



**Pan-Canadian Exam  
Monday Night Case Study Review  
Week 8:**

1. Merete has not had a period in one year. She often has nosebleeds and sharp, painful abdominal pain. Upon examination, you see her nails look purple. Her tongue is purple and her pulse is Hesitant. Which is the best acupuncture point prescription for this case?

- A. LR3, LI4, PC6, CV6, ST28, LR6, GB34
- B. ST36, SP6, BL20, BL21, BL17
- C. SP6, SP3, ST40, LR2, LI4, LR13, CV3
- D. CV3, BL17, KI14, LR3, LI4, SP10, SP4, PC6

2. Nathan has been having palpitations for the past five months. They are worse in the mornings and afternoons, seeming to improve in the evenings. In addition to the palpitations, he also finds he sweats easily even if he isn't physically active. He often feels tired. What is the best point prescription for this case?

- A. BL15, HT5, PC6, GV14, CV17
- B. BL15, LU6, LU8, PC6, ST36, KI3
- C. BL15, BL13, HT7, ST36, PC7
- D. BL13, CV4, GBV4, KI25, CV17

3. Mathias was diagnosed with a mental disorder when he was 15-years-old. Before this time, he always had extreme mood swings. Now Mathias is 30-years-old. Until recently, he has been managing his illness well with medications. However, his mother died three months ago and Mathias stopped taking his medication. He is also homeless. He has been brought to the Tenderloin Clinic in San Francisco for treatment. His counselor tells you that he is impulsive, has a hard time sitting still and he can be aggressive. Upon questioning, you can tell that he is mentally confused. His tongue is yellow with a sticky coat and his pulse is Rolling, Rapid and Forceful. What is the best point prescription for this case?

- A. ST36, HT8, LI11, BL66, GB40, HT7
- B. CV6, ST36, GV20, LI11, LR2
- C. ST40, PC5, BL15, HT7, PC7, CV12
- D. GV14, GB13, CV15, PC5, BL20, CV12



4. A patient, six weeks pregnant, is vomiting every day. Most days she can't even get out of bed, so she is spending her days between the bathroom and her bed. Most smells, from food cooking to the scent of her husband's cologne, will bring on a bout of vomiting or dry heaves. In addition to this, she has loose stools and no particular thirst and loss of appetite. What is the best point prescription for this case?

- A. ST36, PC6, SP6, SP4, BL18, LR3
- B. ST36, PC6, BL20, BL21, CV3
- C. ST36, CV17, CV13, LR3, LI4
- D. ST36, PC6, CV12, SP4, CV13

5. A patient presents with a dry chronic cough with sticky sputum that is difficult to expectorate. Sometimes the sputum is blood-specked. Her tongue is peeled and her pulse is Floating, Rapid. What is the best point prescription for this case?

- A. LU7, LU9, KI6, BL13, ST40, CV12
- B. LU9, KI6, ST36, CV4, GV14
- C. LU7, LI4, LI1, CV12, ST36
- D. LU9, LR2, LI11, ST40, KI6

6. A patient has repeat dreams that are very vivid. She often wakes to find that she is drenched in sweat. Then, no matter how hard she tries, she can't fall back to sleep. She also suffers from poor memory, chronic ache in her knees and dull pain around her L2-4 vertebrae that never really subsides. What is the best point prescription for this case?

- A. HT7, SP6, BL15, KI3, Anmian, KI10
- B. HT6, KI2, HT5, PC5, LR2, CV14
- C. SP6, HT7, ST40, ST44, LI11, SP9
- D. GB40, Anmian, BL23, BL15, BL18

7. A patient complains of UTI symptoms with fever and abdominal pain. He tells you that it is difficult for him to urinate and often it stops mid-stream and takes a second or so to start back up. This is also painful. What is the best point prescription for this case?

- A. BL28, BL23, GV20, CV6, ST36, CV4, SP9
- B. BL23, CV3, KI6, SP6, HT8, CV5
- C. BL28, BL66, SP6, SP9, CV3, ST28, LR2
- D. BL23, CV3, KI6, SP6, HT6, LR2



8. A patient reports of UTI symptoms with fever and lower abdominal pain. He tells you there is blood in his urine. He also has tongue ulcers and his hearing has diminished. What point combination is best for this case?

