Live the Life You Want with IBD

Christine Kaiser, MS, LAc, FABORM
Clinical Manager, Acupuncture and Massage Programs
Licensed Acupuncturist and Chinese Herbalist

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Today’s Goals:

1. **Inspire you** to take action and improve your quality of life.

2. **Empower you** to follow a wellness-focused lifestyle:
   - Nutrition
   - Sleep
   - Stress Management
   - Movement
   - Connection

3. **Educate you** about *Integrative Medicine* modalities that you can add to your current care.
What inspires and motivates me?
The Healing Journey

The painful events in your life aren’t meant to cause you suffering forever - they’re part of your journey so you can learn, grow, be your best self & live your happiest life

- Mindset
- Self Love
- Perseverance
Wellness Lifestyle

1. Nutrition
2. Sleep
3. Stress Management
4. Movement
5. Connection
STEP 1: Nutrition

- Real, whole foods
- Vegetables!!!
- Nutrient density
- Fermented foods
- Healthy fats
- Warm, cooked, and easy to digest

“LET FOOD BE THY MEDICINE AND MEDICINE BE THY FOOD”

-HIPPOCRATES
STEP 2: Sleep

Good Sleep
• Easy to fall asleep
• Easy to stay asleep
• Waking and feeling rested

Good Sleep Hygiene
• Decrease caffeine and alcohol
• Wind down: bath, read, meditate
• Decrease blue light exposure
• Regular bedtime
• Cool, quiet, dark room
STEP 3: Stress Management

FREE Resource: www.uhhospitals.org/guidedmeditation
STEP 4: Movement

• Move your body, but not too much!
• Movement that makes you happy.
• Increase your steps.
• Walk, hike, swim, bike, dance
• Mind-body: yoga, tai chi
STEP 5: Connection: Self, Others, Nature

Connection to Self
• Rest and relax
• Read and journal
• Meditate
• Practice self love

Connection to Others
• Gather your support system
• Ask for help
• Support groups, organizations, networks

Connection to Nature
• Get outside
• Exposure to sunlight
• Forest bathing
Integrative Medicine
What is Integrative Medicine?

Johns Hopkins definition:

**Integrative Medicine** is an approach that uses the best evidence-based practices to enhance conventional care.

- Alternative medicine replaces conventional care.
- Complementary medicine may not be evidence-based.

http://www.hopkinsmedicine.org/integrative_medicine_digestive_center/about/integrative_medicine.html
Acupuncture
What is Acupuncture?

• Practiced for over 2,500 years. One of the oldest and most commonly used treatments in the world

• Insertion of hair-thin, stainless steel needles in the skin to stimulate certain points and affect changes in the body

• Simple and convenient
Acupuncture’s Physiological Mechanisms of Action

• Modern science has shown that acupuncture can cause multiple biological responses in the body:
  – Promotes blood flow and vasodilation
  – Stimulates the activity of immune cells to control inflammation
  – Release of endogenous opioids
  – Relaxes shortened muscles
  – Regulate the central and peripheral nervous system
  – Reduce stress by the release of oxytocin which regulates the parasympathetic nervous system

• In summary, acupuncture has 3 main actions in the body:
  – Reduce pain
  – Reduce inflammation
  – Restore balance (by regulating various physiological functions)
Acupuncture Safety

• According to research in the British Medical Journal, “While the risks of acupuncture cannot be discounted, it certainly seems, in skilled hands, one of the safer forms of medical intervention.”
  *BMJ. 2001 Sep 1; 323(7311): 467–468.

• Minor complications include bruising, soreness in treatment area, light-headedness or fainting.

• All needles are sterile, individually packaged, and single-use eliminating the risk of transmitting infectious disease.
Acupuncturist’s Training

• Licensed Acupuncturists complete a 3-4-year Masters degree.

