



Jaung-Geng Lin
Chair Professor
School of Chinese Medicine
China Medical University

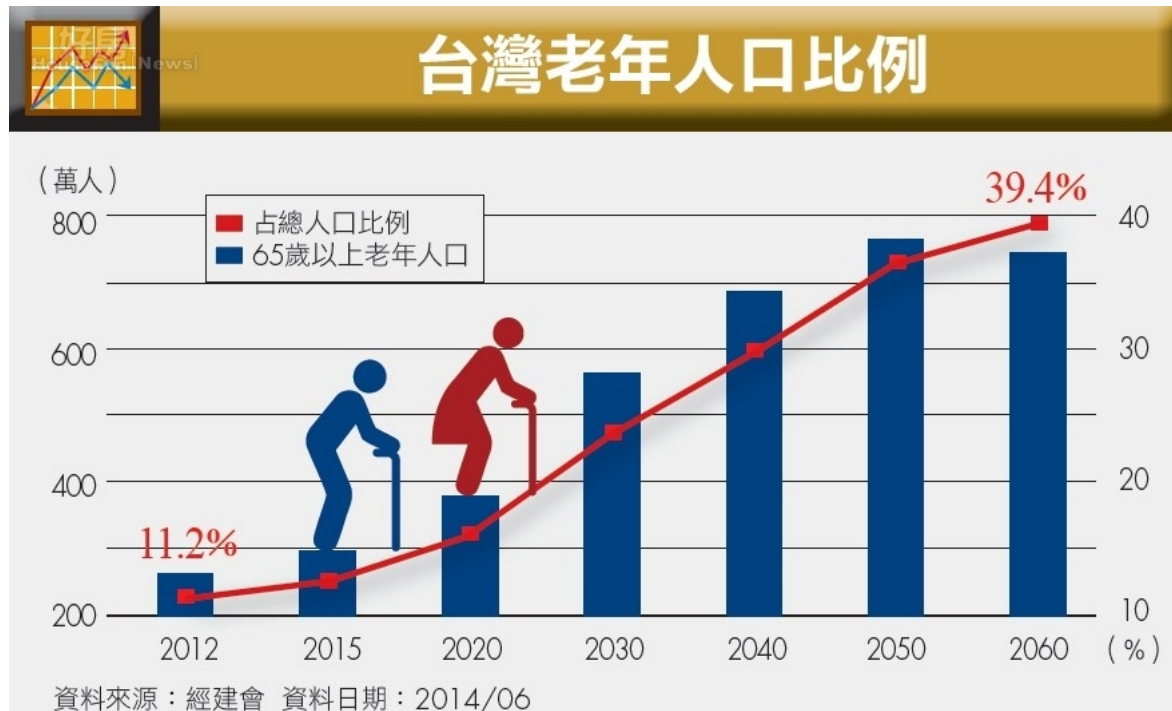
The use of the acupuncture as a medical care for the elderly patients

The definition of Elderly

- **According to WHO guidelines, most developed world countries have accepted the age of 65 years as a definition of ‘elderly’ or older person.**

Elderly in Taiwan

- The ratio of elderly people is an important issue. For example, it is estimated that the elderly people in Taiwan will account for 40% of the population in 2060.
- In near future, the issue of elderly is a serious problem in Taiwan.



- ❑ **Pain, nervousness, depression, anxiety and insomnia are common medical conditions among elderly people.**
- ❑ **Can acupuncture be used in the elderly ?**
- ❑ **My answer is “Yes”.**

Introduction

- **Acupuncture is one of the most commonly used medical procedures worldwide.**
- **It involves the stimulation of specific locations of the body (acupoints) by penetration with thin metal needles and their manipulation.**

MA and EA

- Manual acupuncture (MA)
 - the insertion of an acupuncture needle into acupoints is followed by twisting the needle up and down or rotating the needle by hand
- Electroacupuncture (EA)
 - stimulating current is delivered to acupoints via the inserted needle
- Other forms, such as laser or acupressure (massage the acupoints)