- A. BL28, CV3, SP9, HT5, LI11, BL67
- B. BL28, ST39, HT8, SI2, SP10, SP9
- C. BL28, CV5, SP9, SP10, LI11
- D. BL28, CV3, SP9, SP10, SP6

9. A patient has dry stools, a burning sensation in the anus. The tongue is thick, dry, with a yellow coat. What is the treatment plan for this case?

- A. Clear Heat
- B. Clear Heat in the Large Intestine and Stomach, promote Body Fluids
- C. Clear Heat in the Large Intestine, promote bowel movement
- D. Promote Fluids in the Large Intestine

10. A 27-year-old woman has large fibroid tumors in her uterus. She has pain before and sometimes during her period. The blood flow is sometimes heavy. The tongue is a little red with a purple tinge and stiff. The pulse is Deep and Wiry. What is the treatment plan for this case?

- A. Smooth the Liver, move Qi, move Blood, eliminate stasis
- B. Smooth the Liver, regulate Qi, eliminate stasis
- C. Smooth the Liver, cool Blood, eliminate stasis
- D. Smooth the Liver, clear Heat, eliminate stasis

11. A 9-month-old baby has had a high fever for a few days. This was followed by having sporadic tremors with strong convulsions. Meningitis was ruled out. What is the treatment principle?

- A. Clear Heat, cool Blood
- B. Nourish Liver Yin, subdue Liver Yang, subdue Wind
- C. Tonify Liver Blood, subdue Wind
- D. Cool Blood, nourish Yin and extinguish Wind

12. A patient has abdominal pain, diarrhea with mucus and blood, foul-smelling stools, burning anus, fever, sweat that reduces the fever and thirst without desire to drink. What tongue is expected for this case?

- A. Pale or red dry tongue without a coat
- B. Thick-yellow tongue and a dry coat
- C. Red tongue with a greasy-yellow coat
- D. Pale tongue



13. A patient has dry mouth at night, night sweats, backache and a tongue without any coat. What is the treatment plan?
- A. Nourish Kidney and Heart Yin, clear Heart Empty Fire
  - B. Nourish Kidney Yin, clear Empty Fire, calm the Mind
  - C. Nourish Liver and Kidney Yin
  - D. Nourish Kidney Yin
14. A 33-year-old woman's main complaint is constipation, a problem she has had for six years. She has 2-3 BMs per week. The stools are small and dry. Her breath has a foul odor. The tongue has a normal color with a dry, yellow coat which is thicker at the root. The pulse is Normal. What is the treatment plan?
- A. Tonify Liver Blood, promote bowel movement
  - B. Regulate the Liver, smooth Qi, promote bowel movement
  - C. Clear Heat in the Large Intestine, promote Fluids in the Large Intestine, promote bowel movement
  - D. Clear Heat in the Large Intestine, remove Obstruction, promote Fluids in the Large Intestine, promote bowel movement
15. A 38-year-old female suffers from chronic hypochondriac pain on the right side. There is a feeling of a 'lump' in the right abdominal region. She has diarrhea if she eats too many raw/cold foods. This last year she has started sweating lightly at night. The urination is frequent and pale, feels cold most of the time and the menstrual blood has clots but they are not dark. The tongue is pale on the sides and bluish-purple on the root and center. The pulse is Deep, Weak, Minute. What is your treatment strategy?
- A. Simultaneously nourish Liver Blood and Kidney Yang
  - B. First tonify Kidney Yang and then nourish Liver Blood
  - C. First nourish Liver Blood and then tonify Kidney Yang
  - D. Simultaneously move Blood and expel Interior Cold
16. What is the function of Mu Tong in Xiao Feng San?
- A. Drains Damp via the urine
  - B. Clears Damp Heat
  - C. Dries Dampness
  - D. Clears Damp and cools Blood



17. Hypochondria or epigastric distension, hiccup, sighing, nausea, vomiting, belching, a 'churning feeling in the stomach' and irritability in women breast distension indicates which of the following conditions?

- A. Rebellious Liver Qi
- B. Rebellious Stomach Qi
- C. Rebellious Lung Qi
- D. All of the above

18. A patient presents with painful periods with dark clots. Her other complaints include palpitations, a feeling of oppression in the chest, cyanosis of the lips and nails and shortness of breath. The tongue is purple, and the pulse is Knotted. What is the best point prescription for this case?

