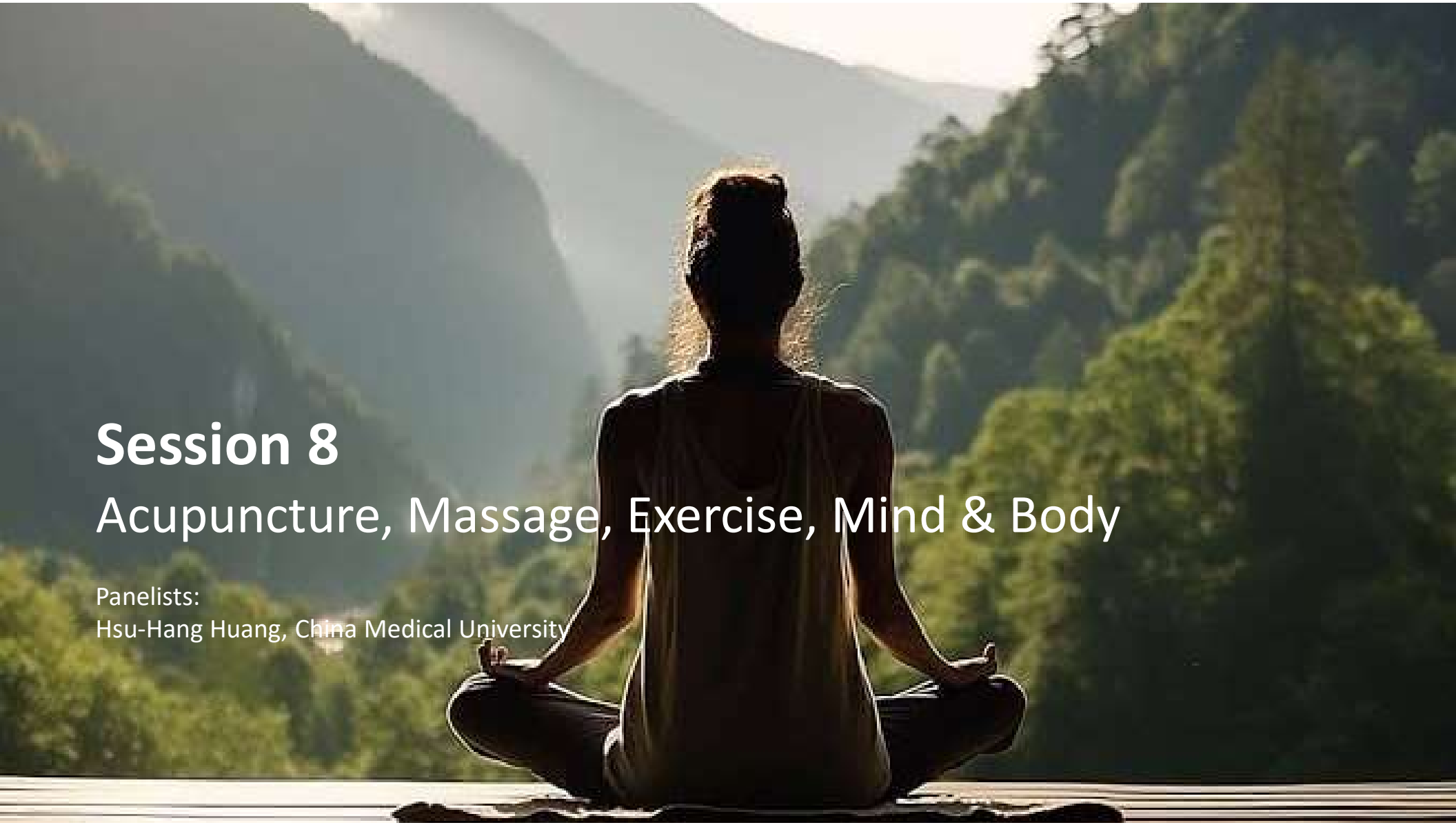

Session 8

Acupuncture, Massage, Exercise, Mind & Body

Panelists:
Hsu-Hang Huang, China Medical University

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Chief of Service (COS), Department of Chinese Medicine, Gleneagles Hospital Hong Kong
