



TCM Review, Clinical Case Studies: 41-60

CASE 41:

Xiao Li is 50 years old. He has been unable to achieve an erection for 2 years. Three years ago, he was diagnosed with diabetes mellitus and has been taken Insulin to manage the disease. He complains of feeling tired, having a sore back and knees, dizziness, early morning diarrhea, feeling cold all the time, and frequent and profuse nighttime urination. Other symptoms include feeling heat on the palms and arches, being upset, dry throat and mouth, He also has a pale face.

Her tongue is pale and swollen, with a white tongue coating. His pulse is deep, thready and slightly Rapid.

Q: What is the disease differentiation?

Q: What is the syndrome differentiation?

Q: According to TCM thinking, why can he not achieve an erection?

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

Q: What additional consideration should you have for this patient?

Q: What is an example of observation?



LEADERS IN ACUPUNCTURE BOARD REVIEW

CASE 42:

Gordon Liang is a 30 years old man. He has been married for 5 years and tells you that he loves his wife, but that recently he has been having difficulty maintaining an erection. He feels a distending heavy sensation in his lower abdomen. His urine is dark yellow and his stools are sloppy. He often has a bitter taste in his mouth. His wife is a very good cook and they entertain often, she makes very delicious and rich meals every night. He loves to drink a gin and tonic before dinner and a good brandy afterwards. He has put on about 12 kilos since his wedding day.

He has a red tongue with a yellow, greasy coating.

Q: What is the disease differentiation?

Q: What is the syndrome differentiation?

Q: According to the 8 principles, how is this syndrome defined?

Q: What is the etiology of this disease?

Q: What is the pathogenesis?

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

Q: What pulse would you expect to find?



LEADERS IN ACUPUNCTURE BOARD REVIEW

CASE 43:

Ricky Jeon is a 32 years old man who is complaining about low back pain that began two weeks ago. He is very active, exercising a lot and often. Even though it is a colder time of year, and raining, he has been running outside every day, wearing only a shorts and a t-shirt. When he exercises, he sweats a lot. He tells you the pain feels like a wet towel wrapped around his middle. It's a strange sensation. The pain improves with heat. He bowel movements and urination are normal. He had melanoma three years ago but it has since resolved.

He has a white, sticky tongue coating. His pulse is deep and slow.

Q: What is the disease differentiation?

Q: What is the pattern differentiation?

Q: Why does your patient have a slow pulse?

Q: What is the etiology?

Q: What is the pathogenesis?



LEADERS IN ACUPUNCTURE BOARD REVIEW

CASE 44:

Rebekah is 62 years old. She had a surgery to help with urinary incontinence but now she is having difficulty urinating, as well as distension and pain in the lower abdomen. She says that other than the pain, she has no health complaints, although the pain is so severe it sometimes prevents her from sleeping through the night or sitting still. She also has high blood pressure and is on anti-hypertensives.

Her tongue is light pink with some purple spots. She has a Choppy pulse.

Q: What is the disease differentiation?

Q: What is the etiology for this case?

Q: What is the syndrome differentiation?

Q: Aside from CV3, what four points to use and needling method.

Q: Why would you needle CV3?

Q: What caution would you use when needling CV3?



LEADERS IN ACUPUNCTURE BOARD REVIEW

CASE 45:

Alex is 32 years old. She is currently working in a law firm trying to become a partner. This means she is working more than 60 hours a week and often skipping meals. She woke up this morning after a restless sleep and felt that she had to go to the bathroom urgently, but when she went it was difficult to pass urine as well as being very painful. She feels fullness and distending pain in the lower abdomen. She hasn't had a bowel movement this morning.

She has a light pink tongue with a thin white coating. She has a Deep, Wiry pulse.

Q: What is the disease differentiation?

Q: According to the principles of Qi, Blood, and Body Fluids, what is the diagnosis?

Q: What is the treatment principle?

Q: What are two potential biomedical diseases this could be?