- A. PC8, PC9, HT9, KI6
- B. LI11, PC8, BL14, HT8, LR2, SP6, CV14, CV15
- C. LR3, GB34, BL17, SP10, KI14, ST29, SP4, PC5, LR5
- D. BL17, SP10, PC6, HT7, CV14, CV17

19. A patient presents with dull pain appearing at the end of menstruation. This is alleviated by application of heat. The menses are scanty and thin while the blood is pink. She also experiences aversion to cold, a pale complexion, dizziness and palpitations. The pulse is Thready, Weak. What is the best point prescription for this case?

- A. CV4, BL20, BL23, ST36, SP6
- B. CV4, BL18, BL20, BL23, ST36, SP6
- C. GV20, CV4, ST36, SP6, SP1, TE4
- D. CV4, CV6, SP6

20. A patient presents with amenorrhea. She tells you this started ten months ago. Her periods were delayed more and more each month until they finally stopped altogether. She often experiences dizziness, tinnitus, dry mouth and throat and night sweats. The tongue is pale with a little coat and her pulse is String-taut, Thready. What is the best point prescription for this case?

- A. CV4, BL20, BL23, ST36, SP6
- B. CV4, BL18, BL20, BL23, ST36, SP6
- C. GV20, CV4, ST36, SP6, SP1, TE4
- D. CV4, CV6, SP6



21. A patient presents with a 35-day menstrual cycle. She has scanty menstrual bleeding when her period does arrive. Other complaints include: dizziness, tinnitus, lower back ache, dull occipital or vertical headache, insomnia, dry eyes, dry vagina, night sweats and blurred vision. The tongue is normal in color with a rootless coat and the pulse is Superficial and Deficient. What is the best point prescription for this case?

- A. KI3, CV7, KI9, KI10, SP6, LU7, KI6
- B. LR2, GB20, LR1, LI11, GB13
- C. LR8, ST36, SP6, CV4, KI3, KI6, LR2
- D. KI6, KI13, BL23, CV4, SP6, LR8, BL10

22. Severe emotional problems and depression lead to stagnation of \_\_\_\_\_, which, over a long period of time, turns into Fire.

- A. Blood
- B. Qi
- C. Food
- D. All of the above

23. Excessive consumption of hot, greasy foods creates:

- A. Heat
- B. Phlegm
- C. Both A & B
- D. Neither A nor B

24. A patient has dark and clotted menstrual blood. She has been diagnosed with infertility. Other complaints include: abdominal pain, nose bleeds, abdominal masses and purple nails. The tongue is purple, especially on the side, with a dry, yellow coat. The pulse is Excess, String-taut and Rapid. What is the best point prescription for this case?

- A. PC8, PC9, HT9, KI6
- B. LI11, PC8, BL14, HT8, LR2, SP6, CV14, CV15
- C. LR3, GB34, BL17, SP10, KI14, ST29, SP4, PC6, LR5
- D. BL17, SP10, PC6, HT7, CV14, CV17



25. A patient presents with sudden, profuse vaginal bleeding marked by light-red and thin blood. She also experiences lassitude, shortness of breath, apathy and anorexia. The tongue is pale and the pulse is Thready, Weak. What is the best point prescription for this case?

- A. CV4, BL20, BL23, ST36, SP6
- B. CV4, BL18, BL20, BL23, ST36, SP6
- C. GV20, CV4, ST36, SP6, SP1, TE4, BL20, BL21
- D. CV4, CV6, SP6

26. A patient complains of pain in the lower abdomen that starts before her menses. Her periods are late and when they arrive the blood is dark purple and scanty. She tells you she often feels distending pain in the lower abdomen, which is better once she passes the clotted menstrual blood. Her breasts and hypochondria are often distended. There is a cold feeling in the lower abdomen that refers to the back and waist. The pulse is Deep, String-taut. The tongue is purplish with a sticky, white coat. What is the best point prescription for this case?

- A. CV3, BL32, LI4, SP10, SP8, LR3, ST27, ST28, ST29
- B. CV4, BL20, BL23, ST36, SP6
- C. CV3, ST29, SP10, LR3, LI4, SP6
- D. CV3, SP10, SP1, LR8

27. Blood pathology includes:

- A. Blood Heat
- B. Blood Stasis
- C. Blood Deficiency
- D. All of the above

28. A patient reports of irregular menses. The quantity of Blood is also inconsistent. The blood itself is thick, sticky and often purple in color. The flow is difficult to start. She has breast and hypochondriac distention. She is often depressed and finds herself sighing a lot. The tongue has a thin, white coat and her pulse is String-taut. What is the best point prescription for this case?

