



LEADERS IN ACUPUNCTURE BOARD REVIEW

TCM Review, Clinical Case Studies: 21-40

CASE 21:

Karen Huang is 40 years old. Yesterday, she began to feel cold, fatigued. She felt like she was getting sick. Now she is feeling feverish with some aversion to wind. She is sweating slightly and has a congested nose, sore throat and slight thirst. She went to the doctor before she saw you; her doctor said that it is a mild viral infection and she should wait it out. She has a fever of 38.5 degrees.

Her tongue is slightly red with a thin, white tongue coating.

Q: What is the disease differentiation?

Q: What is the syndrome differentiation?

Q: What needling method should you use?

Q: What four points would you select?

Q: What pulse would you expect to see?



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CASE 22:

Matt Jiang is 53 years old. He has a hacking, rattling cough with profuse, white sputum, and stuffiness of the chest. He also feels low energy, shortness of breath, and general fatigue. He tells you he bloats after eats. He has a diagnosis of Chronic Bronchitis. He is a carpenter who works with cedar and is also a longtime smoker. He is single and never cooks for himself, eating fast food for all his meals. However, he tells you he doesn't eat very much nowadays as he doesn't have much of an appetite.

He has a pale tongue with a white, sticky coating. His pulse is soggy.

Q: What is the disease differentiation?

Q: What is the syndrome differentiation?

Q: According to the 8 principles, is this disease interior or exterior?

Q: What organ dysfunction is the reason for cough?

Q: Which is the primary organ effected here? Secondary?

Q: What points and needling method would you choose?

Q: What additional treatment could you select?



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CASE 23:

Matt Shao is 24 years old and is coming to see you for asthma. He's been having attacks for the last 3 years. It started around the same time that he started his job as a delivery person for a food supply company. It's mostly under control as he takes beclomethasone twice a day. He works hard at his job and he is also constantly in and out of the large walk-in cooler, gathering food for delivery. Because you've just treated a patient with moxibustion, you have your window open to air out the room.

He has a light pink tongue with a white coating.

Q: What is the disease differentiation?

Q: What is the pattern differentiation?

Q: While Mr. Shao is in your office, he begins to have an asthma attack, with severe wheezing, shallow and difficult breathing, and a pale sweaty face. What should your course of action be?

Q: What steps could you take to avoid this happening again in the future?



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CASE 24:

Mr. Kang is a 62 years old man. He has shortness of breath, difficulty breathing and loud breathing. He has a bit of difficulty speaking because he is so short of breath and is also coughing a lot. He coughs up profuse, yellow-green phlegm and tells you that he has been coughing up quite a bit throughout the last few days. His problem began a few days ago when he caught a cold while at work as a night-time, outdoor, security guard. You take his blood pressure, which is 146/90. His heart rate is 96 BPM and his respiratory rate is 28 bpm. He has been to the doctor twice in the past year for similar problems and was diagnosed as having chronic bronchitis. He has smoked a pack of cigarettes a day for the last twenty years.

Her tongue has a yellow coating. His pulse is slippery, wiry, and rapid.

Q: What is the disease differentiation?

Q: What is the syndrome differentiation?

Q: What is the Diagnosis of this condition according to the 8 principles?

Q: List three points to use and needling method.

Q: Are any of his vital signs abnormal? Does the patient have high blood pressure, tachycardia or tachypnea?



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CASE 25:

Eleanor Capote is 51-year-old woman. She is complaining of chest distension and oppression and panting that is worse with lying flat. She has noticeable shortness of breath, and while you are conducting the intake, she coughs up profuse white sputum. She says she has not seen a doctor for her condition. Her bowel movements and urination are normal. She has cyanosis of the lips. She has smoked 2 packs of cigarettes a day for the last 30 years.

She has a bluish tongue with a white coating. Her pulse is soggy.

Q: What is the disease differentiation?

Q: What is the treatment principle?

Q: What are four points that you would use for this patient?

Q: What needling depth and angle would you use for LU1 (Zhongfu)?

