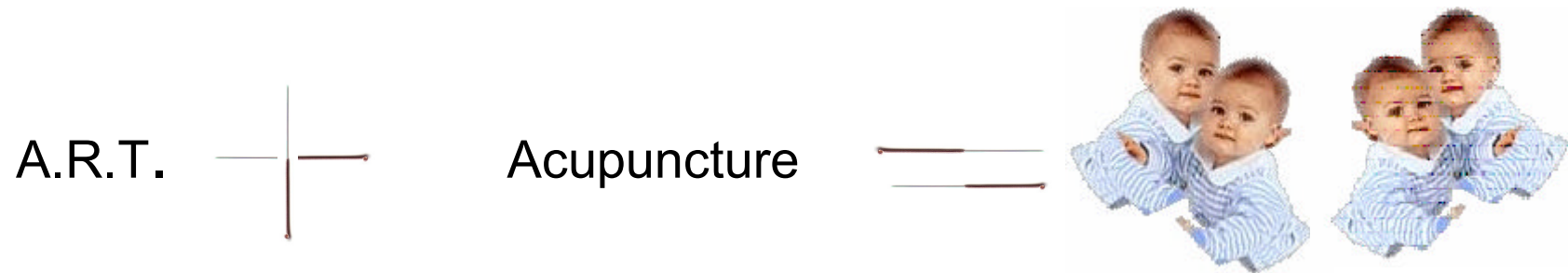


Complementary & Alternative Medicine for Infertility Treatment



Presented By Aina Zhang and James Wang

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Presentation Objectives

- ❖ Case Studies
- ❖ TCM (Traditional Chinese Medicine) & Acupuncture
- ❖ Integrate acupuncture and A.R.T. to treat infertility:
 - Published clinical studies
 - Reported benefits
 - Protocols and safety issues
 - Myth and controversy



Resume of Aina Zhang

- ❖ Master's degree in Gynecology (1989, Guangzhou University of Traditional Chinese Medicine, China)
- ❖ M.D. degree in combined Chinese & Western Medicine (1982, Guangzhou University of Traditional Chinese Medicine, China)
- ❖ M.D. for one year and gynecologist for six years (1st affiliated hospital of Guangzhou University of Traditional Chinese Medicine, China)
- ❖ Licensed acupuncturist since 1995 (Quebec)
- ❖ Director General of The Chinese Medicine & Acupuncture Association of Quebec
- ❖ Exam Committee Member for L'Ordre de Acupuncteurs du Quebec

Case Study 1

- ❖ **Patient history:** 33 years old female, primary infertility 2 years.
- ❖ **Western medicine diagnosis and treatment:**
fallopian tubes blockage, depression; removal of fallopian tubes,
4 unsuccessful IVF;
- ❖ **TCM diagnosis and treatment:**
Kidney & Spleen deficiency, Liver Qi Stagnation, Phlegm-dampness
accumulation
Weekly acupuncture + daily herbs for 10 weeks before IVF;
Weekly acupuncture during IVF;
Pre and post implantation acupuncture;
- ❖ **Outcome:**
 1. Successful 5th IVF

Case Study 2

- ❖ **Patient history:** 27 years old, female, primary infertility 1 year..
- ❖ **Western medicine diagnosis and treatment:** PCOS, hypothyroids; 3 unsuccessful IVF;
- ❖ **TCM diagnosis and treatment:**
 - Kidney & Spleen deficiency
 - Weekly acupuncture for 4 weeks before IVF;
 - Weekly acupuncture during IVF;
 - Pre and post implantation acupuncture;

Outcome:

1. Successful 4th IVF

Case Study 3

- ❖ **Patient history:** 32 years old female, primary infertility 7 years.
- ❖ **Western medicine diagnosis and treatment:** amenorrhea 7 years, 4 years severe anxiety, anovulation; no treatment.
- ❖ **TCM diagnosis and treatment:**
Kidney & Spleen deficiency and Liver Qi stagnation;
Weekly acupuncture + daily herbs for 1 year and five months.
- ❖ **Outcome:**
 1. Successful natural pregnancy.

