



Opioid-free pain relief? Try Licensed Acupuncture.

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

Kansas regulates fully-trained, nationally-certified acupuncturists under the title of Licensed Acupuncturist (L.Ac.), as of July 2017. Kansas is the 46th state to license this safe, evidence-based cost-effective treatment. The gold standard of accredited post-graduate training and NCCAOM exams is used to determine eligibility for licensing. Access to L.Ac.s comes at an ideal time to aid Kansas physicians in confidently referring patients for acupuncture.

According to the Centers for Disease Control (CDC), opioid addiction has grown to epidemic proportions. In an effort to reverse opioid over-use and abuse 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) recommends acupuncture treatment for conditions proven through clinical trials bringing acupuncture to the forefront as a viable non-pharmaceutical approach to pain management and healthcare.

"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>

"Every day, more than 90 Americans die after overdosing on opioids.¹ The misuse of and addiction to opioids—including prescription pain relievers, heroin, and synthetic opioids such as fentanyl—is a serious national crisis that affects public health as well as social and economic welfare. The Centers for Disease Control and Prevention estimates that the total "economic burden" of prescription opioid misuse alone in the United States is \$78.5 billion a year, including the costs of healthcare, lost productivity, addiction treatment, and criminal justice involvement.²"

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

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>

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>



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