Q: Please give an example of each of the four pillars of diagnosis in this case.



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CASE 26:

Mr. Peters is a 56-year-old man. He has had angina for a long time and manages it fairly well with nitroglycerine. Recently he has begun to have attacks that are longer and more frequent than before. As he was resting in the waiting room, he began to feel tightness and a sharp, stabbing pain in the chest that is radiating down his left arm. He is used to experiencing these attacks and waits them out, but admits it seems a little longer than before.

He has a choppy + intermittent pulse.

Q: What is the disease differentiation?

Q: What is the pathogenesis of this disease?

Q: What tongue would you expect to see?

Q: Why would you needle RN14?

Q: How would you needle RN14?

Q: What three WM diseases could your patient potentially have?



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CASE 27:

Ms. Spector is 28 years old. She has a diagnosis of anemia from her doctor, for which she is taking iron supplements. Since this has been an on-going issue for her since she was very young. She's always had issues with eating and could never eat very much without having a stomach ache. Most of her life she's eaten whole grains and vegetables. She has a stomach ache when she eats meat. Ms. Spector is very short and even though she is only 28-years-old her hair is graying considerably. She wants to try acupuncture for help with her condition. She has been having palpitations over the last few months, as well as insomnia, forgetfulness and feeling fatigued. She also feels more shortness of breath than usual and lacks of appetite. Her face and lips are quite pale.

Her tongue is pale with toothmarks. Her pulse is thready.

Q: What is the disease differentiation?

Q: What is the syndrome differentiation?

Q: What is the etiology of this condition?

Q: What four points and needling method would you use?

Q: Which is the primary organ effected here? Secondary? Third?

Q: Why are her lips and tongue pale?



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CASE 28:

Mark Black is a 22-year-old university student studying Law. He is in his last year of school before starting law school. The work load has been extreme and he's managed the demands of the study through exercise and diet. He has never had acupuncture before. He is coming to you because he has been continually getting hiccups for the last two months. His doctor said they can't do much other than prescribe medication. Mark is hesitant to try the medication and prefers to see how he can handle the condition using food, herbs, supplements and acupuncture. Mark also has distending pain in the chest, epigastrium, and hypochondriac region.

He has a light red tongue with a thin white coating. He has a wiry pulse.

Q: What is the disease differentiation?

Q: What is the syndrome differentiation?

Q: What is the etiology?

Q: What is the pathogenesis?

Q: Because it is your patient's first time receiving acupuncture, what precautions should you take?

Q: Which is the primary organ effected here? Secondary?

Q: Which additional lifestyle advice would you offer the patient?



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CASE 29:

Bruce Martin is a 30-year-old man who recently lost his job and is unable to find other work. As a result, he and his girlfriend are fighting quite a lot. After they fight, he feels nausea and he throws up. He also has acid regurgitation, distending pain in the chest and hypochondriac regions. He feels irritable. His urination is normal but he does have slight constipation.

He has a light red tongue with a thin, sticky tongue coating.

Q: What is the disease differentiation?

Q: What is the treatment principle?

Q: Why would you use RN17 in this case?

Q: What pulse would you expect to see?

Q: What two empirical points can check persistent vomiting? How would you needle them?

Q: What, if any, special protocol should you take when needling the above points?



CASE 30:

Mr. Cheng is a 35-year-old man. He has a very high paying job as a banker that he enjoys. His boss is very ambitious and expects a lot from his workers. Mr. Cheng worries constantly if he is working hard enough. Over the last year, he has had several experiences of difficulty swallowing. He will eat food and it gets stuck directly above his stomach. It is worse when he has a lot to do and is in a rush to get to work and eating quickly, eating spicy or fatty foods or when he eats too much. He says he has no pain in the area or anywhere in his body. He frequently sighs during the intake with you and gets a little angry when you ask if he has seen a doctor - he has not.

He has a red tongue and a thin, greasy coating. He has a wiry and slippery pulse.

Q: What is the disease differentiation?

Q: What is the syndrome differentiation?

Q: What is the etiology?