按壓這兩點，止頭痛、健腸胃



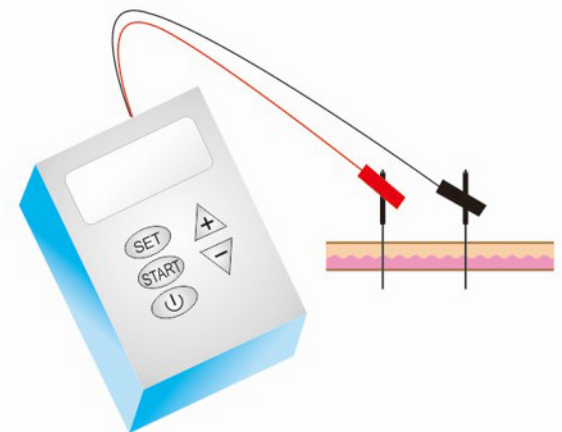
合谷穴

大拇指食指相會合處



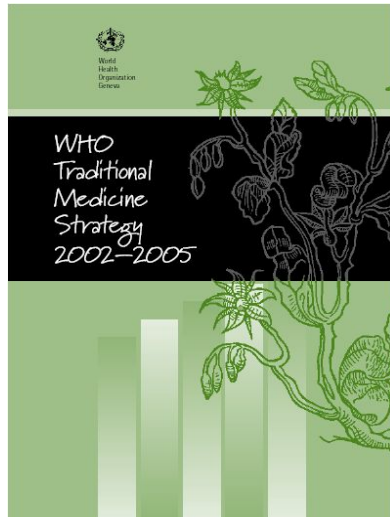
足三里

膝蓋外側凹陷處往下約4指寬處

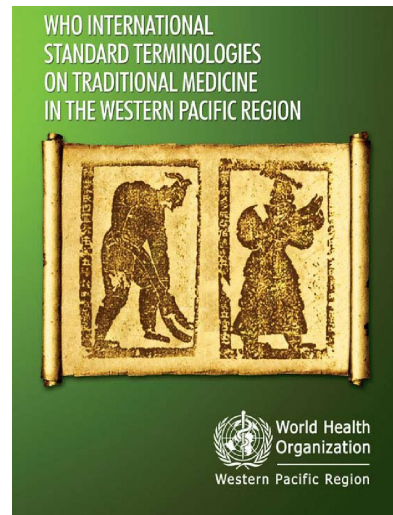


Publications of WHO's work on acupuncture

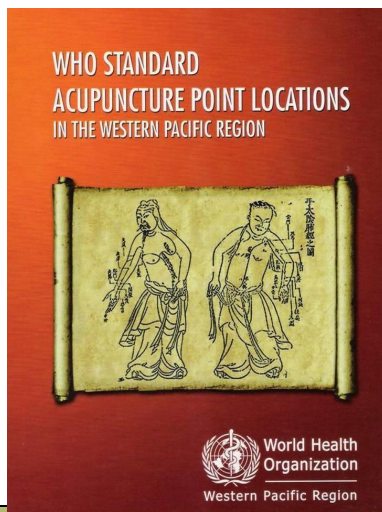
1989	A standard international acupuncture nomenclature: memorandum from a WHO meeting
1995	Guidelines for clinical research on acupuncture
1995	Guidelines on basic training and safety on acupuncture
2000	Acupuncture: review and analysis of reports on controlled clinical trials
2002	WHO Traditional Medicine Strategy 2002-2005
2007	WHO international standard terminologies on traditional medicine
2008	WHO standard acupuncture point locations



WHO Traditional Medicine Strategy 2002-2005



WHO international standard terminologies on traditional medicine



WHO standard acupuncture point locations

WHO & Acupuncture Medicine

- The World Health Organization (WHO) published a special issue on acupuncture, the "World Health", in 1979, which included 7 thesis papers and 30 photos to introduce acupuncture and listed 43 indications for acupuncture.
- In November 1996 in Milan, Italy, the World Health Organization (WHO) extended acupuncture indications from 43 to 64.

- The 64 WHO indications include pain, nervousness, depression, anxiety and insomnia, and gastrointestinal disturbance.
- These are also common symptoms in elderly people.

Evidence-Based Medicine

- 1. Background
- 2. Origin
- 3. Name
- 4. Definitions
- 5. How do we actually practice EBM?

研究發展成果系列叢書(十)
Research and Development Achievement Series(10)

中醫藥療效評估之文獻研究 — 針灸實證醫學

A Literary Review of Curative Effects of
Traditional Chinese Medicine

行政院衛生署中醫藥委員會

Committee on Chinese Medicine and Pharmacy,
Department of Health, Executive Yuan, Taiwan, R.O.C.
中華民國九十七年七月編印
Published in July, 2008



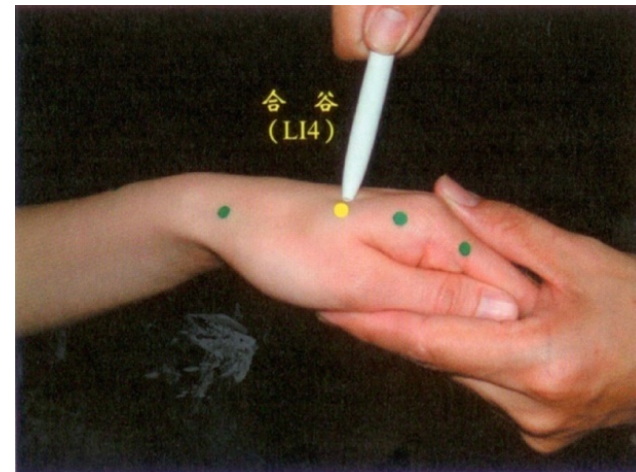
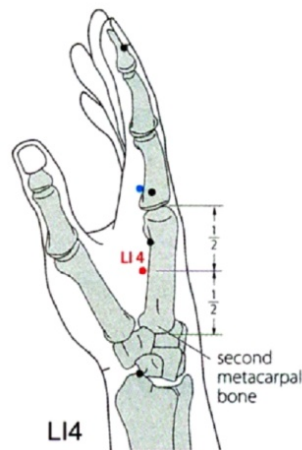
The main results of the study were compiled into a book describing EBM in acupuncture.