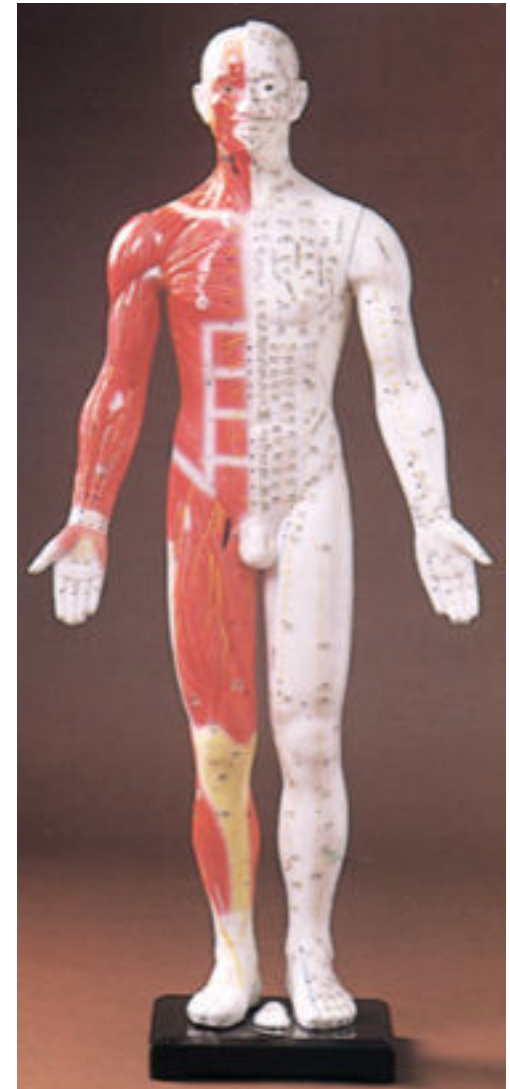


What is TCM?

- ❖ An independent and comprehensive medicinal system
- ❖ Enriched by thousands of years of clinical practice
- ❖ The concept of unity within the human body and unity between the human body and nature
- ❖ Five fundamental theories & eight diagnostic principles
- ❖ Diagnosis & treatment based on a comprehensive analysis of signs & symptoms
- ❖ Excellent potential for treating functional and chronic disorders



- ❖ Acupuncture: manipulation of thin needles inserted into acu-points to affect bodily functions
- ❖ The meridian system consists of 20 channels & over 15 collaterals
- ❖ Most acu-points are located on the meridians
- ❖ The meridians make the human body an organic whole. They:
 - are linked to each other
 - connect the superficial to the interior, the upper to the lower body, the viscera to the bowels, and the four limbs to all bones
 - transport Qi & Blood to nourish the body
 - conduct stimulation, transmit feedback and regulate physiological functions
 - are invisible to modern technology





Diagnostic Techniques

- ❖ Interrogation (questioning)
- ❖ Inspection (most important: the tongue)
- ❖ Auscultation (hearing) and olfaction (smelling)
- ❖ Pulse-taking (both hands, six positions) and palpation

Today, a well-trained acupuncturist can also use the results of modern diagnostic technology for reference.



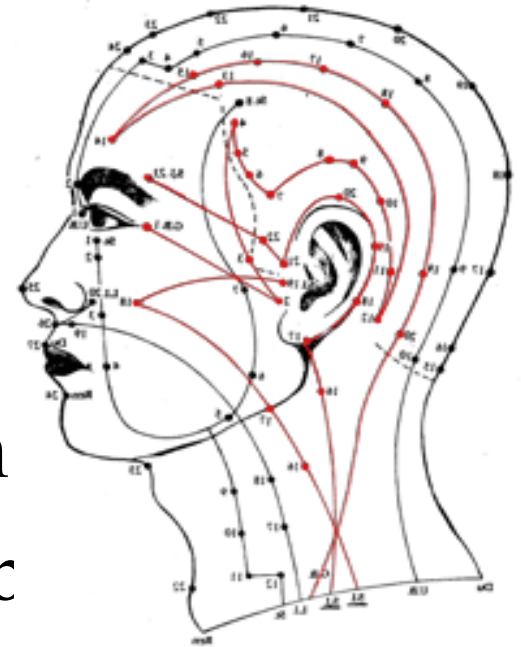
❖ Diagnose the Syndromes (nature of the illness):