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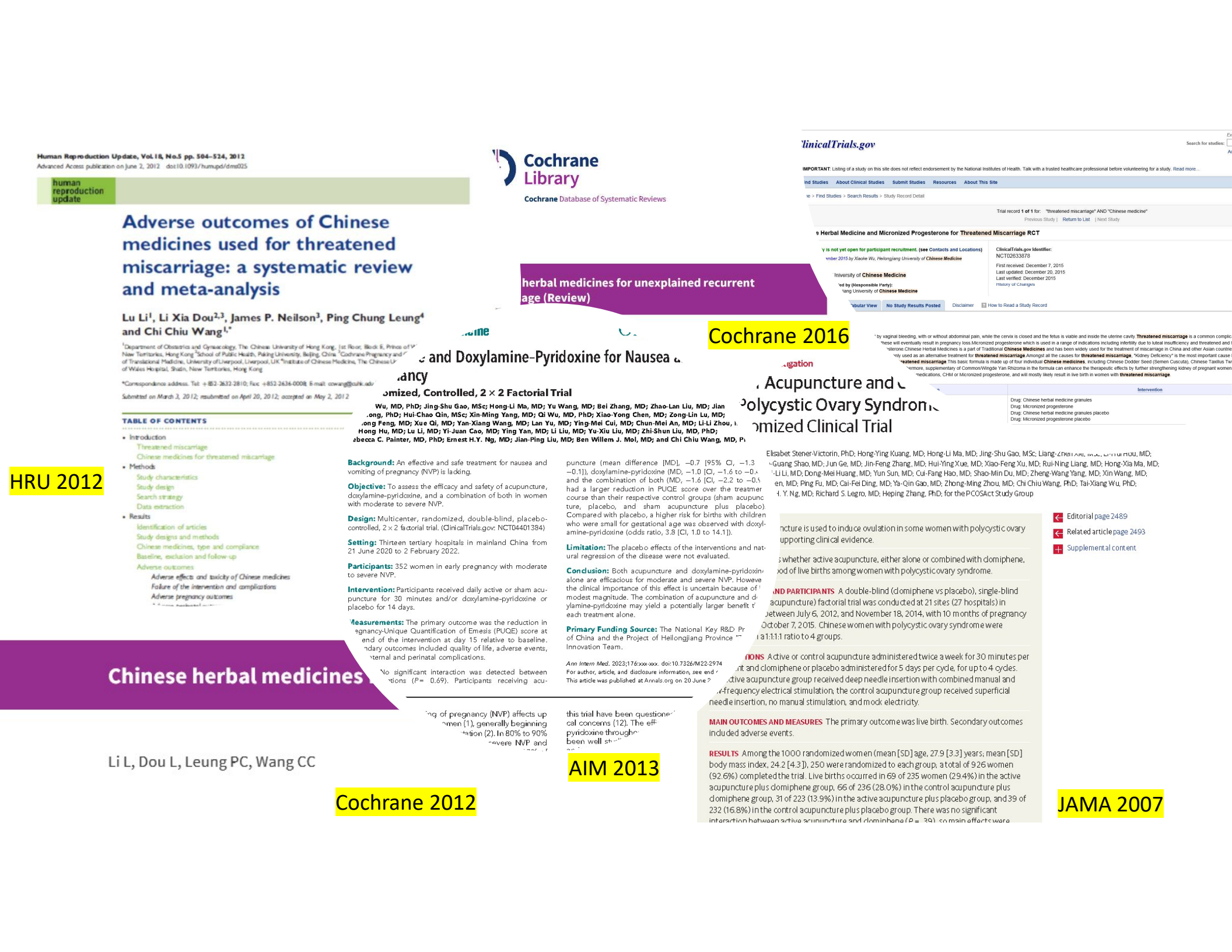
Assistant Professor, Chinese Medicine - Teaching and Research Division
Associate Director, Vincent V.C. Woo Chinese Medicine Clinical Research Institute
Programme Director of the Master of Chinese Medicine
School of Chinese Medicine, Hong Kong Baptist University

