



AAMA Newsletter October 2008

Membership Summit Retreat provides AAMA with plan for development

By Drs. Hiroshi Nakazawa, President, AAMA, and John Reed, Membership Summit Planning Chair

We are excited and pleased to submit to members the Overview, Executive Summary and First Year Implementation Plan that resulted from the work of the recent AAMA Membership Summit in Dallas, TX in August.

The Dallas Summit meeting was the culmination of the work and input of enthusiastic AAMA members committed to the revitalization of our organization during its 20th year. This activity started with the members who attended the member and volunteer meetings at the April 2008 Symposium and included input from all the past presidents who were interviewed over the summer, the nearly 200 members who completed our on-line survey, and eight members who prepared special “field reports” on their practice concerns.

The 30 AAMA members who gave of their time and talent to attend the Summit worked hard on your behalf to create a cohesive and effective plan for the AAMA to serve both our members and the broader health care community.

As a result, the AAMA will be focusing its activities in three major Strategic Directions comprising seven implementation arenas:

Reinventing the AAMA

Reorganizing the Leadership Model
Effectively Raising and Using Money
Creating a Viable Volunteer Workforce

Supporting Members’ Financial Success

Developing New Insurance Approach
Reaching out to Consumers

Transforming Health Care Through Acupuncture

Penetrating the Structures of Health Care
Reaching out to Physicians

The 30 Summit attendees organized themselves into working groups for implementation activities starting immediately, and we have ongoing standing committees for the Symposium, Education and the American Board of Medical Acupuncture, but we need everyone’s help. The AAMA Board will be announcing the reorganization plan over the next eight weeks, with more specific ways to participate in our program directions.

[Click here](#) to review the documents outlining the Summit implementation plans, and e-mail Dr. Elizabeth Sebestyen, the membership volunteer coordinator, at elizabethsebestyen@yahoo.com about the implementation area or committee you would like to support.

[Click here](#) for the complete Membership Summit Executive Summary and Final Report posted in the Member Area of the AAMA website, along with the attendee list. Contact any of the attendees if you have questions or comments.

Thank you for your continued support of our Academy,

President's Message

Academy needs members' help with focusing on three strategies

**By Hiroshi Nakazawa, MD, FAAMA
President, AAMA**

The landmark AAMA Membership Summit in Dallas, TX is now over, and the Academy is moving forward, focusing our activities on three major strategic directions, namely:

- Re-inventing AAMA
- Supporting members' financial success
- Transforming health care through acupuncture

More than anything else, I was very impressed by our younger member volunteers who participated in the Summit. They demonstrated outstanding participation with great passion, zeal and fire. The Dallas Summit was really inspirational and enthusiastic in many awe-inspiring ways throughout the four days.

As a result, the "young bloods" have jumped in as volunteers, taking on projects and activities targeted at each of the strategic directions. The "old bloods" were re-juvenated and re-inspired to re-engage and participate in meaningful ways, as well.

I want to tell you what changes were made and what we need to do to share the load and to ensure the development of the Academy.

At a September meeting of the Board of Directors, we agreed to a two-step re-organization plan developed at the Summit. The current officers and Board will continue in place, along with the addition of recently recruited new Board members. This Board and officers will serve until spring 2009, at which time the membership will elect officers and Board members. This will give us the opportunity to continue restructuring AAMA committees and councils into a viable, workable system. We plan to focus on strategic objectives and to set up a process for assuring proper reporting structure between the Board, the councils and subordinate committees.

The Nominating Committee -- made up of Drs. Joe Helms, Allen McDaniels and Nader Soliman -- has been actively seeking interested individuals willing to step forward and take on leadership roles in the Academy. As a result of those efforts and meetings at the Summit and subsequently, the Committee proposed, and the Board of Directors agreed to, the following slate of officers and directors to serve during this interim period until April 2009:

Officers:

President Hiroshi Nakazawa, MD
President Elect Richard Niemtzw, MD
Secretary Elizabeth Sebestyen, MD
Treasurer Gene Hong, MD

Incumbent At-large Directors

Drs. Joseph Helms, Allen McDaniels, Tapan Chaudhuri and Kevin Barry

New At-large Directors

Drs. Richard Hobbs, Rey Ximenes and Jacquelin Germain

With new participants on the Board, our attention now turns to staffing committees and councils to take on the work of the Academy as we move forward with new strategic efforts. I will report on the new structure and leadership of the committees and councils in my next column. In the meantime, there has never been a better opportunity for members to become involved to pursue your passion within the Academy. Please contact me or Elizabeth Sebestyen if you would like to be more involved with AAMA.