This book guides the use of acupuncture in Taiwan.

- Here, we introduce the most important acupoints, which are demonstrated by ancient medical acupuncture theory and modern research including the animal studies and clinical trials
- You can perform acupressure at these acupoints by yourself. According to literature, acupressure can also produce some therapeutic effects

Pain relief

- Head and neck pain (頭頸部疼痛)
- 合谷(LI4)
- WHO location



位於手背，第二掌骨橈側中點處。

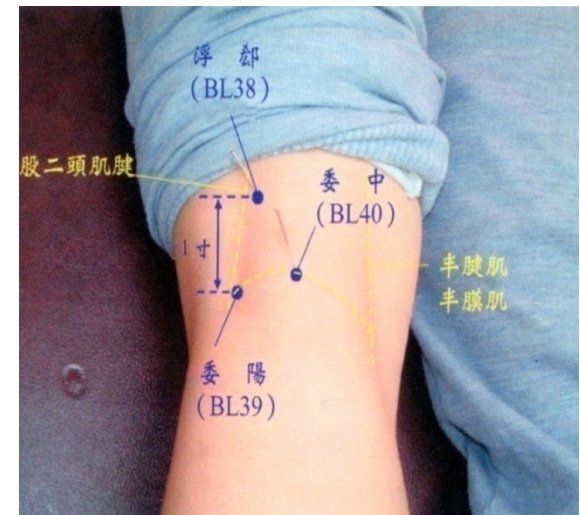
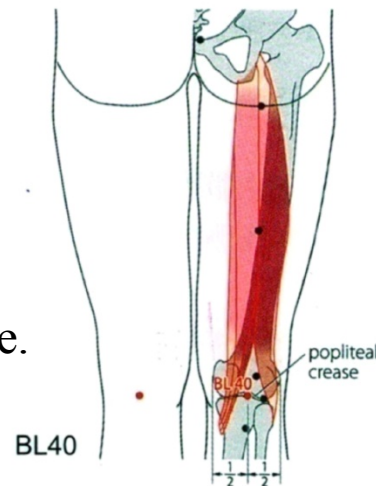
On the dorsum of the hand, radial to the midpoint of the second metacarpal bone.

- Waist pain(腰部疼痛)

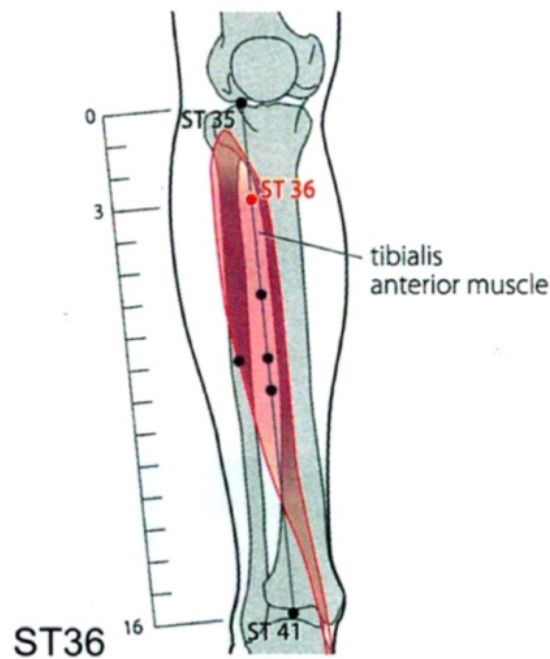
- 委中(BL40)

位於膝部後側，膕橫紋中點

On the posterior aspect of the knee,
at the midpoint of the popliteal crease.



- Abdominal pain
- 足三里 (ST36)



位於小腿前側，在犢鼻(ST35)和解谿(ST41)的連線上，犢鼻(ST35)下三寸(B-cun)。

註：足三里(ST36)位於脛前肌上。

On the anterior aspect of the leg, on the line connecting ST35 with ST41, 3 B-cun inferior to ST35.

Note: ST36 is located on the tibialis anterior muscle.

