’s website. The seminars series address some of the most sophisticated techniques that could prove to be an asset to alternative medicine practices. Seminars address basic and advanced auricular therapy, auricular medicine techniques, the three-phase hand acupuncture, and workshops training in both auricular medicine and the autonomic vascular signal. Academy members are offered special discounts for seminars, books and atlases.

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 HMI Chinese Scalp Acupuncture course will be held Sept. 24 - 25, 2011 in Potomac, MD. Instructors will be Joseph Helms MD, et al of Helms Medical Institute, which has approved this activity for up to 20 CME. Call 510/649.8488 or visit http://hmieducation.com/ for details.

As part of AAMA membership, practice members are being offered access to more than 400 journal articles categorized by disease/health application which promote the efficacy of Acupuncture. Contact Karyn Scurti at mafp@hmieducation.com to obtain your unique password to access this information anytime. Then go to www.hmiacupuncture.com and click on "LINKS."

MD Clinical Acupuncture Clinical Training course will be offered Tuesday nights from Sept. 20 through Dec. 20, 2011 at Boston Medical Center, Dept. Family Medicine Clinic, Boston, MA. Sponsor Boston University School of Medicine has approved this activity for up to 55 AMA Category 1 credits, depending on level of participation. Call 508/439-2781 or visit www.mdclinicalacupuncture.com for details.
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. E-mail Dr. Grout to get on the e-mail list for meeting announcements.

California
Chapter officers are working hard to come up with innovative ideas for CME credits. They are continuing their membership drive to make the Chapter stronger. Academy members interested in joining the California Chapter are encouraged to contact President Haleh Sheikholeslami, MD, at calchapaama@hotmail.com.

Georgia
The Georgia Association of Medical Acupuncturists’ next annual CME event will be held this fall.

GAMA 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 Acupuncturists (MSMA) has had a number of dynamic speakers. They hosted Dr. Darren Starwynn, OMD, on the Acutron, as well as Drs. Frank Yursasek, PhD, LAc, of China and Paul McGee, of the Neuro Rearch Group, on the InterX Therapy (Interactive Neurostimulation).

Members were excited to hear Dr. Yursasek, who is chair, AOM, assistant professor, Tui Na, Medical Qi Gong, and acting chief clinician, Acupuncture & Oriental Medicine Clinic, National University of Health Sciences, Lombard, IL. He has published in the Oriental Medicine Journal and has been a practicing acupuncturist, herbalist, instructor and clinical supervisor for more than 25 years. His specialty is Post Traumatic Stress Disorder, and he runs the AT EASE! clinic treating that with acupuncture and other modalities at the National University of Health Sciences, Lombard, IL.

Members are looking forward to an equally active fall lineup and are planning a weekend workshop with Dr. Starwynn. He is the inventor of the Acutron (Microlight: The Science and Business of Energy Medicine). This device is used to improve mood, health and PTSD.

Joan Ordman, MD, FAAMA, is president of the MSMA. She has set up an inpatient acupuncture service at the National Naval Medical Center for wounded warriors returning from Afghanistan and Iraq.

The MSMA 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
An educational event is in the early planning stages. Dr. Yun-Tao Ma is scheduled for Oct. 29, 2011 at the Alliance Institute for Integrative Medicine in Cincinnati, Ohio. More details will follow.

Ohio Chapter members would love to see more active participation of the current membership. Please join them and invite medical acupuncture colleagues. For more information or questions, contact Liz Woolford, MD, at Liz.Woolford@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.

Washington State
“We are encouraging you to instill a little new blood and energy into our Washington State Chapter,” said J. Kimber Rotchford, MD FAAMA. “Is anyone out there willing to be an officer and take over the reins? There is a little bit of money in our bank account, and we do need to figure out how best to spend it? You can best contact me at JKRotchford@gmail.com.”

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
A medical acupuncturist is sought in Jacksonville, NC. The physician will serve as a contract employee working for The McConnell Group (TMG) to provide healthcare support services to the Navy’s Psychological Health Care Access Initiative (PHAI) to prevent and reduce the incidence of Combat Operational Stress Reactions (COSRs). The overall goal is to assist the Bureau of Medicine and Surgery (BUMED) in psychological health and resilience focusing on effective strategies and interventions that reduce the impact of combat-related post traumatic stress disorder (PTSD) and mild traumatic brain injury (mTBI). Compensation/benefits: TMG offers competitive pay and benefits packages, including health insurance, paid holidays, vacation, and PTO; EAP; 401(k) and College Savings Plan.