

Traditional Chinese Medicine Clinic

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Osteoarthritis

Pain Management & Acupuncture

Osteoarthritis: A chronic degenerative disorder of joint cartilage and surrounding tissues that is characterized by pain, stiffness, and loss of function.

Around the age of 40, statistics show that men develop Osteoarthritis more often than women. From age 40 to 70, women seem to develop the disorder more often than do men. After age 70, the disorder develops in both sexes equally.

Primary Osteoarthritis is mostly related to aging. With aging, the water content of the cartilage increases and the protein makeup of cartilage degenerates. Repetitive use of the joints over the years irritates and inflames the cartilage, causing joint pain and swelling. Eventually, cartilage begins to degenerate by flaking or forming tiny crevasses. In advanced cases, there is a total loss of the cartilage cushion between the bones of the joints. Loss of cartilage cushion causes friction between the bones, leading to pain and limitation of joint mobility. Inflammation of the cartilage can also stimulate new bone outgrowths (spurs) to form around the joints. Osteoarthritis occasionally can be found in multiple members of the same family, implying a hereditary (genetic) basis for this condition.



The main treatment for this pain condition in biomedicine is **pain medications. These carry many side effects and patients become addicted or non-tolerable. Physical therapy, often with heat can be helpful. Heat improves muscle function by reducing stiffness and muscle spasms but it is temporary at best.**

TCM's view of Osteoarthritis

TCM believes that Osteoarthritis is caused by blockage of Qi (energy) and blood circulation on the meridian that is related to certain joints. Pathogens such as wind, cold and dampness can contribute to the symptoms. This explains why most patients will experience increased pain during cold & damp environments.

Traditional Chinese Medicine (TCM) believes that different organs of the body control different tissues. **Kidneys** control bone, The **Liver** controls tendons and the **Spleen** controls the muscles. Important to note is that when certain organs in the body are weak for long periods of time, the tissue related to the controlling organ is prone to be invaded by pathogens. These same pathogens can not penetrate the tissues of a normal healthy person.

For greater long term results to manage Osteoarthritis, TCM not only treats the joints for pain but also strengthens the body organs. TCM combines multiple therapies to treat Osteoarthritis.

***Acupuncture for pain management is extremely effective and carries no side effects.**

Since cold and dampness contribute to the pain of Osteoarthritis; Acupuncture combined with Moxibustion treatment is used to warm & open meridians as well as strengthen the body organs. These TCM techniques proved to be effective for pain management in patients with chronic pain from Osteoarthritis.

At the Traditional Chinese Medical Clinic we also apply Herbal Cream externally on the joints. This combined with Acupuncture, Infrared, Acupressure and then finally Tui Na Therapy treatments are used to unblock the Meridian and increase circulation.

Cupping Therapy:

Cupping therapy has been part of Chinese medicine for over 2,500 years. Cupping therapy has been developed as a means to open the 'Meridians' of the body. Meridians are the conduits in the body through which energy flows to every part of the body and through every organ and tissue.

Tui Na therapy:

Tui na is medical massage therapy known for more than 2,000 years in China. Tui na generatively close to acupuncture and acupressure treatment (the exact translation of the term from Chinese is "push and pull") is the usage of two somewhat different massage techniques in one integral system.

Herbal Formula's and Food therapy

TCM believes that contributing factors to symptoms of Osteoarthritis are due to blockages related to the Kidney and Liver. Herbal and Food therapy are used to improve the organs involved and to open Meridians, restore Energy & Balance and aid in Circulation.

Osteoarthritis is a chronic and deteriorating condition. A combination of multiple TCM practices should be used together with moderate exercise. (avoid certain exercise that put added pressure on the joints and worsen the pain).

If you, your family or friends have concerns or question regarding Osteoarthritis please forward this newsletter.

We at the Traditional Chinese Medical Clinic are glad to assist in the care of this painful condition.

**Contact the office of Dr. Helen H. Hu for an appointment
TODAY!**

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