- Pathogenic factors
- Pathogenesis
- Location
- Prognosis

❖ Determine the treatment orientation

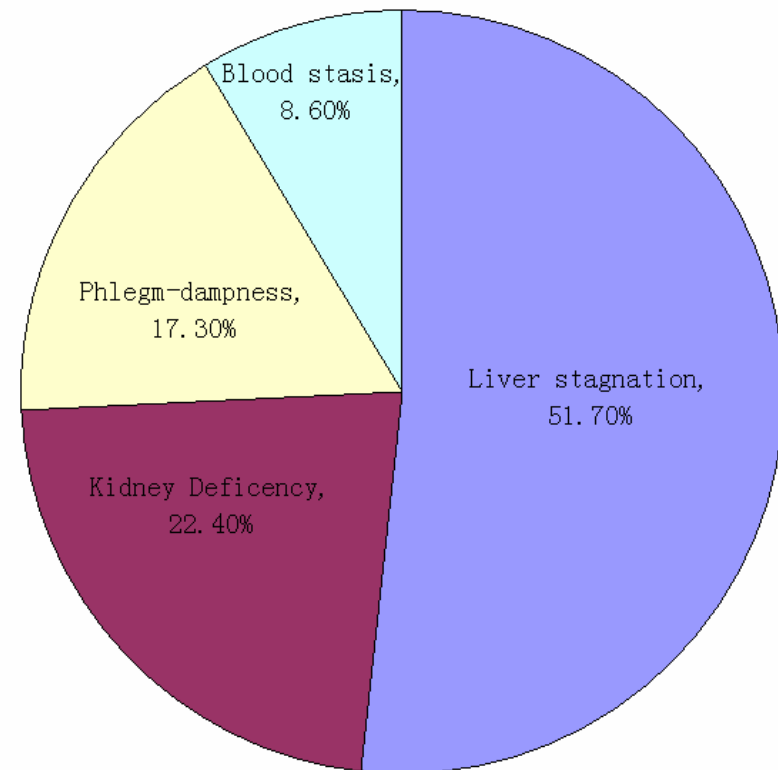
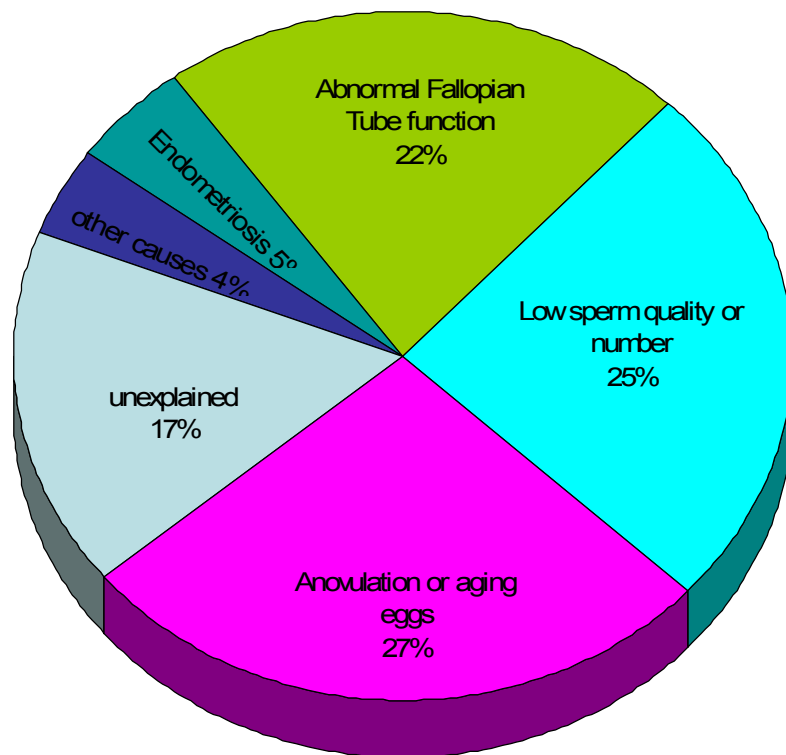
❖ Select appropriate acu-points & herbs