Q: What is the primary organ involved? The secondary organ?



LEADERS IN ACUPUNCTURE BOARD REVIEW

CASE 46:

Ms. Devean is 42 years old. She is coming in for edema over her entire body. It is particularly bad on cold and rainy days. She is a kayak guide so spends a lot of time working outside. She spends a lot of time on the water which is never truly warm. Even in the summer she finds it hard to get in the water without a wet suit. She tells you that she doesn't have much of an appetite, but she is overweight because she has a habit of overeating. Her urination is normal, she has loose stools and cold limbs.

She has a pale white tongue coating. Her pulse is Deep and Thready.

Q: What is the disease differentiation?

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

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

Q: Why are her limbs cold?

Q: What four points would you needle?



LEADERS IN ACUPUNCTURE BOARD REVIEW

CASE 47:

Ms. Zorn is 24 years old. She was recently sick with a Streptococcus A infection but took antibiotics and it has cleared up. Recently, she again has begun to have swelling of the face, particularly eyelids, abdominal pain and fatigue. Her temperature is 38.2 degrees.

She has a thin, white tongue coating. She has a floating pulse.

Q: What is the disease differentiation?

Q: What is the syndrome differentiation?

Q: What is the pathogenesis?

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

Q: Which organ is involved in this condition?

Q: What WM disease would you want to consider?



LEADERS IN ACUPUNCTURE BOARD REVIEW

CASE 48:

Kelly Feng is a 40 years old woman. She is coming in to see you for extreme feeling of dizziness, where she feels that everything is upside down. The attacks can last for up to a few hours. She tells you that her left ear always feels full. Her most recent attack was on a hot and humid day when she had eaten ice cream. Her attack also came with a feeling of nausea and vomiting. She has bloating with eating, loose stools and hot flashes. She has the WM diagnosis of Meniere's disease.

She has a light pink, scalloped tongue with a sticky white coating. Her pulse is Soggy on the Right side and Slippery on the left.

Q: What is the disease differentiation?

Q: What is the syndrome differentiation?

Q: What scalp acupuncture line would you use?

Q: What point(s) of the Stomach channel on the Head would you use? Why?

Q: What is the pathogenesis?

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



LEADERS IN ACUPUNCTURE BOARD REVIEW

CASE 49:

Brenda Fitzpatrick is 35 years old. She has three children, one of whom is 3 months old. She hemorrhaged at her last birth and received a blood transfusion but has had difficulty recovering. Her main complaint is dizziness, feeling like the world is spinning around her, which can usually be relieved by closing her eyes. She has a diagnosis of anemia and is taking ferrous sulfate. She has a pale face, feels fatigued but has insomnia, she is underweight but has a lack of appetite. During your intake she tells you that she has a hard time taking care of her children and will sometimes leave them locked in the car outside for a few hours.

She has a pale tongue. Her pulse is thready and weak.

Q: What is the disease differentiation?

Q: What is the syndrome differentiation according to the principles of Qi, Blood, and Body Fluids?

Q: What is the pathogenesis?

Q: According to the 8 principles, how would this disease be characterized?

Q: What four points would you want to needle?

Q: What other considerations should you have?



LEADERS IN ACUPUNCTURE BOARD REVIEW

CASE 50:

Mr. Miller is a 35-year-old man and a university professor. He has diabetes mellitus and takes insulin to regulate it. Mr. Miller published a 650-page textbook in addition to heavy teaching load. He has been having fainting spells recently, usually late at night after he has been out drinking with his friends. His girlfriend has been able to help him revive consciousness by injecting him with insulin.

He has a pale tongue. He has a thready pulse.

Q: What is the disease differentiation?

Q: What is the pattern, according to the Eight Principles?

Q: What is the etiology?

Q: What is the pathogenesis?

Q: Other than ST36, what four points would you select?

Q: During the treatment, the patient faints. What would your course of action be?