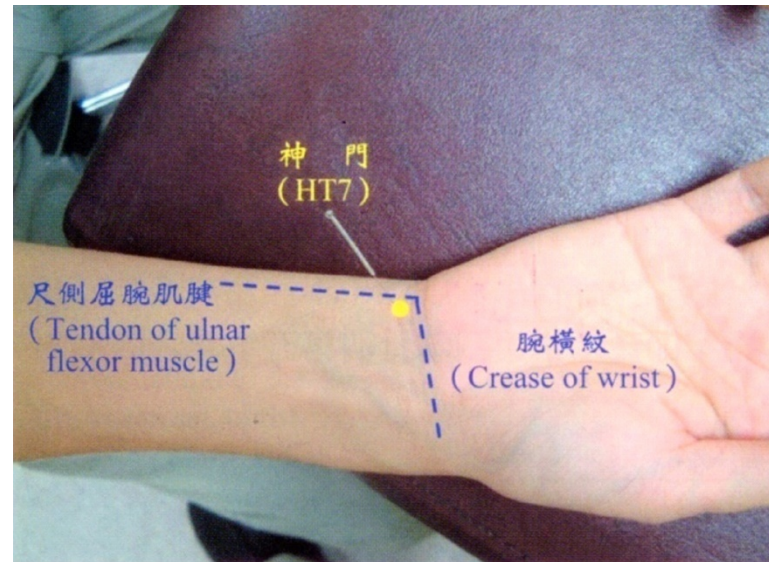
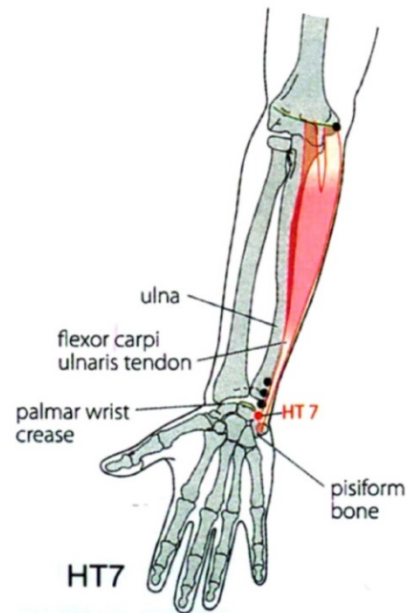
Nervousness and insomnia

緊張與失眠

- Insomnia is one of the most significant problems of the elderly.
- Acupuncture at Shenmen (HT7) may provide sedative and hypnotic effects.

Nervousness and insomnia

□ Shenmen (HT7)(神門穴)



位於腕部前內側，在尺側屈腕肌肌腱橈側，位於掌側腕橫紋上。

註：在豆狀骨近側端的橈側凹陷處，位於掌側腕橫紋上。

On the anteromedial aspect of the wrist, radial to the flexor carpi ulnaris tendon, on the palmar wrist crease.

Note: In the depression radial to the proximal border of the pisiform bone, on the palmar wrist crease.

Clinical Practice in Cancer Patients

If elderly people have cancer and are receiving cancer therapy, acupuncture can be used.

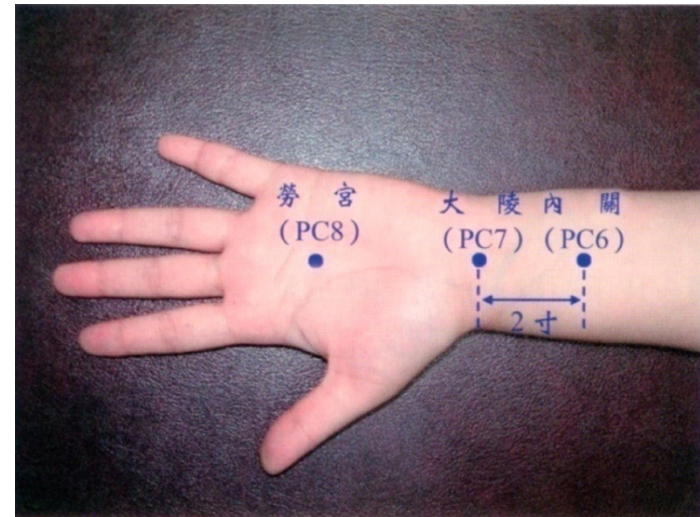
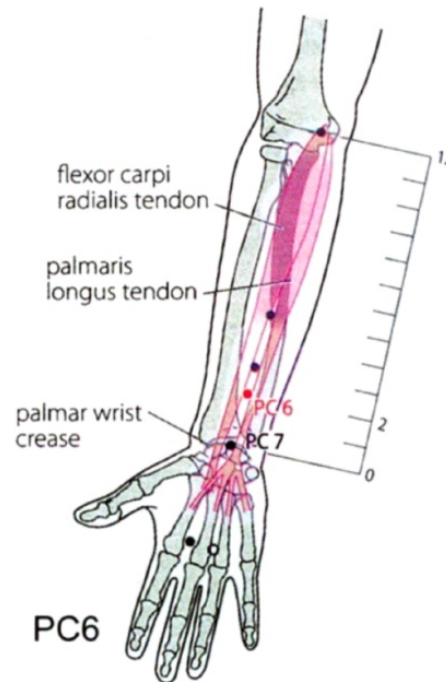
Acupuncture has many beneficial effects in cancer therapy and in the management of side effects induced by chemotherapy and radiotherapy.

Vomiting and nausea

- Most studies confirm the excellent efficacy of acupuncture in vomiting and nausea, including that induced by chemotherapy and radiotherapy.