• *Minimum* program requirements include:
  – 705 hours of Oriental Medicine/Acupuncture Theory
  – 660 hours of Clinical/Patient Contact
  – 450 hours of Biomedical Training
  – 90 hours of Counseling/Communications/Ethics

• **Pass 4 national exams** from the National Commission for the Certification of Acupuncture and Oriental Medicine

• Moving toward first professional doctorate as initial degree
# Acupuncture Training by Practitioner Title

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<tr>
<th>Contact Hours in Acupuncture Education</th>
<th>Practitioner Title</th>
<th>Application</th>
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<tbody>
<tr>
<td>1500-2000 hours in acupuncture</td>
<td>Licensed Acupuncturist (L.Ac.)</td>
<td>A broad range of health issues including chronic disease, pain, internal medicine, rehabilitation, and prevention.</td>
</tr>
<tr>
<td>300 hours or less in acupuncture</td>
<td>Typically a medical doctor, osteopath, naturopath, or chiropractor who uses acupuncture as an adjunctive technique.</td>
<td>Pain, basic ailments</td>
</tr>
<tr>
<td>100 hours or less in acupuncture</td>
<td>Typically a detox/auricular acupuncture technician or chiropractor (detox techs are generally limited to 5 points on the ear).</td>
<td>Addiction &amp; pain</td>
</tr>
<tr>
<td>Continuing education seminars provide approximately 40-50 hours in “dry needling.”</td>
<td>Typically a physical therapist who uses an acupuncture needle to perform dry needling.</td>
<td>Muscular-skeletal pain</td>
</tr>
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Source: NCCAOM (https://adobeindd.com/view/publications/1911ba74-7ca7-46c0-aac8-4fe6373305df/4v3h/publication-web-resources/pdf/NCCAOM_Media_Kit.pdf)
Does Acupuncture Hurt?

- Needles are extremely thin and solid, unlike a syringe used in injections or blood draws.

- Most patients find acupuncture very comfortable and generally experience a deep state of relaxation.
## Group Acupuncture vs. Individual Acupuncture

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<tr>
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<th>Group</th>
<th>Individual</th>
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<tbody>
<tr>
<td><strong>Location</strong></td>
<td>Shared setting (ex. Conference room)</td>
<td>Individual treatment room</td>
</tr>
<tr>
<td><strong>Length of Time</strong></td>
<td>15 - 45 minutes</td>
<td>30 - 60 minutes</td>
</tr>
<tr>
<td><strong>Treatment Points</strong></td>
<td>Exposed areas – head, neck, hands, arms, feet, ankles</td>
<td>• All body points as indicated&lt;br&gt;• Additional treatment modalities used,&lt;br&gt;such as electro-acupuncture, cupping, moxibustion, diet and lifestyle counseling, Chinese herbal medicine</td>
</tr>
<tr>
<td><strong>Conditions</strong></td>
<td>• Stress&lt;br&gt;• Anxiety&lt;br&gt;• Sleep&lt;br&gt;• Headache&lt;br&gt;• Pain</td>
<td>All Conditions listed in Group, plus:&lt;br&gt;• Complex pain conditions&lt;br&gt;• Complex chronic illness and auto-immune diseases&lt;br&gt;• Cancer co-care</td>
</tr>
<tr>
<td><strong>Cost</strong></td>
<td>$36/session</td>
<td>$100/session</td>
</tr>
</tbody>
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Acupuncture and moxibustion for inflammatory bowel diseases: a systematic review and meta-analysis of randomized controlled trials*

BACKGROUND: Inflammatory bowel diseases (IBD) which include ulcerative colitis (UC) and Crohn's disease (CD). This study sought to evaluate the efficacy of acupuncture and moxibustion for IBD through systematic review.

METHODS: Seven significant databases both in and abroad were searched for randomized controlled trials (RCTs) which compared acupuncture and moxibustion as the main intervention to pharmacotherapy in treating IBD. A meta-analysis was performed.

RESULTS: A total of 43 RCTs were included. Among the 43 included trials, 10 trials compared oral sulphasalazine (SASP) with acupuncture and/or moxibustion treatments. A meta-analysis of the 10 trials indicated that acupuncture and moxibustion therapy was superior to oral SASP.

CONCLUSION: Acupuncture and moxibustion therapy demonstrates better efficacy than oral SASP in treating IBD. Extant RCTs still cannot provide sufficient evidence and multicentre, double-blind RCTs with large sample sizes are needed to provide higher-quality evidence.
Massage Therapy
Medical Massage Treatment

**Technique:** Non-invasive therapy with gentle to firm pressure and flowing hand movements.

**Circulation:** Increases circulation, thereby encouraging the efficient transport of oxygen and nutrients throughout the body. Improved circulation, in turn, improves pain relief and the body’s ability to heal.

**Relaxation:** With the release of endorphins, the nervous system calms, there is a reduction of stress hormones, and deeper sense of wellbeing

**Myofascial Effects:** Massage will help to increase mobility and tissue elasticity facilitating free movements and pain relief.