Reproductive Health

by Evidence-Based Medicine, RCT & Basic Research


Human Reproduction Update, Vol.18, No.5 pp. 504–524, 2012
Advanced Access publication on June 2, 2012 doi:10.1093/humupd/dms025
human reproduction update
Adverse outcomes of Chinese medicines used for threatened miscarriage: a systematic review and meta-analysis
Lu Li[1], Li Xia Dou[2,3], James P. Neilson[3], Ping Chung Leung[4] and Chi Chiu Wang[1,*]
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Adverse outcomes
Adverse effects and toxicity of Chinese medicines
Failure of the intervention and complications
Adverse pregnancy outcomes
HRU 2012
Cochrane Library
Cochrane Database of Systematic Reviews
herbal medicines for unexplained recurrent
age (Review)
Cochrane 2016
ClinicalTrials.gov
Herbal Medicine and Micronized Progesterone for Threatened Miscarriage RCT
ClinicalTrials.gov Identifier:
NCT02633878
and Doxylamine-Pyridoxine for Nausea
ancy
omized, Controlled, 2 × 2 Factorial Trial
Background: An effective and safe treatment for nausea and vomiting of pregnancy (NVP) is lacking.
Objective: To assess the efficacy and safety of acupuncture, doxylamine-pyridoxine, and a combination of both in women with moderate to severe NVP.
Design: Multicenter, randomized, double-blind, placebo-controlled, 2 × 2 factorial trial. (ClinicalTrials.gov: NCT04401384)
Setting: Thirteen tertiary hospitals in mainland China from 21 June 2020 to 2 February 2022.
Participants: 352 women in early pregnancy with moderate to severe NVP.
Intervention: Participants received daily active or sham acupuncture for 30 minutes and/or doxylamine-pyridoxine or placebo for 14 days.
Measurements: The primary outcome was the reduction in pregnancy-Unique Quantification of Emesis (PUQE) score at end of the intervention at day 15 relative to baseline.
Limitation: The placebo effects of the interventions and natural regression of the disease were not evaluated.
Conclusion: Both acupuncture and doxylamine-pyridoxine alone are efficacious for moderate and severe NVP. However the clinical importance of this effect is uncertain because of modest magnitude. The combination of acupuncture and doxylamine-pyridoxine may yield a potentially larger benefit than each treatment alone.
Primary Funding Source: The National Key R&D Program of China and the Project of Heilongjiang Province Innovation Team.
Ann Intern Med. 2023;176:xxx-xxx. doi:10.7326/M22-2974
Chinese herbal medicines
Li L, Dou L, Leung PC, Wang CC
Cochrane 2012
AIM 2013
Acupuncture and
Polycystic Ovary Syndrom
omized Clinical Trial
Elisabet Stener-Victorin, PhD; Hong-Ying Kuang, MD; Hong-Li Ma, MD; Jing-Shu Gao, MSc; Liang-Zhen
Guang Shao, MD; Jun Ge, MD; Jin-Feng Zhang, MD; Hui-Ying Xue, MD; Xiao-Feng Xu, MD; Rui-Ning Liang, MD; Hong-Xia Ma, MD;
Li Li, MD; Dong-Mei Huang, MD; Yun Sun, MD; Cui-Fang Hao, MD; Shao-Min Du, MD; Zheng-Wang Yang, MD; Xin Wang, MD;
en, MD; Ping Fu, MD; Cai-Fei Ding, MD; Ya-Qin Gao, MD; Zhong-Ming Zhou, MD; Chi Chiu Wang, PhD; Tai-Xiang Wu, PhD;
H. Y. Ng, MD; Richard S. Legro, MD; Heping Zhang, PhD; for the PCOSAct Study Group
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Supplemental content
JAMA 2007

Renal Health

by Real-world, RCT & Health Policy Studies

CJASN 2023

Add-on Rehmannia-6–Based Chinese Medicine in Type 2 Diabetes and CKD

A Multicenter Randomized Controlled Trial

Kam Wa Chan,[1] Alfred Siu Kei Kwong,[2] Kathryn Choon Beng Tan,[3] Sing Leung Lui,[4] Gary C.W. Chan,[5] Tai Pang Ip,[4] Wai Han Yiu,[1] Benjamin John Cowling,[6] Vivian Taam Wong,[7] Lixing Lao,[7,8] Yibin Feng,[7] Kar Neng Lai,[1] and Sydney C.W. Tang[1]