Vomiting and nausea 噁心嘔吐

•內關 (PC6)

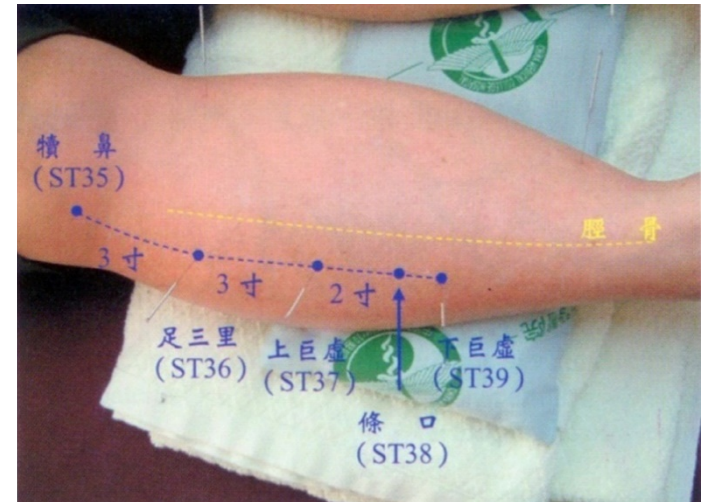
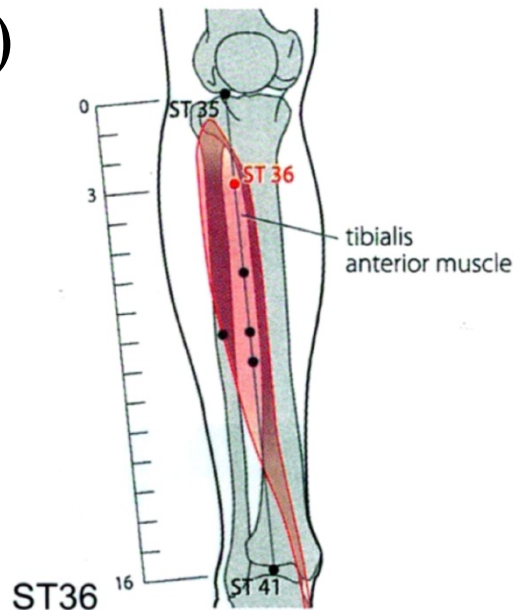


位於前臂前側，掌長肌肌腱和橈側屈腕肌肌腱之間，在掌側腕橫紋上2寸(B-cun)

On the anterior aspect of the forearm, between the tendons of the palmaris longus and the flexor carpi radialis, 2 B-cun proximal to the palmar wrist crease.

Vomiting and nausea 噁心嘔吐

• 足三里 (ST36)



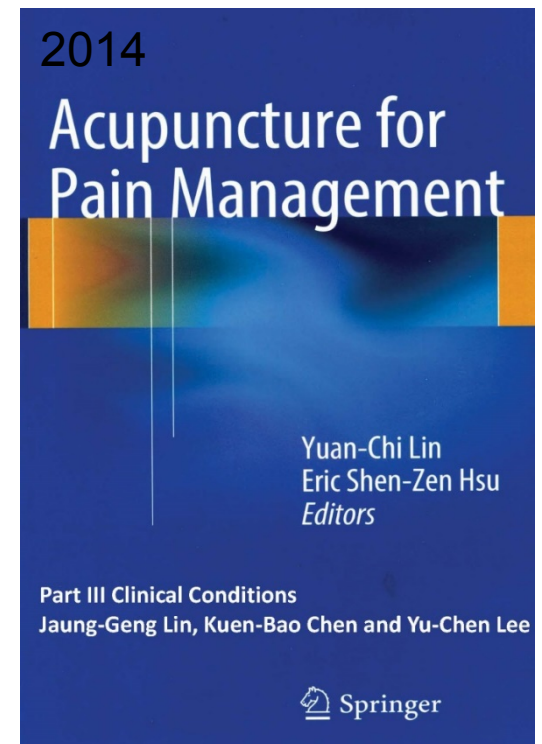
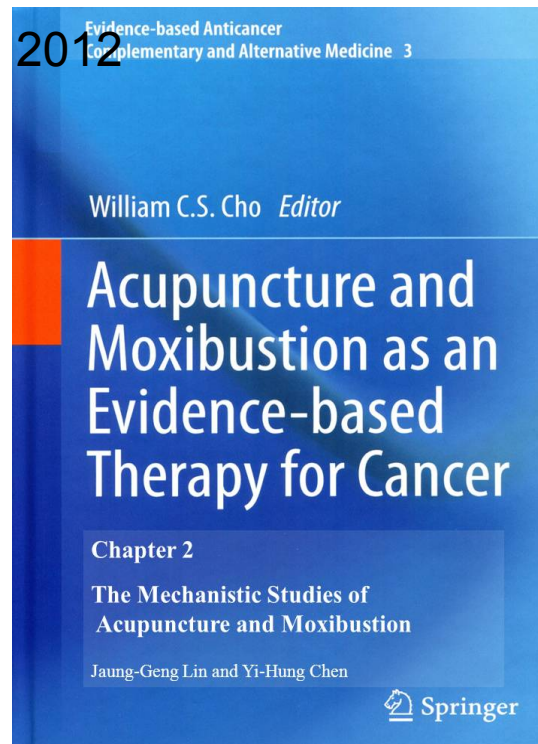
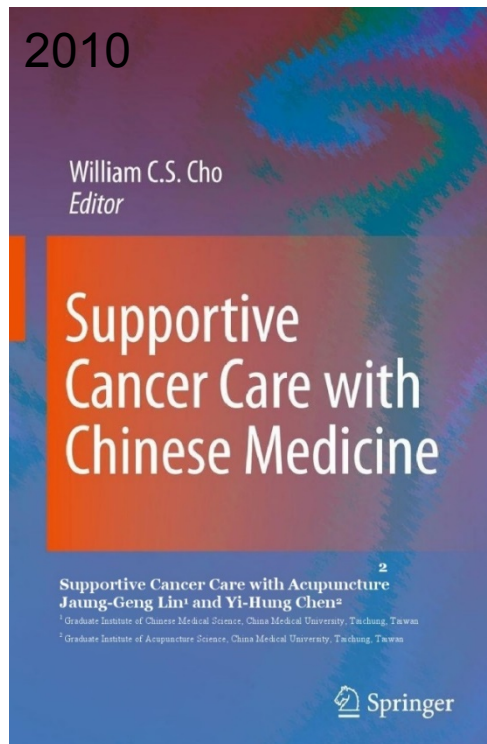
位於小腿前側，在犢鼻(ST35)和解谿(ST41)的連線上，犢鼻(ST35)下三寸(B-cun)。
 註：足三里(ST36)位於脛前肌上。