- A. ST25, KI13, SP8, LR3
- B. CV6, KI14, PC5, LR5
- C. ST25, KI13, SP8, LR3, PC6, LR14
- D. CV6, KI14, PC5, LR5, CV17, LR14, HT7, LR3



29. A patient has scanty periods for the past three months. Other complaints include insomnia, joint ache, poor appetite, a slight abdominal distention especially after eating, loose stools and a dull, pale complexion. The tongue is pale, thin and slightly dry. The pulse is Hesitant and Fine. What is the best point prescription for this case?

- A. PC6, HT7, CV14, CV15, CV4, BL17, BL20
- B. PC6, SP4, HT7, CV14, CV15, BL14, BL17, BL20
- C. LR8, CV4, BL18, BL17, BL20, BL23, ST36, SP6
- D. SP3, SP6, ST36, CV12, BL20, BL21, CV4, BL17

30. A patient informs she has been having heavy periods for the last three cycles. Her other complaints include palpitations, mouth and tongue ulcers, mental restlessness and a bitter taste in the mouth, especially if she hasn't slept well. You notice her face is red. The tongue is red with a redder tip and red points. The coat is yellow. The pulse is Excess, Rapid and Surging, especially on the left front position. What is the best point prescription for this case?

- A. PC8, PC9, HT9, KI6
- B. LI11, PC8, BL14, HT8, LR2, SP6, CV14, CV15
- C. LR3, GB34, BL17, SP10, KI14, ST29, SP4, PC6, LR5
- D. BL17, SP10, PC6, HT7, CV14, CV17

31. A patient presents with amenorrhea for the past six months. There is pain in the lower abdomen, which is worse with pressure. You can palpate hard masses in her lower abdomen. The tongue is dark purple and the pulse is Deep, String-taut. What is the best point prescription for this case?

- A. CV3, BL32, LI4, SP10, SP8, LR3, ST27, ST28, ST29
- B. CV4, BL20, BL23, ST36, SP6
- C. CV3, ST29, SP10, LR3, LI4, SP6
- D. CV3, SP10, SP1, LR8

32. Blood Heat is due primarily to:

- A. Heat in the Liver
- B. Heat in the Heart
- C. Heat in the Stomach
- D. All of the above





33. A patient has a 21-day menstrual cycle. The menses contain dark, red and thick blood. She tells you that she uses 8-10 menstrual pads a day, changing every two hours. She seems restless and tells you her chest feels full. The urine is brown. She often has night sweats and insomnia. Her mouth and throat are dry. The tongue is reddened with a yellow coat and the pulse is Rapid, Forceful. What is the best point prescription for this case?

- A. LI11, CV3, SP10, KI5, KI2
- B. CV6, SP6, CV12, ST36
- C. CV4, CV6, SP6
- D. ST25, KI13, SP8, LR3

34. A patient informs she has a 34-day menstrual cycle. There is very little blood and the color is dark-red. She tells you there is a distending pain in the lower abdomen. She often feels depressed. Her hypochondria and breasts are distended. She tells you her chest often feels full and stuffy. This improves when she belches. The tongue has a thin, white coat and the pulse is String-taut. What is the point prescription for this case?

- A. ST25, KI13, SP8, LR3
- B. CV6, KI14, PC5, LR5
- C. ST25, KI13, SP8, LR3, PC6, LR14
- D. CV6, KI14, PC5, LR5, CV17, HT7

35. A patient complains of excessive uterine bleeding. She tells you sometimes there is blood in her stools and urine as well. She has slight abdominal distention after eating. She is overweight. Her other complaints include: weak limbs, fatigue and poor appetite. The tongue is pale, and the pulse is Weak and Thready. What is the best point prescription for this case?

- A. PC6, HT7, CV14, CV15, CV4, BL17, BL20
- B. SP3, SP6, ST36, CV12, BL20, BL21, SP10, SP4, SP1, BL17
- C. LR8, CV4, BL18, BL17, BL20, BL23, ST36, SP6
- D. SP3, SP6, ST36, CV12, BL20, BL21, CV4, BL17

36. Which is the best point to stop excessive uterine bleeding?

- A. CV4
- B. SP1
- C. SP6
- D. SP10



37. A patient has heavy periods and premenstrual tension. Her other complaints include breast tenderness, irritability, a feeling of heat in the face, thirst, chest and hypochondriac distention and frequent sighing. Her tongue is red on the sides and the pulse is String-taut. What is the best point prescription for this case?