Abstract

Background Diabetes is the leading cause of CKD and kidney failure. We assessed the real-world effect Rehmannia-6–based Chinese medicine treatment, the most used Chinese medicine formulation, on eGFR and albuminuria in patients with diabetes and CKD with severely increased albuminur

Methods In this randomized, assessor-blind, standard care–controlled, parallel, multicente patients from outpatient clinics with type 2 diabetes, an eGFR of 30–90 ml/min per 1.7 albumin-to-creatinine ratio (UACR) of 300–5000 mg/g were randomized 1:1 to a 48-we Chinese medicine treatment program (using Rehmannia-6–based formulations in the g or standard care alone. Primary outcomes were the slope of change in eGFR and UA end point (48 weeks after randomization) in the intention-to-treat population. Secc safety and the change in biochemistry, biomarkers, and concomitant drug use.

Results The mean age, eGFR, and UACR were 65 years, 56.7 ml/min per 1.73 m² Ninety-five percent (n=141) of end point primary outcome measures were retriev slope of change was −2.0 (95% confidence interval [CI], −0.1 to −3.9) and −4.7 (per 1.73 m² in participants treated with add-on Chinese medicine or standa 2.7 ml/min per 1.73 m² per year (95% CI, 0.1 to 5.3; P = 0.04) less decline with Ch estimated proportion in the slope of change was 0.88 (95% CI, 0.75 to 1.02) an participants treated with add-on Chinese medicine or standard care alone, resp portional difference (0.89, 11% slower increment in add-on Chinese medicine, 95% ...each statistical significance. Eighty-five adverse events were recorded from 5(...versus control: 22 [31%] versus 28 [36%]).

...based Chinese medicine treatment st...

Epidemiological, Clinical, Pr... Therapeutic Evidence and Gu... Integrative Chinese–Western Me... the Management of 2019 Nove... Coronavirus Disease

AJCM 2020

Kam Wa Chan,* Vivian Taam Wong† and Sydney Chi Wai Tang*

**Department of Medicine*

Original Arti... & practice

BWHO 2025

...y frameworks and evidence requirements for traditio... ...tary and integrative medicines

...Cheng,[b] Zhao-Xiang Bian,[c] Ai-Ping Lyu,[b] Yue Yang[a] & Kam Wa Chan[b]

...mplementary and integrative medicine plays an important role in global health-care systems. Despite its wi... more than 170 Member States of the World Health Organization, many disparities in regulation exist be... a comparative analysis of the regulatory frameworks governing traditional medicine products in six high- or m... sdictions where traditional medicine is used extensively: Australia, Canada, China, Republic of Korea, United St... ...pean Union. We focused on marketing authorization pathways, approval standards and successful approvals. ...ulatory approaches, with countries adopting either clinical study-based or traditional knowledge-based pathway... ...quirements for non-clinical and clinical evidence. While the European Union and the United States acknowledge... ...ical investigations are required. Australia and Canada consider historical human-use ...ire professional supervision. Recent regulatory reforms in countries such ... Across all jurisdictions, fluctuations in the number of successf... ...nts. To promote the worldwide use of traditional m... ...needed to ensure the efficacy, quality ... ...d consistently implemented) r... ...d data, and facilitating r...

Kidney Int 2023

...hoc analysis of the SONAR trial indicates ...t the endothelin receptor antagonist ...rasentan is associated with less pain in patients with type 2 diabetes and chronic kidney disease

see comment.

Kam Wa Chan[1,2,3], J. David Smeijer[1], Meir Schechter[1,4,5], Niels Jongs[1], Priya Vart[1], Donald E. K... Ron T. Gansevoort[1], Adrian Liew[7], Sydney C.W. Tang[2], Christoph Wanner[8,9], Dick de Zeeuw[1] a... Hiddo J.L. Heerspink[1,10]

[1]Department of Clinical Pharmacy and Pharmacology, University Medical Center Groningen, University of Groningen, Groning... Netherlands; [2]Division of Nephrology, Department of Medicine, The University of Hong Kong, Hong Kong SAR; [3]School of Chi... Medicine, Hong Kong Baptist University, Hong Kong SAR; [4]Diabetes Unit, Department of Endocrinology and Metabolism, Had... Medical Center, Jerusalem, Israel; [5]Faculty of Medicine, Hebrew University of Jerusalem, Jerusalem, Israel; [6]Division of Nephrol... University of Utah Health, Salt Lake City, Utah, USA; [7]Mount Elizabeth Novena Hospital, Singapore; [8]Department of Medicine, D... Nephrology, Würzburg University Clinic, Würzburg, Germany; [9]Department of Clinical Research and Epidemiology, Renal Resec... Comprehensive Heart Failure Center, Würzburg University, Würzburg, Germany; and [10]The George Institute for Global Health, New South Wales, Australia