On the anterior aspect of the leg, on the line connecting ST35 with ST41, 3 B-cun inferior to ST35.

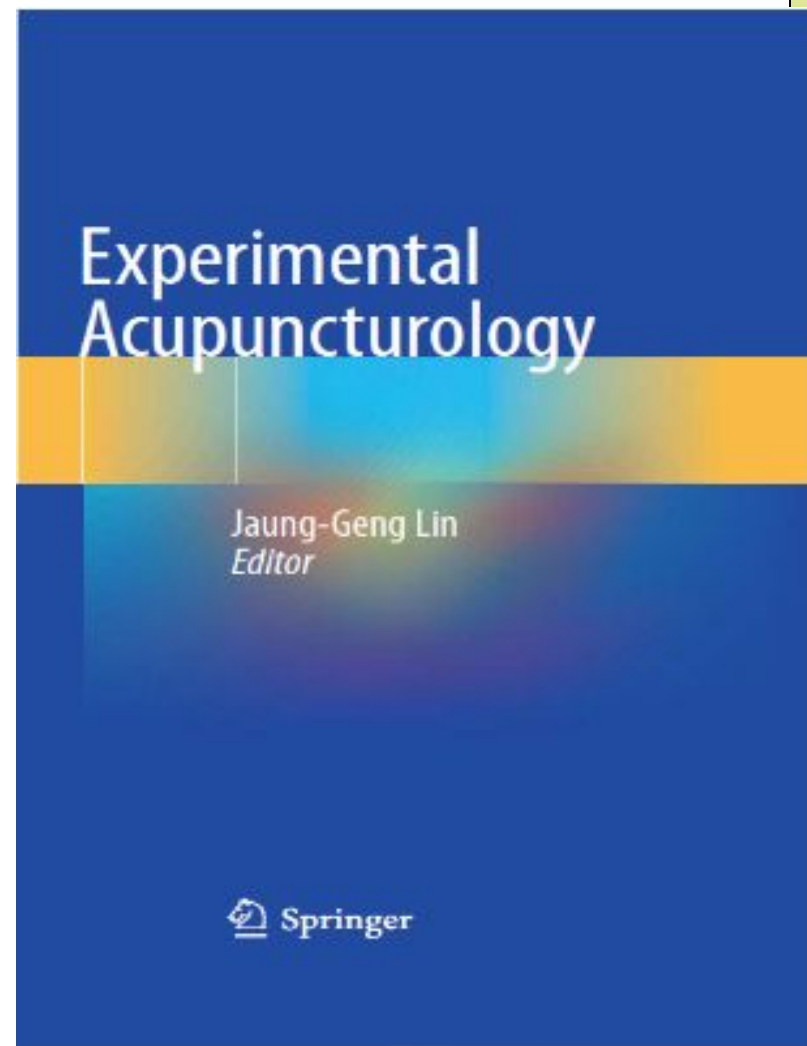
Note: ST36 is located on the tibialis anterior muscle.

Springer Publishing

We were invited to contribute 4 textbooks by Springer Nature. I am co-author, for 3 books. One of the 3 books “Acupuncture for Pain Management”, is an acupuncture textbook used in Harvard University. I was the editor of the latest book, Experimental Acupuncturology.



