



LEADERS IN ACUPUNCTURE BOARD REVIEW

TCM Review, Clinical Case Studies: 61-80

CASE 61:

Sonia Wang is a 35 years old woman. She woke up this morning and realized that she had drooping in the left side of her mouth, and her left eye was also unable to close. She is having difficulty closing her left eye, in fact, the left side of her face looks almost like a mask. Her limbs are as normal. Her speech is as normal. Her blood pressure is 110/70.

Her tongue is red with a thin, white tongue coating. Her pulse is floating and slow.

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?

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

Q: What is the likely Western Medical Disease?

Q: What is an example of observation?



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CASE 62:

Ms. Chen is a 62 years old woman. She is coming in for numbness and deviation of the mouth for the last four days. It began shortly after she was hospitalized for secondary hypertension which was stabilized by medication. Her CT scan was normal and she was diagnosed with Bell's Palsy. She has Type II Diabetes Mellitus and is overweight. Her blood pressure is 180 / 116.

She has a pale, dusky tongue with a white, greasy coating. Her pulse is soggy and choppy.

Q: What is the disease differentiation?

Q: What is the syndrome differentiation?

Q: What is the pathogenesis?

Q: What cranial nerve is affected?

Q: What is the likely cause of hypertension?

Q: What additional considerations should you have with this patient?



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CASE 63:

Annie Jin is a 14 years old girl. She breaks out in hives on her legs any time she goes swimming in cold water, or in the winter time, when she walks to school. She goes to a private school and wears a uniform with knee high socks and a skirt, it is just the area between the socks and the skirt that erupt in hives. She doesn't have hives at the moment, but says when they come, they are light whitish-red and without pain. They go away as soon as she gets warm, without leaving a mark. She has had this condition since she was 8 years old. She has a very pale face and very low energy. She recently was tested positive for anemia, her hemoglobin levels are 90 g/L.

She has a pale tongue with a white, sticky tongue coating. Her pulse is soggy.

Q: What is the disease differentiation?

Q: What is the pattern differentiation?

Q: What is the etiology?

Q: What additional lifestyle advice could you offer her?



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CASE 64:

Mr. Cousins is a 48-year-old man. Today, he has begun to have a rapidly spreading, bright red rash on his lateral lower leg. The rash is clearly demarcated. He says he has no idea what caused it. He also feels hot with an aversion to cold. His oral temperature is 39 degrees. His blood pressure is 128/86. He mentions that he did receive a hit to his leg during soccer practice the other day, from another player's cleat. However, there wasn't much damage, only a slight cut.

His tongue is red with a thin white coating. He has a floating and rapid pulse.

Q: What is the disease differentiation?

Q: What is the syndrome differentiation?

Q: What four points would you choose?

Q: How would you needle GB34?



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CASE 65:

Adrienne Chou is a 26 years old woman who works as a waitress and is a full time student. One week ago, she developed a terrible skin rash that came on suddenly and is characterized by skin eruptions that are red and ooze yellow pus. The rash runs from her neck down her arm. Adrienne is in a lot of pain. She was seeing another practitioner last week who stopped treating her because the eruptions were soiling the clinic sheets. Her other symptoms include severe irritability, bitter taste in the mouth, red eyes and constipation.

She has a red tongue yellow, sticky tongue coating. She has a rapid, wiry and slippery pulse.

Q: What is the Western disease?

Q: What is the syndrome differentiation?

Q: What kind of dermal needling would you apply?

Q: What is the angle and direction of the needles?

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

Q: Which Jing River point will you use to treat the root condition?

Q: Why is it unethical for the previous practitioner to stop treating this patient?



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CASE 66:

Alina Kwok is 19 years old. She has just moved to Canada to attend university. Since moving, she has begun having breakouts of pimples on her face - especially her forehead and cheeks. The pimples are red in colour with a white-yellow pustule. She tells you that she has changed her diet. She eats out a lot - lots of hot and spicy foods, fast foods, and drinks a lot of alcohol late at night. She has also been eating her favourite meal of curry lamb.

She has a red tongue with a yellow, greasy coating. Her pulse is slippery and rapid.

Q: What is the disease differentiation?

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

Q: What is the etiology of this disease?

Q: What lifestyle advice would you suggest?



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CASE 67:

Pete Tsang is a 7-year-old boy. A couple days ago, he came down with the common cold, feeling an aversion to cold and a fever. Since then, he's begun to have dramatic swelling in the parotid region. His fever has also become more intense and is 39.8 degrees Celsius. He has dryness of the mouth, dark yellow urine, and constipation.

He has a red tongue with a dry yellow tongue coating. He has a rapid 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 four points would you use?

Q: What is a potential side effect of this disease?