LEADERS IN ACUPUNCTURE BOARD REVIEW

CASE 51: FAINTING (JUE ZHENG)

Paul Burns is 39 years old. Recently, he has fainted several times; once when his wife told him that she wanted a divorce. This was unexpected because he thought they had a strong marriage. Another time was when he received news that he has a hernia that will need a small surgery to repair. He reports that, otherwise, he feels very healthy. His sleep, urination, and body temperature are normal. He never has headaches. Occasionally he has cold hands and feet, and sometimes becomes slightly constipated. His blood pressure is 129 / 85.

His tongue is light pink with a thin, white coating. His pulse is wiry.

Q: What is disease differentiation?

Q: What is the pattern, according to the Eight Principles?

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

Q: Does your patient have high blood pressure.

Q: What needling method should you use here?

Q: Please give an example of this method:



LEADERS IN ACUPUNCTURE BOARD REVIEW

CASE 52:

Rita Orans is 32 years old. She has two children, age 6 and 4, but she recently has a miscarriage. She feels very upset and that it is hard to cope with her life, and more recently she feels that she has something stuck in her throat and she cannot swallow or spit up. She has an upcoming appointment with an ENT specialist to examine the throat, and in the meantime, she is taking amitriptyline, which her doctor prescribed to her. She is very upset during her intake and she cries a lot.

He has a sticky yellow-white tongue 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 and pathogenesis of this disease?

Q: What four acupuncture points could you use and needling method?

Q: How would you treat your patient when she cries during the intake?



LEADERS IN ACUPUNCTURE BOARD REVIEW

CASE 53:

Cam Jin is 23 year old. He is coming in for treatment with you, but it's unclear what his problem is, as he is unable to make coherent statements. Sometimes he even trails off into silence and stares into the corner of the room. When you explain the acupuncture treatment to him, he sometimes nods and other times does not respond. In addition, he refused to fill out the intake and consent forms. You noticed that his eyes appear cloudy as if his Shen is unrooted. He seems to be drooling slightly from the corner of his mouth.

His tongue has a sticky white coating. He has a Wiry, Slippery pulse.

Q: What is the disease differentiation?

Q: Is this disease one of excess or deficiency?

Q: What is the Etiology?

Q: What is the Pathogenesis?

Q: What other considerations should you make in regards to the patient?



LEADERS IN ACUPUNCTURE BOARD REVIEW

CASE 54:

Wade Gilles is 49 years old. He is coming because he has difficulty sleeping at night. He has some difficulty falling asleep and when he can finally fall asleep, he has restless dreams. After a few hours, usually around 3:30 a.m. he will wake up. He expresses that he feels some stress as he recently lost his job. He tries to eat a healthy diet throughout the day but he tends to eat a lot at night. At night he mostly eats sweets like ice cream or even a box of cookies. He thinks that he has a gluten intolerance. He has loose stools with undigested food, his urination is normal. He has some pain and discomfort in his abdomen and epigastric region. Wade has always been fearful of everything. Losing his job has left him feeling a lot of anxiety. He hasn't worked up the courage to tell his friends about his situation.

His tongue is swollen and with a greasy yellowish coating. He has a 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: During the treatment he asks you on a date. What is the best course of action?

Q: What additional lifestyle advice would you give to the patient?

Q: What quadrant is the stomach in?

Q: What four ear acupuncture points could you need?



LEADERS IN ACUPUNCTURE BOARD REVIEW

CASE 55:

Ms. Parnell is 45 years old. She is coming in for insomnia, which she has had for several years, but which has gotten much worse recently. She has always woken up around 3 in the morning, but now she has difficulty falling asleep in the evening and difficulty falling back asleep when she wakes at 3 a.m. It is worse with drinking wine, which she usually does every night. She is happy with her life, which she says is very good. She has a good job that she loves, her relationship with her husband is very good and her children are doing very well. Still, she feels irritable and angry easily. She also gets migraines one to two times a month on her right temporal region as well as hypochondriac pain.

