

6th International Conference and Exhibition on
Traditional & Alternative Medicine
September 14-16, 2016 Amsterdam, Netherlands

Keynote Forum



Day 1



Traditional Medicine 2016

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Wen-Long Hu

Kaohsiung Chang Gung Memorial Hospital

Laser acupuncture therapy for temporomandibular disorders

Objective: To investigate the clinical effects of laser acupuncture therapy for temporomandibular disorders (TMD) after ineffective previous treatments.

Methods: A retrospective observational study was conducted in 29 treatment-resistant TMD patients (25 women, 4 men; age range 17–67 years). Subjects were treated 3 times per week for 4 weeks with the Handylaser Trion (GaAlAs laser diode, 810 nm, 150 mW, pulsed waves), which delivered 0.375 J of energy (5 s) to ST7, ST6, and LI4 and 3 J (40 s) to each Ashi point, 7.5–26.25 J/cm² in total. The visual analog scale (VAS) and maximal mouth opening (MMO) were evaluated before and after treatment.

Results: VAS analysis showed that the patients were free of pain at rest (endpoint) after 5.90±6.08 sessions of laser acupuncture for acute TMD and after 16.21±17.98 sessions for chronic TMD. The VAS score on palpation of the temporomandibular joint reduced to 0.30±0.67 for patients with acute TMD (p=0.005) and to 0.47±0.84 for those with chronic TMD (p<0.001). The MMO significantly increased in patients with acute TMD (7.80±5.43 mm, p=0.008) and in patients with chronic TMD (15.58±7.87 mm, p<0.001).

Conclusions: Our patients suffering from treatment-resistant TMD symptoms improved after laser acupuncture therapy. Long-term follow-up and further studies with a larger patient sample and an appropriate design are needed to examine the efficacy.

Biography

Wen-Long Hu is the Vice Director of the Department of Chinese Medicine at Kaohsiung Chang Gung Memorial Hospital, Assistant Professor at Fooyin University, Kaohsiung Medical University, and Chang Gung University. He has the experiences of clinical practice in low level laser therapy (LLLT) for 20 years and in acupuncture for 25 years. He is invited speaker for lectures in LLLT at many symposiums held by some medical associations. Recently, he is invited to instruct physicians to practice LLLT in workshops. He is also involved in researches in LLLT and acupuncture, e.g. obesity, metabolic syndrome, stroke, dementia, Parkinsonism, myofascial pain, arthralgia, radiculopathy, autism, etc.

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Zhang Zhang-Jin

The University of Hong Kong, Hong Kong

Traditional Chinese Medicine (TCM) for mental diseases and wellbeing: From ancient period to today

There have been numerous psychological and psychiatric terms recorded in ancient TCM bibliographies, developing a TCM specialty called mental-emotional diseases, in which symptomatology, etiology, psychopathology and various therapeutic approaches have been well established. In TCM practice, herbal medicine, acupuncture, moxibustion, cupping, scraping, massage, dietary therapy, psychological consultant, aromatic therapy, exercise therapy (such as tai-qi), meditation and mindfulness, humor therapy, and folk music therapy are often applied in the management of mental symptoms and wellbeing. These TCM therapies also have been increasingly introduced into today's clinical practice aimed to enhance the clinical efficacy, reduce adverse effects caused by conventional treatment and comorbid symptoms. This fact is further reflected in an increasing number of research publications, showing the potential benefits of herbal medicine, acupuncture and TCM-based exercise therapy in the treatment of various psychiatric symptoms, in particular sleep, anxiety, and mood disorders. This talk will provide an overview of the use of TCM in the management of mental-emotional symptoms and related research results.

Biography

Zhang Zhang-Jin is a Tenured Professor and Associate Director of the School of Chinese Medicine, Honorary Professor of Psychiatry, Family Medicine and Primary Care and Anatomy in the University of Hong Kong (HKU). He serves as a Vice-President of the Hong Kong Association for Integration of Chinese-Western Medicine, Deputy Director of Specialty Committee of Mental Diseases of World Federation of Chinese Medicine Societies (WFCMS), and Deputy Director of Sleep Medicine Specialty Committee of WFCMS. He received his Chinese Medicine, Acupuncture and Western Medicine training and earned his PhD in Neuroscience in China. During 1994-2006, he moved to USA to continue his research work in Psychopharmacology and Psychiatry at Vanderbilt University and then Uniformed Services University of the Health Sciences (USUHS). His long-term research interest has focused on seeking novel psychotropic agents and developing effective treatment strategies from acupuncture and herbal medicine for neurological and psychiatric disorders, including pain, anxiety, mood disorders, dementia and schizophrenia. He is also interested in investigating neural mechanisms of acupuncture. He has directed numerous clinical studies. He has authored over 100 original papers, reviews and book chapters.