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CASE 68:

Ron Bray is 33 years old and woke up yesterday morning with a very stiff neck, especially bad on the left side. He tells you that he thinks he slept on the pillow in a strange way. He has limited range of motion and is even tilting his head toward the left. He says that the pain is better with heat and it is very painful with pressure. He mentioned that he has taken a lot of ibuprofen the last two days. His urination is normal, his stool is black and slightly tarry.

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

Q: What is the disease differentiation?

Q: What is the syndrome differentiation?

Q: Why would you needle Luo Zhen?

Q: What other modalities would you use?

Q: What is the etiology?

Q: What is the pathogenesis?



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CASE 69:

Buck Dancer is a 56 year-old-man. He has soreness and pain in his neck that is worse with cold, damp weather. He has a diagnosis of cervical spondylosis, an MRI shows severe degeneration in his neck and narrowing of his spinal canal. He has been a mechanic for years, working on his back off a cold cement floor. He is fairly overweight. Recently, he has begun to have numbness radiating down his left arm, to his pinky finger.

He has a light pink tongue with a thick white coating. His pulse is slippery.

Q: What is the disease differentiation?

Q: What is the syndrome differentiation?

Q: What is the etiology?

Q: What is the pathogenesis?

Q: What cervical nerve is likely effected?

Q: What additional lifestyle advice would you suggest?



CASE 70:

Mrs. O'Clare is an 80-year-old woman. She is complaining of pain in her low back. It began a long time ago, after she had grabbed the arm of a sofa to prevent herself from falling. She had an MRI and seen a physiotherapist and has a diagnosis of Anterior Longitudinal Ligament sprain. The pain is constant and feels better with heat and pressure. She also has begun having dizziness and tinnitus, as well, she says her memory isn't as good as it once was. She doesn't have much appetite and likes to drink hot water throughout the day.

He has a pale tongue. She has a deep, weak 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 style of cupping would you perform?

Q: What frequency of e-stim would you perform?

Q: What 4 points would you use?



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CASE 71:

Kira was in a car accident three weeks ago. She was hit directly on the side of her car at high speed. Kira was rushed to the hospital. She lost a lot of blood before the doctors were able to stabilize her. Now she is suffering from terrible neck pain that has a stabbing quality to it. The pain is constant and worse at night when she is trying to sleep. The area of pain runs from C1 to C7. Kira had x-rays done of the area after the accident. The exam results were negative for nerve and bone damage. Before starting treatment, you read Kira's intake form and learn that she is taking blood thinners.

She has a swollen and purple tongue and the pulse is wiry and choppy.

Q: What is the disease category?

Q: What are 4 points you would use for this case?

Q: You decided to use moving cups as part of your treatment. What is the treatment principle for this case?

Q: What are 2 benefits and 2 risks of moving cups?



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Case 72:

Naomi is 54 years old and has been experiencing chest pain for the past 2 – 3 weeks. The pain is worse with exertion and worse with fatigue. She says she experiences it as a tightening sensation in her chest. Other symptoms include: pale face, lower back pain, feelings of cold. She also has pale lips.

Q: What is the disease category for this case?

Q: What is the differential diagnosis for this case?

Q: What is the pathogenesis of the pale face?

Q: What 5 points would you use for this patient?

Q: This patient faints during treatment. What are three possible symptoms of her fainting spell?

Q: Naomi comes back to the clinic after two weeks experiencing more pain, breathlessness and is sweating. What is this related to in Western Biomedicine and what do you do?



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Case 73:

Angela is an insomniac. It started a few years back when she was dealing with a lot of family issues. Her mother was diagnosed with Parkinson's. Her father was diagnosed with stage 4 Lung cancer and she was going through a divorce. Angela goes to bed at 11pm every night but doesn't fall asleep until 12am or even 1am if the insomnia is very bad. She wakes up every two hours and it takes her a good 30 minutes to fall back to sleep. This leaves her feeling very tired during the day. She's not able to function and the lack of sleep is affecting her ability to perform her job. She has a lot of fear and anxiety that really ramps up right before bed time. Ironically, she sleeps very well on vacation.

Her tongue is pale, slightly red with a dry and geographic coat. The pulse is thready, choppy and rapid.

Q: What is the disease category?

Q: What is the differential diagnosis?

Q: What two points do you use to treat the root problem?

Q: What two points do you use to treat the chief complaint?

Q: What lifestyle recommendations do you give to Angela?