- Springer Nature is a global publishing company by 2015 merge of Springer and Nature Publishing Group
- We are invited to publish “Experimental Acupuncturology” recently



- Acupuncture has drawn the attention of the UNESCO (the United Nations Educational, Scientific and Cultural Organization) and WHO.
- I was invited to deliver lectures in UNESCO and WHO to talk about
 - “Evidence-based Medicine in Acupuncture” for UNESCO
 - “The Use of Acupuncture in Emergency Medical Services” for WHO



Intergovernmental Committee

Functions

Rules of Procedure

Members

Bureau

9.COM - November 2014

- Registration
 - **Preliminary list of participants**
- 5.a Periodic reporting
- 5.b Periodic reporting USL
- 9.a Urgent Safeguarding List
- 9.b Best Safeguarding Practices
- 9.c International Assistance Requests
- 10. Representative List

8.COM - December 2013

2006 >>> 2012 sessions

Preliminary list of participants of the ninth session of the Intergovernmental Committee

This page recapitulates the participants already registered for the ninth session of the Intergovernmental Committee. It is updated instantaneously once the **registration online** is completed or updated.

Before registering online, please check if your name is not already included below. If you wish to make modifications, you can do so retrieving the data (enter your name in the search box) and updating it.

The Secretariat may edit the data submitted to homogenize the presentation of the information.

REGISTRATION

- [Register or update your participation](#)

Committee Member / Membre du Comité

Mr LIN, Jaung-Geng

Expert from WFCMS and providing advisory for ICH in the field of TCM. Chair professor, China Medical University, Taiwan; President, Taiwan Association of Traditional Chinese Medical Literature and History

Taiwan Association of Traditional Chinese Medical Literature and History
91, Hsuehshi Rd., Taichung, Taiwan
China / China
Tel: 886-4-22053366
Mobile: 886- 939816398
Fax: 886-4-22035192
E-mail: wfcms.hjy518@vip.163.com

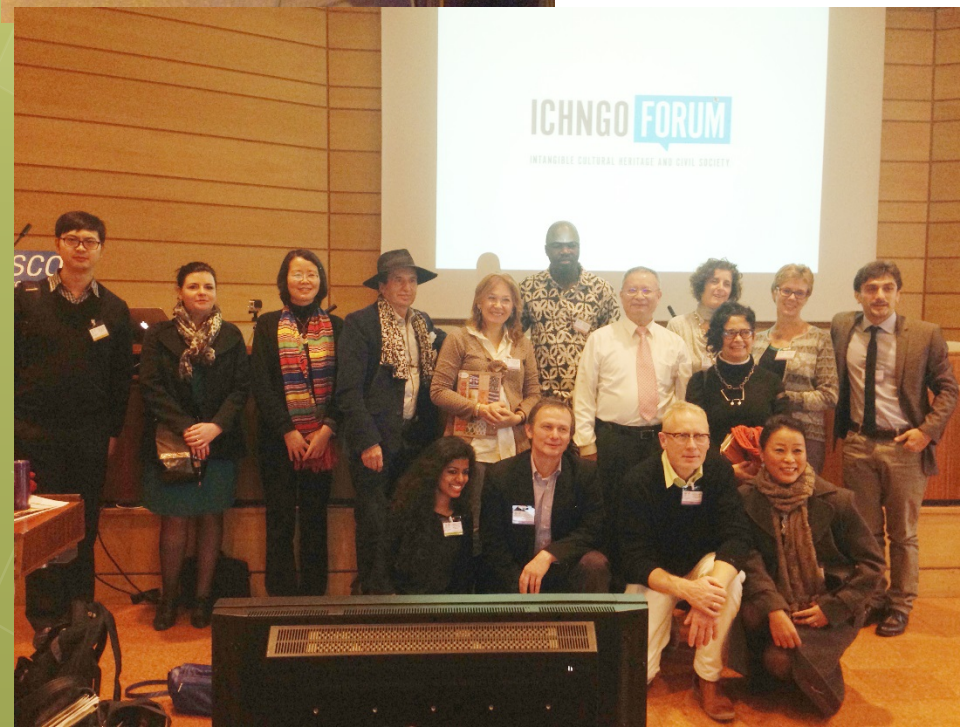
ICH Worldwide

- Africa -

- Arab States -

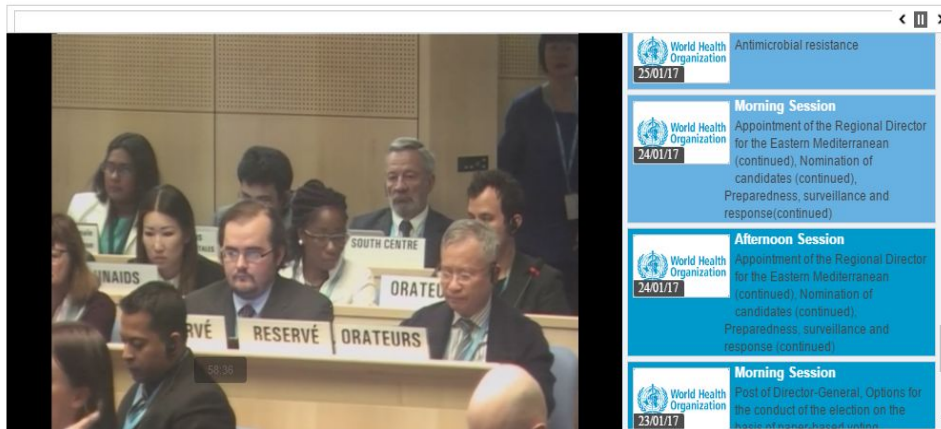
I am the expert providing advice for the Intangible Cultural Heritage (ICH), UNESCO, in the field of TCM (traditional complementary medicine).