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Day 2



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Wendy Wong

The Chinese University of Hong Kong, Hong Kong

When the east meet the west – Mapping of diagnoses between conventional and traditional Chinese medicine in clinical practice

Background: There is a global trend of Integrative Medicine (IM) to pursue the best interest of the patients by merging the conventional with the traditional Chinese medicine (TCM). However, the communication between the 2 disciplines had not been well explored. To bridge the medical practice from the east to the west, the mapping of diagnoses between the 2 disciplines in Hong Kong serves the ideal platform for investigation.

Aims & Objectives: To determine the mapping of diagnoses between conventional and TCM in primary care of Hong Kong.

Methods: A cross-sectional study of prospective recording of all clinical encounters that presented to 260 Chinese Medicine Practitioners (CMP) were collected in 2012. All health presenting problems were coded by International Classification of Primary care (ICPC) and the National Classification of disease (NCCD) and Zheng (NCCZ) of TCM.

Results: 55,312 encounters were collected from 260 CMPs. Most subjects (64.0%) consulted for chronic problems. Respiratory (24.9%) and musculoskeletal (22.7%) problems were the most common, and specifically cough (11.7%) and low back symptom/complaint (6.6%) being the commonest complaints. The most common TCM diagnoses in the form of NCCD was internal medicine (65.1%). By NCCZ (i.e. syndrome differentiation), Zang Fu & Meridian syndrome (40.5%) was the most common Zheng found by CMP. The top 3 categories of NCCD were tendon injury (9.4%), influenza (8.8%) and cough (6.2%). Tendon injury was mainly diagnosed as injury, Meridian syndrome (14.7%). Influenza was mostly diagnosed as wind-cold syndrome (31.5%). Cough was mainly diagnosed as wind-heat syndrome (25.9%).

Conclusion: This was the first study to investigate the mapping between conventional and TCM by means of a morbidity patterns with the parallel coding from ICPC-2, NCCD and NCCZ (i.e. syndrome differentiation). To facilitate the goal of integrative medicine, this study allows a broad spectrum of understanding of terminology used between 2 disciplines.

Biography

Wendy Wong has completed her PhD from the University of Hong Kong and Post-doctoral studies from the same University. She is working as an Assistant Professor of Hong Kong Institute of Integrative Medicine and School of Chinese Medicine. She has published more than 25 papers in international peer reviewed journals and has been serving as an Editorial Board Member of repute.

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Mara Doljak

Aromara d.o.o., Croatia

Restoring women's vaginal health with simple use of essential oils and vegetable oils

Croatia is a marvellous country but in a post-war aftermath with deep economic, moral and intellectual consequences. Since 1991, we at Aromara have been spreading awareness about aromatherapy through education, products and impact at a Governmental level. When researching product development, we seek common chronic health problems that lack an effective pharmacological cure. This is the case for vaginal infections. Most common forms of vaginitis are bacterial vaginosis (40-45%), vaginal candidiasis (20-25%) and trichomoniasis (15-20%). Up to 70% of women may remain undiagnosed. 498 million people aged 15 to 49 worldwide are infected each year with chlamydia, gonorrhoea, syphilis or trichomoniasis. A synergistic combination of *Helianthus annuus*, *Hypericum perforatum*, *Calendula officinalis*, *Prunus armeniaca* fixed oils and *Melaleuca alternifolia*, *Cymbopogon martinii*, *Cananga odorata*, *Helichrysum italicum*, *Pogostemon patchouli*, *Pelargonium graveolens* and *Matricaria chamomilla* essential oils, used daily, showed results in alleviating symptoms and providing clear medical tests of the vaginal flora. Aromatograms and pharmacological properties of the main ingredients demonstrate the health benefits of the formulation. The sociological results of improving women's vaginal health are higher creativity, less depression, better overall health, better sexual life, better motherhood, healthier family - the results of which brings us towards promoting a healthy society.

Biography

Mara Doljak has completed her Master's degree in Pharmacy. She is the Founder and Owner of a certified Aromatherapy school (Aroma Center) and a company (Aromara) that promotes aromatherapy and aromatherapy products intended for health and beauty. In 2015, she held lectures at the following conferences: Phyt'Ar-om Grasse in France, Pacific Institute of Aromatherapy in San Francisco, USA and International Conference on Natural Products Utilization in Plovdiv, Bulgaria.

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