Q: What is the pathogenesis?

Q: What additional treatment methods could you apply?

Q: What four WM illnesses could this be?



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CASE 31:

Li Jingo is a 24-year-old man. He began to feel sick a couple of days ago after eating lunch at a café on his drive down to see his daughter. Now, he has urgent defecation, abdominal pain, and a burning anus. When he does go to the bathroom, his bowel movements are sticky with a foul smell and the burning sensation is worse. He has scanty urination and is thirsty. You take his temperature and it is 39 degrees celsius.

His tongue has a greasy yellow coating. His pulse is slippery and rapid.

Q: What is disease differentiation?

Q: What is the etiology and pathogenesis of this disease?

Q: Does your patient have a high fever?

Q: What four points would you use here?

Q: What needling method should you use here?

Q: Please give an example of this method:



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CASE 32:

Robbie Lo is a 19-year-old boy. He has been diagnosed with ulcerative colitis for the last two years. He experiences loose stool with pus and blood on and off, definitely worse with some foods and with stress. He also has low energy, fatigue and decreased appetite.

He has a pale tongue with a greasy coating. He has a soggy pulse.

Q: What is the disease differentiation?

Q: What is the syndrome differentiation?

Q: Is this a disease of excess or deficiency?

Q: What four ear acupuncture points could you use?

Q: Why would you needle ST37?



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CASE 33:

Angela Li a 25-year-old woman. She has a very busy job as an executive assistant. She works long hours and often doesn't have time to eat, she tells you that she also forgets to eat often because it's not very important to her. She tells you that she feels very tired all the time and can only get through the day with lots of green tea and even coffee. However, she's used to this. What is concerning her most is that her bowel movements have reduced down to 1 x / week. She wants to try TCM before using WM treatments - her doctor suggested she use laxatives. She has pale face, lips and nails, dizziness, palpitations, fatigue, shortness of breath.

Her tongue is pale. Her pulse is weak and thready.

Q: What is the disease differentiation?

Q: Is this disease one of excess or deficiency?

Q: What is the diagnosis according to the differentiation of qi, blood, and body fluids?

Q: What is the Etiology?

Q: What is the Pathogenesis?

Q: In addition to UB25 + ST25, what four points would you select for this patient?

Q: What quadrant is the Large Intestine in?



CASE 34:

Andrew Patterson is 24 years old construction worker. He has been working construction since he was 16-years-old. In the last two years, he has started staying out later, taking coke and MDMA and drinking heavily. Overall his energy is still good. However, he complains distending pain in the upper abdominal area that also radiates to the hypochondrium region. It is especially worse about half an hour after eating. His sleep, body temperature and urination are normal but his bowel movements have become dark and tarry, sometimes when he will also vomit blood.

His tongue is light red with slightly purple sublingual veins. He has a deep and wiry pulse.

Q: What is the disease differentiation?

Q: What is the diagnosis according to the differentiation of qi, blood, and body fluids?

Q: What is the syndrome differentiation?

Q: What is the etiology?

Q: Why would you needle RN12?

Q: How would you needle RN12?

Q: What are possible causes of black, tarry stool?

Q: What quadrant is the Liver in?

Q: What four ear acupuncture points could you need?



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CASE 35:

Ms. Yu is 36 years old. She complains of a feeling of fullness, oppression, and distension in the abdomen that is much worse with eating dairy products and deep fried foods, which she loves to eat. In fact, she likes to eat a lot because she loves food. She is slightly overweight, has a sallow complexion, a feeling of heaviness in her body, irritability, nausea, loose stools, and a bitter taste in her mouth.

She has a sticky, yellow tongue coating. Her pulse is wiry and soggy.

Q: What is the disease differentiation?

Q: What is the treatment principle?

Q: What is the etiology and pathogenesis?

Q: What would the Five Element Cycle diagnosis be for this pattern?

Q: What four ear acupuncture points could you use?

Q: What additional lifestyle advice could you offer your patient?



