

Find out more about the Chinese Medical Science Foundation and how you can become involved.

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A NOTE OF WELCOME:

Welcome and thank you for your interest in the Chinese Medical Science Foundation (CMSF). We are happy to present our initial newsletter which showcases our first success: The Acupuncture Fellowship Program (AFP). Our newsletters will be published every 2 months and highlight the various developments at CMSF. We believe CMSF will be a force in shaping the acupuncture profession, and this is the place to look for news of these happenings.

From modest beginnings we have built a dynamic and dedicated team of volunteers and staff. St. Vincent's Catholic Medical Center has warmly welcomed our team and together we have developed a groundbreaking program, the AFP. The AFP represents our unique approach of bringing acupuncture to more patients in hospital settings.

If you have any interest in supporting CMSF and our programs, please contact Philip Shen at Philip.shen@cmsf.org. In order to grow our programs we need your financial assistance. We hope that you continue to keep abreast of our developments here at CMSF.



The AFP fellowship team from the left back row to the right back row are: Freddie Jente (Fellow), Catherine Hall (Fellow), Linda Rapuano (Coordinator and Consultant of Mind/Body/Spirit program, SVCMC), Dr. Ning Ma (Chair), Risako Blonstein (Fellow). From left front row to right front row are Dr. Ying An (Treasurer), Rita Hoo (Fellow), Annette Zilka-Roth (Administrator Director, SVCMC Dept of Rehabilitation) and Liz Snow (Chief Fellow).

BRING OUR ACUPUNCTURE PROGRAM TO YOUR HOSPITAL

The growth of complimentary medicine over the past decade has been tremendous. According to the National Institute of Health (NIH) 36% of Americans use some form of complementary and alternative medicine (CAM). According to the NIH survey, the reason why over 50% of people use CAM is because they believe it will improve their health when used in conjunction with conventional medical treatments. The US public paid \$36 to \$47 billion dollars on these services in 1997 of which \$12 to \$20 billion was paid out-of-pocket. These fees represented more than the public paid out-of-pocket expenses for hospital services and about half of what it paid for out-of-pocket physician services.

It seems clear that Americans demand this type of health care. Hospitals have an opportunity to truly integrate some of these modalities such as acupuncture into the fabric of its system. Integrative acupuncture represents an opportunity to reduce patients' pain, increase healing time after surgery and decrease hospital stay which translates into significant cost savings for the already over-burdened present-day health care system.

St. Vincents Catholic Health Centers has already taken the bold step of incorporating our Acupuncture Fellowship Program into their rehabilitation department. You can do the same. Please refer to our website at www.cmsf.org for more information on this exciting venture and how you can get your hospital involved.

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AFP TODAY

The Acupuncture Fellowship Program is hosted by St. Vincent's Catholic Medical Center and is sponsored by CMSF. In its sixth month at the Rehabilitation Department at St. Vincent's, the AFP has proven to be highly successful. It is groundbreaking work, and we believe it is the first hospital-based acupuncture training program for licensed acupuncturists of its kind in North America. The Fellows team comprises five licensed acupuncturists under the direction of Dr. Ning Ma.

Rehabilitation doctors refer in and out-patients to the Fellows for conditions ranging from pain of all types to stroke recovery to anxiety. Patients are treated either in their hospital beds or in the out-patient clinic room located in the rehab department. The Fellows team sees up to 6 patients per half hour. As busy as the clinic is, however, each patient receives individualized attention and there is even soothing music to enhance stress relief. (Stress is often a part of a patient's health concern). Patients usually leave with a sense of well-being as well as clear physical improvement. All treatment results are meticulously recorded to enable comprehensive outcomes reporting.

The program and Fellows are currently very popular among the hospital patients and staff. Dr. Ma states, "There is no doubt in my mind that the AFP will continue to grow and provide valuable integrative experience for acupuncturists and bring acupuncture to patients who may otherwise not have received such treatment".

AFP PATIENT TESTIMONIALS:

- A 35 year old male patient came in with paralysis in the right arm and leg. His hand and foot were tightly clenched in a flexed position for over two years. After a single 40 minute acupuncture treatment his thumb and first finger were able to voluntarily extend. The patient was elated.
- An 80 year old patient complaining of bilateral knee pain. She had a lot of trouble walking more than two city blocks and climbing stairs. She coped staying home since she lives in a two-storey walk-up. After three treatments her knees felt so much better that she decided to postpone her surgery.
- A patient arrived at the clinic complaining of major knee pain. Her lateral rotation was only 10 degrees. She was "at her wits end" when she came to us at the clinic. After a few treatments her neck started to feel "looser" and she could sleep without pain medication. After eight sessions she had full range of motion and is now on a long awaited five week vacation!

A FELLOW'S COMMENT

One of our Fellows reports that she has had such success with Dr. Ma's acupuncture protocols that her own private practice has grown by 40%. "I love the program because I can continue to hone my acupuncture skills under the direction of a master like Dr. Ma. He is so well versed in Chinese Medicine as well as neuroanatomy which underlies his acupuncture protocols. I have learned so much from him and gained so much more confidence in my work. I am getting my patients better, faster. When someone has low back pain, for instance, getting them better fast is crucial to their overall life. I'm doing a lot of that these days!"

DID YOU KNOW?

Acupuncture was found to be an extremely successful adjunctive therapy for osteoarthritis of the knee especially after 4 and 8 weeks of weekly treatments.

In the prophylactic treatment of migraines, acupuncture exhibited greater effectiveness in the first months of therapy and superior tolerability than the medication flunarizine.

In the journal Anaesthesia, acupuncture was found to be a valid anti-nausea treatment for children undergoing dental surgery.