Rose MK. Massage Bodywork Feb/Mar 2001.
Massage Therapy Training

- The state of Ohio has been regulating massage therapists since 1916.
- The issuance of the massage therapist license is overseen by the Ohio State Medical Board.
- Ohio requires 750 hours of education which must be accumulated within a 12 month period.
- Applicants must have a passing score on the Ohio state exam.
Abstract
Complementary and alternative medicine is frequently used by inflammatory bowel disease (IBD) patients; most common are massage, acupuncture, and moxibustion therapy. **Massage therapy is poorly studied in IBD patients; therefore, its benefits remain unknown. Acupuncture and moxibustion therapy have been shown to improve inflammation and symptoms in animal and human studies.** However, current clinical trials of acupuncture and moxibustion are of insufficient quality to recommend them as alternative therapy. Nonetheless, **because these therapies seem generally to be safe, they may have a role as complementary to conventional therapy.**
Mindfulness

Your body is present. Is your mind?

Past  Present  Future
Mindfulness Defined

• Noticing something on purpose, in the present moment and without judgement (Kabat-Zinn, 1990; 2004)

• Over time quiets the ‘inner critic’ and increases self-compassion

• Can be practiced with any activity
  – Engaging senses in observation
  – Guided visualization / relaxation,
  – ‘Moving meditation’ such as yoga, tai chi, qi gong
Stress and Relaxation Responses

Stress Response
- Sympathetic Nervous System

Increases
- Heart Rate
- Blood Pressure
- Glucose in Bloodstream
- Muscle Tension
- Cortisol
- Noradrenaline
- Rate of Ageing

Relaxation Response
- Parasympathetic Nervous System

Reduces
- Heart Rate
- Blood Pressure
- Glucose in Bloodstream
- Muscle Tension
- Cortisol
- Noradrenaline
- Rate of Ageing
A systematic review and meta-analysis of mindfulness based interventions and yoga in inflammatory bowel disease.*


OBJECTIVES: We explored the efficacy of mindfulness interventions compared to treatment as usual (TAU), or other psychotherapeutic interventions, in treating physical and psychosocial symptoms associated with IBD.

METHODS: We conducted a systematic review and meta-analysis of relevant randomized controlled trials (RCTs). We included a broad range of mindfulness interventions including mindfulness-based interventions and yoga, with no restrictions on date of publication, participants’ age, language or publication type.

RESULTS: We included eight studies in the meta-analysis. Mindfulness interventions showed a statistically significant effect on stress in both the short (SMD = -0.48; 95%CI: -0.97, 0.00; P = .05), and long term (SMD = -0.55; 95%CI: -0.78, -0.32; P < .00001), significant long term effects on depression (SMD = -0.36; 95%CI: -0.66, -0.07; P = .02) and quality of life (SMD = 0.38; 95%CI: 0.08, 0.68; P = .01), and small but not statistically significant improvements in anxiety (SMD = -0.27; 95%CI: -0.65, 0.11; P = .16). Effects on physical outcomes were equivocal and not statistically significant.

CONCLUSIONS: Mindfulness interventions are effective in reducing stress and depression and improving quality of life and anxiety, but do not lead to significant improvements in the physical symptoms of IBD. Further research involving IBD-tailored interventions and more rigorously designed trials is warranted.
UH Connor Integrative Health Network

• Integrative Modalities Offered:
  – Acupuncture
  – Massage Therapy
  – Mindfulness
  – Chiropractic

• Integrative Medicine Consultations covered by insurance and helps to guide patients to the appropriate Integrative Modality.

• Licensed, highly experienced providers.

• Continuity and coordination of care with shared Electronic Medical Records with UH.

• Goal to maintain open communication with Primary Care Providers and Specialists.
UH Connor Integrative Health Network
Service Locations

Headquartered at:
25001 Emery Rd, Building 25E, Suite 100
Warrensville Heights

Additional Locations:
19800 Detroit Rd, Suite 201A
Rocky River

University Hospitals Cleveland Medical Center
Mather Pavilion, Suite 1600
University Circle, Cleveland

Coming June 1st
University Hospitals Landerbrook Health Center
Mayfield Heights
Questions?

UH Connor Integrative Health Network
(216) 285-4070
www.uhconnorintegrativehealth.org

Christine Kaiser, MS, LAc, FABORM
Clinical Manager, Acupuncture and Massage
Christine.Kaiser@UHhospitals.org