



Evidence-based, cost-effective, safe: Licensed Acupuncture.

For information see links listed
or go to Kansas Association of
Oriental Medicine website:
ksaom.org

Effective July 2017, Kansas now regulates fully-trained, nationally-certified acupuncturists under the title of Licensed Acupuncturist (L.Ac.), making Kansas the 46th state to open the door to the specialists of this safe, evidence-based cost-effective treatment. The gold standard of accredited post-graduate training and National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM) exams are used to determine eligibility for licensing. Access to L.Ac.s comes at an ideal time to aid physicians in confidently referring patients for acupuncture.

The American College of Physicians, CDC, and FDA have proposed changes in prescribing guidelines for pain management, and have recommended acupuncture as an alternative pain treatment to opioid use. The World Health Organization (WHO) has reviewed clinical trials and recommends proven acupuncture treatment for many conditions, bringing acupuncture to the forefront as a viable non-pharmaceutical approach to pain management, and as ongoing health treatment for many conditions.

"As the Opioid Epidemic Rages, Complementary Pain Treatments Gain Traction"

NIH reviewed clinical evidence of U.S. trials and "Based on a preponderance of positive vs. negative trials, complementary approaches that may offer pain relief include acupuncture . . ."

<http://jamanetwork.com/journals/jama/fullarticle/2579926>

New guidelines from the American College of Physicians recommend acupuncture as first line treatment for back pain, also Tai Chi, yoga, and other non-invasive therapies, before going to drug or invasive therapies.

<http://annals.org/aim/article/2603228/noninvasive-treatments-acute-subacute-chronic-low-back-pain-clinical-practice>

<https://www.drugabuse.gov/drugs-abuse/opioids/opioid-crisis>

In May 2017 the Food and Drug Administration released proposed changes to its blueprint on educating health care providers about treating pain. The guidelines now recommend acupuncture as a therapy that might help patients avoid prescription opioids.

<https://www.fda.gov/downloads/Drugs/NewsEvents/UCM557071.pdf>

*Acupuncture Recommendations from the World Health Organization
WHO Official Position*

Summary

In 2003 World Health Organization published a report about clinical trials researching the effectiveness of acupuncture. More than one hundred indication were discussed. Below is the list of those with the highest level of proof as an effective treatment. Additional levels available at:

<https://www.evidencebasedacupuncture.org/who-official-position/>

Diseases, symptoms or conditions for which acupuncture has been proven (last updated 2003) through controlled trials to be an effective treatment:

Adverse Reactions to Radiotherapy and/or Chemotherapy	Knee Pain
Allergic Rhinitis (Including Hay Fever)	Leukopenia
Biliary Colic	Low Back Pain
Depression (Including Depressive Neurosis and Depression Following Stroke)	Malposition of Fetus (Correction of)
Dysentery, acute bacillary	Morning Sickness
Dysmenorrhoea, primary	Nausea and Vomiting
Epigastralgia, acute (in Peptic Ulcer, Acute & Chronic Gastritis, & Gastrospasm)	Neck Pain
Facial pain (Including Craniomandibular Disorders)	Dental Pain and Temporomandibular Dysfunction
Headache	Periarthritis of Shoulder
Hypertension (Essential)	Postoperative Pain
Hypotension (Primary)	Renal Colic
Induction of Labor	Rheumatoid Arthritis
	Sciatica
	Sprain
	Stroke
	Tennis Elbow



For a directory of KS L.Ac.s go to www.ksaom.org