Elizabeth Sebestyen, MD, is spearheading efforts to recruit new members and to renew former members. She can use some help and can be reached at the Elizabethsebestyen@yahoo.com.

Upcoming Meetings

Our 2009 AAMA Symposium will be held in Fort Worth, Texas from April 3rd to 5th. The Pre-symposium is on April 2nd. Dr. Tom Burgoon and his committee members are working hard. See Member News in this issue for hotel details, and watch for further announcements.

As you know, the Pan Pacific Acupuncture Conference in Toronto from October 20th to 24th is coming up. The program details are posted on the Academy's website. Please join with our neighbor to the North if you can.

Last, but not least, Drs. John Reed and Robert Schulman have successfully completed their term as Board members. Both physicians devoted their time unselfishly to our organization. I, on behalf of the full membership extend our sincere appreciation. As it turns out, both will be continuing their service as they take on specific committee roles set forth in the new plan. We are pleased that they continue to show their dedication to the Academy.

Thank you for all your efforts to spread the word about medical acupuncture and the Academy.

Academy seeks liaisons to represent their specialty organization

AAMA members who are interested in serving as the liaison between the AAMA and their respective specialty academy/college/organization are encouraged to contact Montiel T. Rosenthal, MD at rosentmt@fammed.uc.edu.

Liaison physicians ideally should be members of their specialty society, who would be willing to help forward acupuncture as an integral part of the practice of medicine. They would serve in that capacity for a period of 1.5 years starting in November.

A need remains to identify liaisons interfacing with societies in the following specialties: Cardiology, Dermatology, Emergency Medicine, Endocrinology, Gastroenterology, Nephrology, Pulmonology, Orthopedics, Plastic Surgery, Rheumatology, Allergy/ Immunology, Urology, Psychiatry, Reproductive Endocrinology, Infertility, and Ophthalmology.

Credit granted for Pan Pacific Medical Acupuncture Forum in Canada

**By Elizabeth Sebestyn, MD, FAAMA
Member, AAMA Board of Directors**

Come join fellow AAMA members at the Pan-Pacific Medical Acupuncture Forum: Four Countries Get to the Point, to be held in Toronto Oct 20-24, 2008, hosted by Acupuncture Foundation of Canada Institute (AFCI). It's a great opportunity to listen to renowned international speakers and learn new acupuncture techniques at [Novotel Toronto North York](#), 3 Park Home Ave in North York, Ontario.

And the organizers just announced the great news: “This program meets the accreditation criteria of the College of Family Physicians of Canada and has been accredited for up to 30.5 Mainpro-M1 credits. Members of the American Academy of Family Physicians are eligible to receive up to 30.5 Prescribed credit hours for attendance at this meeting due to reciprocal agreement with The College of Family Physicians of Canada.”

In addition to expanding your knowledge with international colleagues, you’ll make new friends, visit beautiful places, and can even refresh your energy during a Qi Gong retreat with Dr. Steven Aung. These meetings were started 16 years ago by acupuncture enthusiasts from Canada, US, Australia and New Zealand and are hosted every four years by these countries on a rotating basis. Each country contributes equally to the program, amounting to approximately six hours of lectures and/or workshops. This is not an organization, so each speaker pays for his/her own expenses. Even if you do not want to serve as one of our AAMA speakers, take a break in October and enjoy some Canadian hospitality.

Many of our own Academy members participated in one or more of the previous four meetings and would not miss any future one either.

Some Offerings

A Qi Gong Retreat will be offered Oct. 17-18. Steven KH Aung, CM, MD, FAAFP, will offer "Gong with Aung: Aung Medical Qi Gong Early Morning Spiritual Exercise" daily. An Opening Reception will be held the evening of Oct. 19. The Conference will be Oct. 20-21, 23-24, with an optional excursion to Niagara Falls on Oct. 22 and a Gala Dinner on Oct. 23. Then a special post-PPMAF Workshop will be held on Oct. 25.

As always, each country will be responsible for organizing a six-hour day of plenary lectures by their speakers. This year, they are considering mixing up the presentations, rather than having each country on a separate day.

There are many wonderful local attractions, theatre, multi-cultural venues and restaurants in Toronto, and AFCI will make it easy for attendees to get to them. Those interested in attending are asked to contact Dr. Sebestyen at elizabethsebestyen@yahoo.com so the US contingent can get together.