She has a slightly red tongue with a coating that is peeled in patches. Her pulse is Wiry, Thin and slightly Rapid.

Q: What is the disease differentiation?

Q: What is the syndrome differentiation?

Q: What four points would you use? Needling Method?

Q: Aside from the Liver, what four ear acupuncture points could you use?

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



LEADERS IN ACUPUNCTURE BOARD REVIEW

CASE 56:

Jin Yu is 70 years old. Although she falls asleep every night, she has a difficult time staying asleep, waking every hour or so and not easily falling back asleep. Due to spondylolisthesis, she had a back surgery and has residual pain in her low back. She doesn't feel particularly hot or cold, but she will wake up in the night sweating. She has palpitations through the day and she feels her memory is not as good as it once was. She has high blood pressure and Diabetes Mellitus Type II, and she takes hydrochlorothiazide and metformin.

Her tongue is red with many horizontal cracks and no coating. She has a thready and rapid pulse that is deep in the chi position.

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 the primary organ effected? The second?



LEADERS IN ACUPUNCTURE BOARD REVIEW

CASE 57:

Mary Wins is 60 years old. She is coming in for Rheumatoid Arthritis, and she has excruciating pain in her joints, as well as difficulty using her hands. Her knuckles are red and swollen and even feel warm to the touch. Her husband died last year, and she is very upset and stressed about his death, especially because she has to sort through all of his belongings at the house. Using her hands a lot makes her hands hurt more, and it seems to be worse in general now that it is summer. Her hands sometimes feel normal and then she will have severe flare ups. She takes methotrexate and prednisone.

Her tongue is red with a dry, yellow coating. Her pulse is Wiry and Rapid.

Q: What is the disease differentiation?

Q: What is the syndrome differentiation?

Q: Which layer does this disease occur? Skin, Muscle, Tendon, Vessel, or Bone?

Q: What is an example of palpation?

Q: What local points could you needle for this patient?

Q: What is a caution you would consider with this patient?

Q: What additional lifestyle advice would you offer?



LEADERS IN ACUPUNCTURE BOARD REVIEW

CASE 58:

Kevin Mayer, age 28, complains of fullness and distension in the abdomen. The pain is not always present, it comes and goes and seems to be worse with eating big meals. When it happens, he also becomes more constipated, and his urination is also less and dark yellow. You press on his abdomen and it makes the pain much worse.

She has a thick, yellow tongue coating. He has a slippery and forceful pulse.

Q: What is the disease differentiation?

Q: What is the Diagnosis according to the 8 principles?

Q: What is the Syndrome Pattern?

Q: What quadrant is the Liver in?

Q: What four ear acupuncture points could you use?



LEADERS IN ACUPUNCTURE BOARD REVIEW

CASE 59:

Mel King is a new 64-years-old patient of yours and has been waiting for you in your second treatment room. When you enter the room, you notice that his mouth is in a strange position - with one corner pointed up and the other corner pointed down. You say that you notice that he wrote on his intake form he is coming for stress, but when you ask him about it he cannot easily answer, slurring his speech.

Her tongue is red without coating and pointing toward the right. He has a Wiry, Thready pulse.

Q: What is the disease differentiation?

Q: What is an example of observation?

Q: Why would you needle HT5?

Q: How would you needle ST6, and why?



LEADERS IN ACUPUNCTURE BOARD REVIEW

CASE 60:

Ms. Ocampo is a 50-year-old woman who was recently visiting her family in the Philippines. After she returned she noticed she is having difficulty regulating her body temperature - feeling very hot and feverish sometimes and very cold other times, at an occurrence of every other day. When she is hot she also has headache and bitter taste in the mouth.

She has a thin, yellow tongue coating.

Q: What is the disease differentiation?

Q: According to the Six Stages, where does this disease occur?

Q: What is the etiology of this disease, according to TCM?

Q: What was the likely transmission of this disease, according to WM?

Q: What pulse would you expect to see?

Q: What additional considerations do you have?