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CASE 36:

Cathy Covelle is a 50-year-old woman. She has a lot of different health concerns. She has pain in the sides of her body that is worse at the end of the day. Her doctor removed her gall bladder two years ago, but it hasn't helped stop the pain. The surgery had a lot of complications and recovery was very slow. There are no observable cause of organ dysfunction with an MRI. She also has numbness in the limbs, dry mouth, throat, and eyes, insomnia, gets hot flashes and night sweats occasionally. Her bowel movements are once every couple of days, she has scanty yellow urination. She has brittle, dry hair and nails.

Her tongue has a scanty coating. She has a thready and wiry pulse.

Q: What is the disease differentiation?

Q: What is the syndrome differentiation?

Q: What is the etiology of this disease?

Q: What is the pathogenesis of this disease?

Q: Why is her hair dry and brittle?



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CASE 37:

Maria Kostos is 27 years old. She recently went on vacation to Mexico with her boyfriend and while there began to feel quite sick. She has nausea and vomiting, high fever, bright yellow skin and sclera, light colour stool, irritability, distending pain in the abdomen and bitter taste in the mouth. Her doctor diagnosed her with Hepatitis A.

Her tongue is red with a yellow, greasy coating. Her pulse is wiry and rapid.

Q: What is the disease differentiation?

Q: What is the syndrome differentiation?

Q: What is the Etiology + Pathogenesis of this disease?

Q: According to the 8 principles, is this disease Yin or Yang?

Q: What steps would you take to prevent the transmission of Hepatitis A?

Q: What points would you needle?

Q: What additional lifestyle advice would you offer?



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CASE 38:

Tiffany Carson is a 45-year-old woman. She has a sudden onset of yellowing of the eyes and skin, scanty yellow urination, a heavy sensation in head, thirst without desire to drink, chest and hypochondriac distension, lack of appetite, nausea and vomiting. She has had gallstones that are blocking the flow of bile to the duodenum and she is awaiting surgery to remove them. You ask Tiffany about her diet and she tells you that she loves to eat sweets. Her sweet tooth is out of control especially since she turned 40. She tells you her diet consists mostly of salads. She gains weight easily and so eating salads is the best way to keep her weight under control. She does admit that she has a terrible habit of eating Poutine every couple of days. She really limits her intake of fried foods but this one dish she just can't control herself with.

She has a thick, yellow greasy coating. She has a wiry and slippery pulse.

Q: What is the disease differentiation?

Q: What is the syndrome differentiation?

Q: What is the Etiology?

Q: What is the Pathogenesis ?

Q: According to the 8 principles, is this disease Yin or Yang?

Q: Mrs. Carson wonders if she could avoid having surgery by having acupuncture instead?



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CASE 39:

Irene Booras is a 65-year-old woman. She had a liver transplant in the early 1980s which left her infected with chronic Hepatitis C and ascites. Her doctor has diagnosed her as having cirrhosis. She has sallow, smoky yellow skin and sclera, she feels a heaviness of the body, fatigue and weakness. Even though it is summer when she comes to see you, she is bundled up in many layers of clothes. She also has dramatic swelling of the abdomen.

Her tongue is pale with a thick white coating. She has a deep and slow pulse.

Q: What is the disease differentiation?

Q: What is the syndrome differentiation?

Q: According to the 8 principles, is this disease Yin or Yang?

Q: What is the Etiology?

Q: What is the Pathogenesis?

Q: What points would you use?

Q: Is Dampness a symptom of excess or deficiency?

Q: What steps would you take to prevent the transmission of Hepatitis C.



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CASE 40:

Mr. Alexopolous is 65-year-old. He has been having seminal emissions, originally at night but now during the day, as well, especially when he thinks to have sex. He feels fatigued and low energy, has low back pain and slight dribbling of urination.

He has a pale tongue. His pulse is deep and thready.

Q: What is the disease differentiation?

Q: What is the syndrome differentiation?

Q: What is the etiology of this disease?

Q: Why are the seminal emissions occurring?

Q: What four points would you use to treat this condition?

Q: What three ear acupuncture points could you use?