[Click here](#) for details about the finalized program, registration, Pre-Conference Aung Medical Qi Gong Retreat and Post Conference Special Seminar with Drs. Joseph Wong and Sona Tahan, or [click here](#) for the flyer.

AAMA members share, learn at ninth annual Japan Seminar

**By Hiroshi Nakazawa, MD, FAAMA
President, AAMA**

The ninth annual AAMA Japan Seminar was held for three days in September at Mamiya Clinic in Hamamatsu, Japan, where Academy member Yasuyoshi Mamiya, MD, heads a large clinic.

This year, many physicians and non-physicians participated in the seminar. Interestingly, non-physicians have shown much interest in American-style acupuncture. They initiated the second seminar with me in Tokyo to learn more about the American methodology. Most of the Japanese physicians at the seminar were familiar with the Helms techniques. I was so proud that they showed and maintained their ardent, keen interest.

Next year will be our 10th anniversary of this seminar. We plan to work with the non-physician group, focusing on common subjects such as acupuncture treatment for terminal cancer patients in home care settings. Hidenori Takahashi, MD, also an Academy member, won second prize in the paper presentation at the last Symposium on this important topic. I had the great opportunity to meet and discuss home care

treatment of patients with acupuncture with the president of the Japan Medical Association, Yoshihito Karasawa, MD. He was very interested in this subject, and I will have follow-up discussions with him.

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):

Richard F. Hobbs, III, MD, of Waterville, ME; Jo Anne Johnson Turner, MD, of Riverside, CA; Luis E. Landestoy Zapata, MD, of Carolina, Puerto Rico; Thom E. Lobe, MD, of Des Moines, IA; James Mosher, MD, of Lakewood, CO; Julie R. Ralls, MD, of Newport Beach, CA, Patricia Rush, MD, of Oak Park, IL; Graciela I. Sarmiento, MD, of Oceano, CA, and Earl Wilkinson, MD, of Columbia, MD.

The Academy has posted a [list online](#) of members who are Board Certified. Diplomates (DABMA) are listed alphabetically by last name, along with their location, and dates of expiration.

The next Board Certification Exam has been scheduled for Dec. 6, 2008 at the [Hyatt Regency DFW](#) in Dallas, TX. [Click here](#) for more on this process.

Acupuncture found to be ‘valuable tool’ for soldiers deployed to Iraq

Findings of, “Acupuncture: A Useful Tool for Health Care in an Operational Medicine Environment” involving an AAMA member, were released in August. The abstract details how 500 sailors in Naval Mobile Construction Battalion Eighteen and other military personnel deployed to Iraq during Operation Iraqi Freedom from September 2006 through March 2007 were successfully treated with acupuncture.

They were offered acupuncture in lieu of or in conjunction with allopathic medical care and informed about the process. The medical officer, who was board-certified in emergency medicine, was also board-certified in medical acupuncture by AAMA and had practiced acupuncture for nearly a decade. The Force Medical Officer at the division level supported the use of acupuncture for patient care.

Conclusions

Acupuncture is a valuable tool that can be safely used to augment the health care of troops in operational field environments. Acupuncture helps save commanders man-days by reducing lost work time and shortening the interval from injury or illness to return to duty. It is inexpensive, carries little overhead, can be used nearly anywhere, and saves money. Providing acupuncture services in garrison and during deployment is beneficial for both troops and commands.

[Click here](#) for details.

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 for the Treatment of Vasomotor Symptoms in Breast Cancer Patients Receiving Hormone Suppression Treatment," was published in the International Journal of Radiation Oncology - Biology - Physics 2008; 72(1 Suppl): S103. This randomized clinical trial tested the hypothesis that acupuncture reduces vasomotor symptoms in breast cancer patients receiving hormonal therapy and produces fewer side effects than venlafaxine. Results suggest that adding acupuncture to breast cancer treatment regimens may establish an integrative approach that is more effective in managing symptoms due

to treatment with fewer side effects than conventional pharmacotherapy treatment. This study received national attention when presented at the American Society for Therapeutic Radiology and Oncology's 50th Annual Meeting in Boston in September. [Click here](#) for details.