Pain is prevalent among patients with diabetes and chronic kidney disease (CKD). The management of chronic pain in these patients is limited by nephrotoxicity of commonly used drugs including non-steroidal anti-inflammatory drugs (NSAIDs) and opioids. Since previous studies ...plicated endothelin-1 in pain nociception, our *post hoc* ...lysis of the SONAR trial assessed the association ...en the endothelin receptor antagonist atrasentan ... and prescription of analgesics. SONAR was a ...d, double-blind, placebo-controlled clinical trial ...participants with type 2 diabetes and CKD ...ular filtration rate 25–75 ml/min/1.73 m²; ...tinine ratio 300–5000 mg/g). ...d to receive atrasentan or ...utcome was pain-

These findings were similar after accounting for c... risk of death (sub-hazard ratio 0.81 [0.71–0.92]) treated with atrasentan initiated fewer analges... NSAIDs and opioids compared to placebo dur... (hazard ratio = 0.72 [0.60–0.88]). Thus, atra... associated with reduced pain-related ever... related use of analgesics in carefully sele... type 2 diabetes and CKD.

Kidney International (2023) **104,** 1219–1226
j.kint.2023.08.014

KEYWORDS: analgesics; atrasentan; ... nonsteroidal anti-inflammatory ...

Phytomed 2023

Phytomedicine 109 (2023) 154586

Contents lists available at ScienceDirect

Phytomedicine

journal homepage: www.elsevier.com/locate/phymed

Original Article

Add-on Chinese medicine for hospitalized chronic obstructive pulmonary ...isease (CHOP): A cohort study of hospital registry

Xu [a,b,e,1], Kunyu Zhong [c,1], Haibin Yu [a,e,1], Zixin Shu [c], Kai Chang [c], Qiguang Zheng [c], Tian [c], Ling Zhou [a,e], Wei Wang [a,e], Yunyan Qu [a,e], Baoyan Liu [g], Xuezhong Zhou [a,e], ... Chan [d,**], Jiansheng Li [a,e,***]

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ABSTRACT

Background: Chronic obstructive pulmonary disease (COPD) is the third leading cause of death globally. The ...ect of Chinese medicine (CM) on mortality during acute exacerbation of COPD is unclear. We evaluated the ...d effectiveness of add-on personalized CM in hospitalized COPD patients with acute exacerbation. ...s a retrospective cohort study with new-user design. All electronic medical records of hospitalized ...n = 4781) between July 2011 and November 2019 were extracted. Personalize... ...the CM that were prescribed, and not in a fixed form and dose a... ...the same source and matched by prope...

journal homep...

Phytomed 2024

Article

...astragalus in type 2 diabetes and chronic kidney disease: A ...enter, assessor-blind, randomized controlled trial

...Chan [a], Alfred Siu Kei Kwong [b], Pun Nang Tsui [c], Gary Chi Wang Chan [d], ...Choi [e], Wai Han Yiu [a], Simon Chi Yuen Cheung [f], Michelle Man Ying Wong [c], Zhang- ..., Kathryn Choon Beng Tan [g], Lixing Lao [e,h], Kar Neng Lai [a], Sydney Chi Wai Tang [a,*], ... of the READY and SCHEMATIC research group

...phrology, Department of Medicine, School of Clinical Medicine, The University of Hong Kong, Hong Kong Special Administrative Region, China ...f Family Medicine and Primary Healthcare, Hospital Authority Hong Kong West Cluster, Hong Kong Special Administrative Region, China ...f Family Medicine and Primary Healthcare, Hospital Authority Hong Kong East Cluster, Hong Kong Special Administrative Region, China ...Nephrology, Department of Medicine, Queen Mary Hospital, Hong Kong Special Administrative Region, China ...hinese Medicine, The University of Hong Kong, Hong Kong Special Administrative Region, China ...f Nephrology, Department of Medicine, Queen Elizabeth Hospital, Hong Kong Special Administrative Region, China ...of Endocrinology, Department of Medicine, School of Clinical Medicine, The University of Hong Kong, Hong Kong Special Administrative Region, China ...a University of Integrative Medicine, VA, USA