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Case 74:

Chrissy is 36 years old. She stays at home and cares for her 4 children that range in age from 6 – 6 years old. Chrissy complains of breathlessness. She dislikes talking and speaks in a low voice. She says she feels exhausted from talking. Her exhaustion is worse after she has to do any physical or mental activity. With 4 kids she is often doing physical work keeping up with the kids. Her appetite is not so good and she says she often has a dull pain in her abdomen that feels better with heat. She bloats after she eats. She says her lower back and lower limbs also feels cold. She also has dull pain in her lower back and sleep with a heating pad on it. She wants to sleep all the time. Chrissy is still breast feeding and tells you that she is actually breastfeeding all her children still.

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

Q: What is the differential diagnosis for this case?

Q: You do moxa at ST36. What is the treatment principle for this case?

Q: What is the pathogenesis for the breathlessness?

Q: What 4 points will you use to treat the root and what 2 points will you use for the branch?

Q: You advise Chrissy that breastfeeding might not be the best thing to do right now but she insists on breastfeeding all 4 of her children. What do you do?



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Case 75:

Ben complains of severe stabbing pain in his abdomen that is worse upon pressure. Ben is an alcoholic and trying to stop drinking. He has been off and on homeless over the past decade. His childhood was turbulent. His parents split up when he was 4 years old. His mother committed suicide when he was 9 years old at which point he went back to live with his father. His father was very physically abusive to Ben until Ben was 15 years old. That is when he ran away and started living on the streets.

Ben is very stressed about his current situation. He says he can't remember a time when life wasn't stressful for him. He drinks alcohol so he doesn't have to deal with his problems. Ben suffers from rage himself and is very easily angered. Other symptoms include vomiting of food and blood, black stools, hypochondrial distension and pain and irritability.

His tongue is purple and his pulse is choppy and wiry.

Q: What is the disease category?

Q: What is the differential diagnosis?

Q: What points would you use for vomiting blood?

Q: What 2 points would you use to treat the root?

Q: The patient asks to have receipt with the name left blank. How do you issue the receipt?

Q: What lifestyle recommendations do you have for Ben?



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Case 76:

Tim Gogan is a 26 year-old-man. He has been having severe low back pain for the last three months, after lifting heavy boxes at work. The pain begun in the central area of his spine and has begun to travel down the back and lateral side of his left leg. It is worse throughout the night and immediately after waking in the morning. After going to the emergency department at the hospital for pain multiple times, he recently had an MRI. It showed spinal disc herniation at L5/S1. Other than this pain, he feels fairly normal.

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 treatment principle?

Q: Why is the pain worse at night and first thing upon waking?

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

Q: What four ear acupuncture points would you use?



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CASE 77:

Betsy Ho is a 35 year-old-woman. She is coming in because she has frozen shoulder and is unable to move her right arm very high, without great pain and effort. It is worse on cold and rainy days. She also feels fatigue, difficulty digesting foods, low energy, and loose stools.

Her tongue has a sticky white coating. She has a soggy pulse.

Q: What is the disease differentiation?

Q: What is the treatment principle?

Q: What is the Etiology?

Q: What is the Pathogenesis?

Q: What additional therapies could you use?



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CASE 78:

Nancy Shelly is a 52-year-old woman. She has pain in her buttocks that radiates down the side of her leg and the back of her leg. It began 4 months ago, when she was moving the furniture around in her house. She has seen massage therapists and chiropractors but they only ever reduces the pain temporarily. The pain is better with heat and worse with pressure.

Her tongue is light pink with a thin white coating. Her pulse is slightly wiry.

Q: What is the disease differentiation?

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

Q: What is the etiology?

Q: What is the pathogenesis?

Q: What muscle is likely involved?

Q: What four points would you needle?



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CASE 79:

Cedric Smith is a 40 years old man. He is complaining of extreme pain in his hypochondriac region that is worse with pressure and heat. It is bad when he has stress - he is stressed all the time right now as he just lost his house in a foreclosure. The pain is also worse after he drinks, he has been drinking a lot every day. He has a preference for cool drinks and food. He has a bitter taste in his mouth, constipation and is not sleeping well. He tells you that he is thinking of committing suicide because he cannot live with the shame of the foreclosure.

He has a very red tongue with a dry, yellow coating. His pulse is wiry and rapid.

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 lifestyle advice could you offer your patient?

Q: Why does your patient have a bitter taste in the mouth?



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CASE 80:

Kyle Chee is a 26-year-old man. He is complaining of distending pain in his epigastric region that radiates to his hypochondriac region. It began last week, he says he's not sure of the cause but he hasn't done anything out of the ordinary in his life. He has sour taste in mouth and belching.

His tongue is light pink with a sticky coating. His pulse is wiry.

Q: What is the disease differentiation?

Q: What is the syndrome differentiation?

Q: According to principles of qi, blood, and body fluids, what is the diagnosis?

Q: Why does the patient have a sour taste in his mouth?

Q: Why is the primary organ effected? The second?

Q: What are three possible WM illnesses?