- After three years, a study by the University of Virginia Health System suggests that infertility problems caused by polycystic ovary syndrome may be helped by acupuncture. Researchers report preliminary results in a trial showing acupuncture may help women with PCOS, a disease that causes hormone imbalances that interfere with ovulation and can cause infertility in four million women in the US. Funded by the National Institutes of Health, this study is the only one of its kind in America, researchers say; a similar study is being done in Sweden. [Click here](#) for details.
- The report, "Dementia Annual Evidence Update 2008: Non-Pharmacological Treatments," states that a Chinese meta-analysis found that acupuncture therapy is effective on dementia, but a Cochrane review of its use in vascular dementia found no relevant RCTs and no evidence supporting use of acupuncture. Therefore, randomised double-blind placebo controlled trials are recommended to assess the benefits of acupuncture treatments for dementia. [Click here](#) for details.
- The abstract, "Effect of Acupuncture Given at the HT 7, ST 36, ST 40 and KI 3 Acupoints on Various parts of the Brains of Alzheimer's Disease Patients," was published by researchers in the Department of Neurology at Xuan Wu Hospital of Capital Medical University in Beijing, China in August. In a study involving 26 patients with clinically-diagnosed Alzheimer's Disease (AD), acupuncture treatment was found to stimulate areas of the brain associated with cognitive function, which are known to be impaired in patients with AD. [Click here](#) for details.
- An article in the American Cancer Society journal, Cancer, suggests that acupuncture and other complementary and alternative medicine can help slow down symptoms of cancer. Dr Ted Gansler wrote in the Sept. 1 journal that studies have shown hypnosis and acupuncture can relieve some symptoms of the disease, yet very few people actually make use of such therapies. Researchers at the University of Liverpool found that while less than 2% of 4,139 cancer sufferers turn to acupuncture and hypnosis, 61.4% chose spiritual practice. [Click here](#) for details.
- Utilizing acupuncture as part of natural healing to get away from pharmaceuticals is outlined in the book, "Unstuck: Your Guide to the Seven-Stage Journey Out of Depression" (Penguin Press), written by former Academy member, James S. Gordon, MD. The former chair of the National Institutes of Health Advisory Council for Complementary and Alternative Medicine devoted a section of the book to the use of traditional medicine. In the Resource section, the Georgetown Medical School professor writes about utilizing AAMA for referrals and information for readers to find professionals who can help make traditional Chinese medicine part of their healing regimen. [Click here](#) for details.
- Women undergoing fertility treatment are far more likely to successfully give birth if they also have acupuncture, a major scientific study has concluded. The research found that women suffering with fertility problems who underwent the ancient Chinese treatment increased their chance of having a baby from one in five to one in three. "Acupuncture and Assisted Conception" is aimed at helping 33,000 women a year who undertake IVF treatment. Researchers in England concluded that "acupuncture around the time of embryo transfer achieves a higher live birth rate of 35% compared with 22% without active acupuncture." This study is due to be published in the [Cochrane Database of Systematic Reviews](#). [Click here](#) for details.

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

AAMA Member News

The next American Board of Medical Acupuncture (ABMA) Certification Exam has been scheduled for Dec. 6, 2008 at the [Hyatt Regency DFW](#) in Dallas, TX. Only those who have applied for Board Certification are eligible to take the exam. [Click here](#) for more on this process and the application.

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

AAMA headquarters recently moved to 1970 E. Grand Ave., Ste. 330, El Segundo, CA 90245 (310/364-0193 fax 310/364-0196). Members are requested to change their rolodex, check their accounting software to update billing and check writing data, etc.

Tapan K. Chaudhuri, MD, FACP, FAAMA, was invited to give a presentation at the Annual Conference of National Trigeminal Neuralgia Association in Detroit, MI in September. The medical aspect of the meeting was organized by the Neurosurgery Department of Wayne State University. His topic was "The Beneficial Effect of Acupuncture in Trigeminal Neuralgia."

The Academy's 2009 Symposium will be April 3-5, 2009 at the [Renaissance Worthington](#) in Fort Worth, Texas. The Syllabus for the 2008 Symposium and Pre-Symposiums are available for purchase. Contact AAMA headquarters at 310/364-0193. Also, watch for details coming soon on audio tapes of Symposium 2008 for purchase.

Jay Sandweiss, DO, FAAMA, will lead, [Integrative Manual Approach to Low Back/Pelvic Pain and Dysfunction](#), Oct. 18-19 in Saginaw, MI, and [Integrative Manual Approach to Upper Extremity Pain and Dysfunction](#), Nov. 1-2 in Ann Arbor, MI. He has taught nationally and internationally for AAMA and for the American Back Society.

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

Members participating in AAMA's referral program will be happy to hear that there were 477 unique visits to the [website referral page](#) in **July**; 487 unique visits to the website referral page in **August**, and 407 unique visits to the website referral page in **September** 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. The Academy staff needs explicit notice to include members in the program.