2014



Media centre

Live web stream from 140th WHO Executive Board



I was invited to deliver a lecture in the 140th World Health Organization Executive Board on Jan. 24 2017.



- Pain and insomnia are also common medical conditions in the elderly.
- We propose the use of acupuncture for the relief of these symptoms in the elderly.



Clinical practice experience

Because my clinical practice and research drew international attention, I was awarded by many national leaders

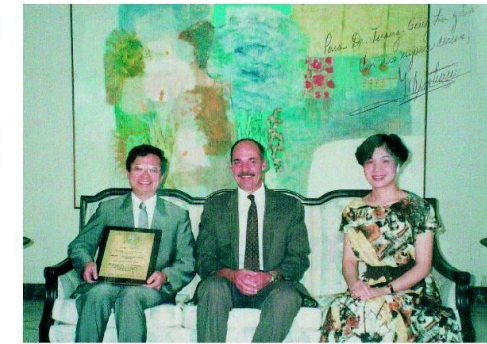
1980



1980年榮獲沙烏地阿拉伯王國
致贈最高榮譽金袍獎

**Highest *golden burnoose* award was conferred by
Saudi Arabia in 1980.**

J. G. Lin, C.M.U.



榮獲中美洲薩爾瓦多共和國總統
之學術貢獻獎

【西元1990年】由薩國總統克里斯第雅尼親自頒贈該獎

**“Academic Contribution” award conferred by the
President of El Salvador, Central America in 1990.**

J. G. Lin, C.M.U.



To Dr. Jaung Geng Lin,

With best wishes,

George Bush Barbara Bush

林昭庚教授經常赴美針灸講學及學術交流並榮獲1985年全美國最傑出針灸醫師

(Acupuncturist of the year U. S. A. 1985年)。

美國布希總統贈送親筆簽名照片，鼓勵林昭庚對傳統中醫藥之貢獻。

The former US president George H.W. Bush presented an autographed picture to Prof. Jaung-Geng Lin in recognition of his contribution to the development of Traditional Chinese Medicine.



In 1993, Prof. Jaung-Geng Lin was awarded a "*Presidential Cultural Award*" by President Teng-Hui Lee in recognition of Prof. Lin's outstanding contribution to the development of Traditional Chinese Medicine.



一九九三年李登輝總統為表揚林昭庚教授多年來從事教學研究及醫療工作對發揚傳統中醫中藥貢獻卓著，將中醫藥宏揚國際為台灣爭光。
李登輝總統頒文總輝字第001號總統文化獎表揚。



On 21 July 2003, President Shui-Bian Chen awarded Prof. Jaung-Geng Lin a plaque with the inscription "*Excellence in Traditional Chinese Medicine*" (communiqué of presidential office Issue 6534, No. 09200-20670) in recognition of Prof. Lin's enormous contribution to the development and enhancement of Traditional Chinese Medicine.

2003

In 2003, Prof. Lin was awarded the Academic Contribution Prize in Traditional Chinese Medicine by President Ma Ying-jeou (Taipei City mayor at that time) in acknowledgment of his contribution.



總統賀電

華總一信電：10610039350 號

林教授昭庚道鑒：

先生精研我國傳統醫學，結合西醫科學方法，領航針灸醫學發展，擴大臨床診療運用，無私分享專業經驗，素著盛譽，望重斗山。尤以我退出聯合國後，首位獲邀於聯合國相關會議發表演講之臺灣學者，成就斐然，享譽世界。欣悉眾望所歸，全票榮膺國際東洋醫學會新任會長，洵屬臺灣第一人，國人與有榮焉；又獲得國際東洋醫學會理事會一致支持，由臺灣主辦 2018 年該會第 19 屆學術大會，為我國爭取重要之國際舞臺，意義重大，殊深感佩，特電申致賀忱。至盼秉持一貫杏林厚生理念，廣續嘉惠世人健康福祉。順祝

闔家安康，萬事如意。

蔡英文



中華民國 106 年 7 月 19 日

In June 2017, Prof. Lin was elected as the new president of The International Society of Oriental Medicine (ISOM) and he will host the 19th International Congress of Oriental Medicine (ICOM 2018). President Ing-Wen Tsai delivered the congratulatory message.

Conclusion

- Acupuncture has proven to be particularly effective for the relief of pain, insomnia and anxiety.
- Pain and insomnia are common medical conditions in the elderly. We propose the use of acupuncture for the relief of these symptoms.
- Furthermore, acupuncture has many beneficial effects on the management of side effects, such as vomiting, nausea and loss of appetite, xerostomia and nervousness induced by cancer therapy, such as chemo- and radio-therapy.



*Thank you for your
attention*

jglin@mail.cmu.edu.tw