- Acupuncture – most widely documented & practiced in the West
- Chinese Herbal medicine – safe & effective; widely used in China but under-used in the West



Two Perspectives on Infertility

Common causes of infertility per Western medicine and TCM



Source: 14,000 couples, 6 Steps to Increase Fertility; JTCM. 03/2005. Vol. 46, No.3, Page 216



Correlation

Diagnosis of female infertility	
TCM	Western Medicine
Deficiency of kidney Yin or Yang, blood deficiency, deficiency of Qi or liver Qi stagnation	Anovulation, small uterus, thin endometrium, poor quality of eggs, or follicles, low estrogen, low progesterone, high FSH
Qi stagnation or blood stasis or phlegm obstruction	Fallopian tube blockage, uterine fibroid, ovarian cysts, endometriosis, adhesions, stress
Damp heat, toxins or blood stasis	Cervical, vaginal, pelvic or fallopian tube infections

Source: Acupuncture & IVF; Lifang Liang, Ph. D, L. Ac.; Page 11



Relevant studies & publications

- 1. Influence of acupuncture on the pregnancy rate in patients who undergo assisted reproduction therapy**
- 2. Role of acupuncture in the treatment of female infertility**
- 3. Kidney-reinforcing herbal therapy increases pregnancy rate in older infertility patients**
- 4. Substitution of Acupuncture for HCG in Ovulation Induction**
- 5. Treatment of Kidney-reinforcing and Blood-nourishing Herbs for Anovulatory Sterility**
- 6. Acupuncture in IVF linked to lower miscarriage and ectopic rates**
- 7. Acupuncture is also beneficial for good prognosis IVF patients: Synergy.**
- 8. The Infertility Cure: The Ancient Chinese Wellness Program for Getting Pregnant and Having Healthy Babies; Randine Lewis; Little, Brown (Jan., 2004); ISBN: 0316172294.**
- 9. Acupuncture & IVF; Blue Poppy Press; Lifang Liang; Illustrate edition (Aug., 2003); ISBN: 1891845241.**

Reported Benefits



According to recently published clinical studies, acupuncture could:

- ❖ significantly increase the success rate of IVF
- ❖ relieve stress related to infertility and its treatment
- ❖ improve the production and quality of ova
- ❖ normalize hypothalamic-pituitary-ovarian axis & menstrual cycle
- ❖ reduce the risk of miscarriage & ectopic pregnancy
- ❖ provide an alternative and complementary treatment for patients who are intolerant, ineligible, contraindicated or simply cannot afford conventional infertility treatment

Ultimately increase pregnancy & birth rate of fertility treatment.



Treatment Protocols for IVF

Phase / treatment frequency	Treatment objectives
Pre-IVF: 3 months weekly acupuncture	Improve the reproductive organs and overall health.
During IVF: weekly + pre & post-implantation acupuncture	Alleviate side effects of drugs & improve response to hormonal stimulation; increase blood flow to uterus & ovaries; Reduce stress response caused by IVF; Calm uterus to facilitate implantation; Improve pregnancy rate & reduce ectopic pregnancy.
Post IVF: 3 months weekly acupuncture	Reduce miscarriage.



Safety Issues

- ❖ The safe practice of acupuncture and herbal medicine has been continually recorded over many centuries
- ❖ Well-developed protocols have been tested in clinical studies to ensure their efficacy and safety, when used to support modern A.R.T.
- ❖ Reports of adverse reactions to acupuncture & herbal medicine are extremely rare in clinical practice



- ❖ A completely unfamiliar paradigm & philosophy
- ❖ Currently unexplainable by modern science
- ❖ The meridians don't actually correspond to any recognized body system
- ❖ Incomprehensible for thin needles placed on the skin to produce significant physiological changes
- ❖ A few decades-old practice in North America, although has been continually practicing over thousands of years in China
- ❖ There is an insufficient number of controlled studies available due to lack of interest and funding

Thanks for listening!

❖ Questions



- ❖ For further information regarding to:
 - this presentation and future engagements
 - acupuncture and Chinese herbal medicine
 - clinical studies involving acupuncture and A.R.T

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