ARTICLE INFO

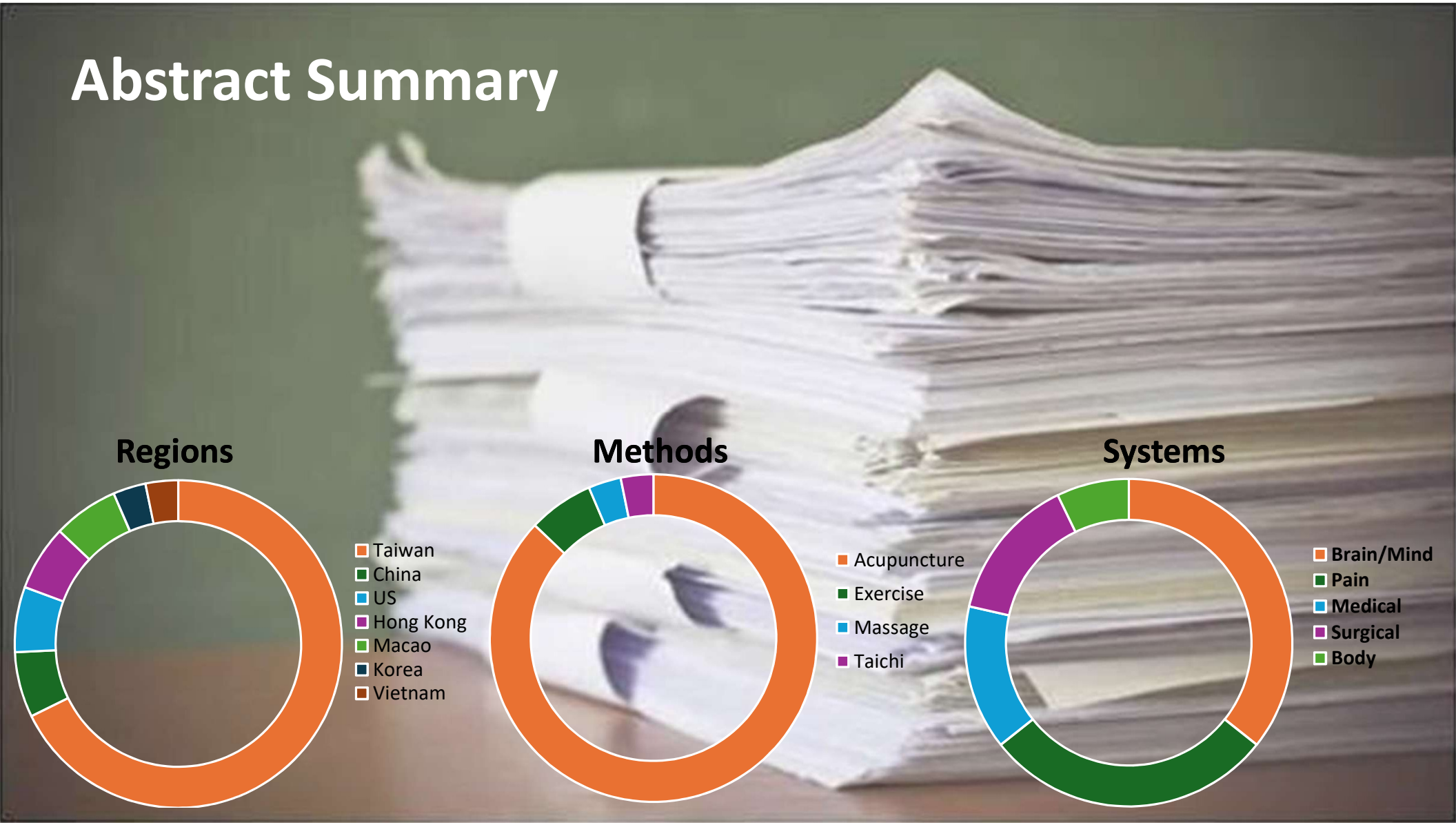
Keywords:
Diabetes
Chronic kidney disease
Integrative medicine
Clinical trial
Pragmatic
Astragalus
Chinese medicine

ABSTRACT

Background: Diabetes leads to chronic kidney disease (CKD) and kidney failure, requiring dia... plantation. Astragalus, a common herbal medicine and US pharmacopeia-registered food ingred... kidney protective by retrospective and preclinical data but with limited long-term prospective cli... This trial aimed to assess the effectiveness of astragalus on kidney function decline in macroalbum... CKD patients.