- A. LR14, PC6, LI4, GB34, LR3, TE6
- B. LR2, GB20, LR1, LI11, GB13
- C. LR8, ST36, SP6, CV4, KI3, KI6, LR2
- D. LR3, GB34, TE6, PC6, LR2

38. A patient presents with scanty, light-red blood flow. Her periods are irregular. This is accompanied by dizziness, tinnitus and frequent night urination. She tells you her stools are loose. She also feels a constant ache in her lower back and knees. The tongue is pale with a thin coat and the pulse is Deep, Weak. What is the best point prescription for this case?

- A. CV4, BL23, KI8
- B. CV4, BL23, KI8, KI10, Yaoyan
- C. CV4, BL23, KI8, GV20, KI3
- D. CV4, BL23, KI8, GV20, KI3, KI10, Yaoyan

39. A patient presents with a 34-day menstrual cycle. There is very little blood and the color is a light red. She tells you that there is an empty, painful feeling in the lower abdomen. Her complexion is sallow and her skin is lusterless. She is often dizzy and sometimes experiences palpitations and insomnia. The tongue has a thin, white coat and the pulse is Thready, Weak. What is the best point prescription for this case?

- A. CV4, CV6, SP6
- B. CV 4, CV6, SP6, GV20
- C. CV4, CV6, SP6, HT7
- D. CV4, CV6, SP6, GV20, HT7

40. The Lingshu (Spiritual Axis) says that the \_\_\_\_\_ is the 'Sea of Marrow'.

- A. Bone Marrow
- B. Spinal Cord
- C. Brain
- D. All of the above



41. A patient has a 34-day menstrual cycle. There is very little blood and the color is dark. She tells you that there is a twisting (colicky) pain in her lower abdomen, which improves with the application of heat. Her limbs are cold. The tongue has a thin, white coat and the pulse is Deep, Slow. What is the best point prescription for this case?

- A. CV4, CV6, SP6
- B. CV4, CV6, SP6, GV20
- C. CV4, CV6, SP6, HT7
- D. CV4, CV6, SP6, GV20, HT7

42. A patient complains of scanty menstruation for the past three months. Her other complaints include blurred vision, insomnia, numbness in the arms and legs, dizziness, depression and a dull, pale complexion. She tells you that she often feels as if she has no purpose. The tongue is pale, especially on the sides and the pulse is Hesitant and Thready. What is the best point prescription for this case?

- A. PC6, HT7, CV14, CV15, CV4, BL17, BL20
- B. PC6, SP4, HT7, CV14, CV15, BL14, BL17, BL20
- C. LR8, CV4, BL18, BL17, BL20, BL23, ST36, SP6
- D. SP3, SP6, ST36, CV12, BL20, BL21, CV4, BL17

43. A patient complains of continuous vaginal bleeding. The blood has a deep-red color. She often feels fidgety and dizzy. She also has insomnia. The tongue is red with a yellow coat and the pulse is Rapid. What is the best point prescription for this case?

- A. CV3, BL32, LI4, SP10, SP8, LR3, ST27, ST28, ST29
- B. CV4, BL20, BL23, ST36, SP6
- C. CV3, ST29, SP10, LR3, LI4, SP6
- D. CV3, SP10, SP1, LR8

44. A patient presents with amenorrhea. She hasn't had a period in two years. Her other complaints include: pale lips, cold hands, palpitations, anxiety, insomnia, poor memory and a dull ache in her chest. The tongue is pale, thin and dry. The pulse is Hesitant but very slightly Hard on the left front position. What is the best point prescription for this case?

- A. PC6, HT7, CV14, CV15, CV4, BL17, BL20
- B. PC6, SP4, HT7, CV14, CV15, BL14, BL17, BL20
- C. LR8, CV4, BL18, BL17, BL20, BL23, ST36, SP6
- D. SP3, SP6, ST36, CV12, BL20, BL21, CV4, BL17



45. A patient informs she has profuse light-red menses. The blood is thin. She has her period every 2 ½ weeks. This has been happening for the past three months. She tells you she is also experiencing shortness of breath and palpitations. Her lower abdomen often has a heavy, empty sensation. The tongue is pale with a thin coat and the pulse is Weak. What is the best point prescription for this case?

- A. LI11, CV3, SP10, KI5, KI2
- B. CV6, SP6, CV12, ST36
- C. CV6, KI14, PC5, LR5
- D. CV4, BL23, KI8, KI10, Yaoyan