Nader Soliman, MD, president of alternative medicine seminars has announced the full seminar schedule for 2009. The seminars cover wide range of topics including auricular therapy, auricular medicine, and 3 phase hand acupuncture presented by Dr. Soliman. In addition, seminars addressing battlefield acupuncture and xerostomia treatment will be presented by Richard Niemtow, MD. 2009 seminars dates are available on the calendar events of the academy.

ICMART 2009, International Congress in Medical Acupuncture, will be held May 29-31, 2009 at the Grand Hotel Palace in Thessaloniki, Greece. The event will be sponsored by the International Council of Medical Acupuncture and Related Techniques and the Medical Acupuncture Society of Northern Greece. [Click here](#) for details.

The Academy has a limited number of the book, "Getting to Know You," by Joseph M. Helms, MD, in stock. While they last, Practice members can purchase them at the discounted price of \$17, plus \$3.50 postage and handling. Contact AAMA headquarters at 310/364-0193.

The **Congreso Internacional de Acupuntura (CIA)** will be held Nov. 21-23, 2008 at the Embassy Suites Dorado del Mar in Dorado, Puerto Rico. Some topics include Acupuncture and Functional Disorders, Finessing the Treatment of Pain, Non-Invasive Quick Diagnosis & Safe, Effective Treatment of Intractable Medical Problems and more. Drs. Steven KH Aung, Francois Beyens and many more are scheduled. [Click here](#) for details (click on English version).

Editor in Chief **Dr. Richard Niemtow** 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 and copy rosalynr@aol.com.

Building Bridges of Integration for Traditional Chinese Medicine – Transformation: Nurturing the Healers, Healing the Patients 2008, will be offered Oct. 30-Nov. 1 at the Westfields Marriott in Chantilly, VA. Expand your consciousness and nurture yourself at this unique healing experience in a learning environment for healthcare professionals. Daily Qigong, Taiji, meditation, workshops and in-depth study with America's most well-respected experts in authentic traditional Chinese medicine and the role of Spirit in healing. Buffalo School of Medicine and Biomedical Sciences, NY is offering 22.75 CME hours. A special 20 % discount off regular conference registration is offered to AAMA members. When registering at www.tcmconference.org, click on the Affiliate Partner code to receive the discounted rate.

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

AAMA Chapter News

Arizona

Arizona Chapter meetings are held at 9 am on the second Saturday of each month at Dr. Martha Grout's office at 9328 E. Raintree Drive, Scottsdale, AZ 85260. For more details, call 480/240-2600 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.

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

Members of the Georgia Chapter of Medical Acupuncture are looking forward to hosting a seminar with Dr. Richard Tan again in the future. For information regarding membership and seminars, feel free to email GAMA President Anna C. Kelly at georgiaacupuncturists@yahoo.com.

Maryland

The Maryland Society of Medical Acupuncture 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 Chapter President Stephen Burns, MD, at stephen.burns@andrews.af.mil to join MSMA.

New York

The New York Chapter is seeking new members who are interested in leadership positions and willing to organize activities. This is a great opportunity to get involved locally with the Academy. They need members' active involvement to continue to expand activities. For more information, contact Chapter President Bruce R. Gilbert, MD, PhD (bruce.gilbert@verizon.net, 516/487-2700).

Ohio

The Ohio Chapter met for Journal Club in August, led by Dr. Sanjiv Lakhia. Two articles from the most recent Medical Acupuncture journal were discussed and used as launching points for sharing of clinical experiences within the group. Members are planning for the next Journal Club in November (date to be decided as leadership for the meeting emerges). Preliminary plans are in place for a large CME event with a paid speaker in early March 2009.

Members are inviting more physician acupuncturists from the area to join them. They can learn a lot from each other. For more information or questions, contact Chapter President Liz Woolford, MD, at Liz.Woolford@myhealingpartner.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 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.

Employment Opportunities

· Medical Acupuncturist Position for Primary Care (Family Medicine, Internal Medicine, Pediatrics, or Ob/Gyn)

Unique opportunity to join a multi-specialty group while also continuing a thriving acupuncture practice with the Indian Health Service in Chinle, Arizona (the heart of the Navajo Reservation.). Live and practice in a rural community at the entrance to Canyon de Chelly National Monument with outdoor activities. Work within a collegial and cross cultural environment. Loan repayment possibilities. US citizenship required with any valid state medical license. For details, visit http://www.ihs.gov/misc/links_gateway/sub_categories.cfm?sub_cat_id=060502. Contact Heidi Arnholm, medical recruiter (970/882-1550, heidi.arnholm@ihs.gov).