Methods: This randomized, assessor-blind, standard care-controlled, multi-center clinical trial ranc... 118 patients with estimated glomerular filtration rate (eGFR) of 30–90 ml/min/1.73m² and urina... creatinine ratio (UACR) of 300–5000 mg/g from 7 public outpatient clinics and the community ... between July 2018 and April 2022 to add-on oral astragalus granules (15 gs of raw herbs daily eq... continue standard care alone as control for 48 weeks. Primary outcomes were the slope of change ... for sample size calculation) and UACR of the intention-to-treat population. Secondary outc... endpoint blood pressures, biochemistry, biomarkers, concomitant drug change and adverse ... icalTrials.gov: NCT03535935)

Abstract Summary



Acupuncture for Neurological Disorders

Abstracts	Conditions	Methods	Outcomes
8-16 Hsu *et al* (Taiwan)	Suboptimal responded Acute Disseminated Encephalomyelitis	Case report Manual acupuncture daily for 14 sessions	Consciousness, muscle power recovered
8-17 Hsu *et al* (Taiwan)	HHV-6 Acute Necrotizing Encephalopathy	Case report Integrating TCM & laser acupuncture therapy for over 100 sessions	Intubation shortened, walk, speech & overall improved
8-26 Ke *et al* (Taiwan)	Cognitive impairment	Proof of Concept study 15 mins acupuncture	EEG *Theta* band declined in Cz, *Beta* band increased in F4
8-1 Wang *et al* (Mainland)	Severe Cynophobia after dog attack	Case report Fingertip tapping acupuncture 40 mins for 2 sessions	SUD, ISI PCL-5 score decreased, fear reactivity, sleep quality avoidance behavior improved

Acupuncture for Pain

Abstracts	Conditions	Methods	Outcomes
8-13 Pham *et al* (Taiwan)	Inflammatory pain	Animal study Electroacupuncture in CFA induced pain in Trpm8 KO mice	TRPM8 is critical for EA opioid and endocannbioid analgesic pathway
8-24 Asif Javed *et al* (Taiwan)	Non-specific low back pain	Systematic review & meta-analysis Add-on laser acupuncture vs standard treatment	Combined standard and acupuncture treatment improved immediate pain relief, functional disability and lumber motion range
8-3 Hsieh *et al* (Taiwan)	Primary dysmenorrhea	Systematic review Acupressure on SP6	Effective pain relief Neuroimmune and anti-inflammation Digital health applications
8-14 Doan *et al* (Vietnam)	Cancer pain	Systematic review Acupoint selections	Core acupoints, meridians, combinations identified

Acupuncture for Others

Abstracts	Conditions	Methods	Outcomes
8-22 Aulia *et al* (Taiwan)	Metabolomic syndrome	Systematic review & meta-analysis Acupuncture for adiponectin	Clinical studies NS Non-clinical studies increased adiponectin
8-23 Duy *et al* (Taiwan)	Asthma	Animal study Electroacupuncture on HDM-induced asthma in mice	EA alleviated dopamine-dependent airway inflammation and hyperresponsiveness
8-2 Tan *et al* (Taiwan)	Scars & keloids	Systematic review & meta-analysis Add-on acupuncture vs non-acupuncture treatment	VSS, UNC4) and total effective rate improved
8-10 Santos Go (Taiwan)	Atopic dermatitis	Animal study Electroacupuncture in MC903 induced AD mice	Partial anti-inflammatory effects, but limited itch-related behavior
8-11 Kong *et al* (Taiwan)	Hand motor dysfucntion	Design-based research Digital interacting leap motion-based hand training system	Feasibility & acceptability ok


Thank You For All Your Contributions