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Safe – Gentle – Effective



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## Acupuncture and Diabetic Neuropathy Evidence - Based Medical Treatment Protocol

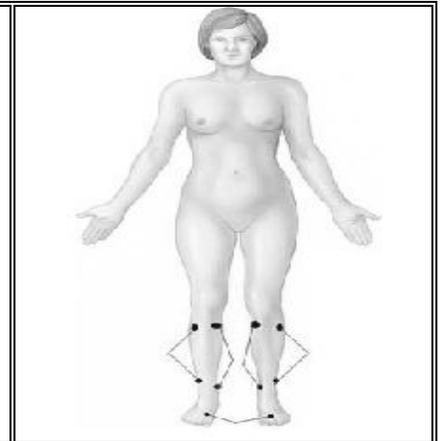
Acupuncture has been introduced to Americans as a medical therapy over the past few decades but this ancient healing art, originating in China, has accumulated over several thousand years of empirical knowledge and clinical experience. Acupuncture involves the insertion of fine needles into specific points along 14 meridians, or energy pathways traversing the body to stimulate a response in the body's natural healing and pain relieving mechanisms. These pathways cannot be seen by the naked eye but modern science has been able to measure and confirm such corresponding locations. This medical treatment is performed by a Doctor of Acupuncture and integrates the empirical knowledge and clinical experience of traditional acupuncture and an evidence-based protocol that has proven to be beneficial by scientific research. Acupuncture needles are much smaller and relatively painless compared to hypodermic needles. Acupuncture needles are hair-thin and solid with a rounded tip unlike hypodermic needles, which are hollow with a cutting edge. These single-use, sterile needles are regulated by the FDA as a medical instrument. Acupuncture treatments often include the use of electrical stimulation devices (E-Stim) that induce a small current between needles. This modern method of stimulation produces a mild tapping, or tingling sensation that can be adjusted to accommodate the patient's comfort.

**WHO MAY BENEFIT FROM THIS TREATMENT PROTOCOL:** Patients with leg pain due to peripheral neuropathy lasting more than 6 months most commonly due to the prolonged effects of Diabetes.

**TREATMENT DETAILS:** 5 acupuncture points will be used in each leg per the diagram pattern. Electrical stimulation is applied between the points.

**TREATMENT SESSION:** 1 Hour (includes preparation time plus 30 minutes of needle retention)

**THE PREFERRED COURSE OF TREATMENT SHOWN TO PROVIDE BENEFICIAL RESULTS:** 3 sessions per week for 3 weeks followed by weekly treatments as needed to promote pain relief, improve physical activity, sense of well-being, and quality of sleep while reducing the need for analgesic medication.



*Note: A diagnosis in the practice of Acupuncture is traditionally based on pattern discrimination and is not disease specific; therefore a treatment is tailored to each patient as an individual with a unique pattern of signs and symptoms. Modifications and/or additional therapies may be considered for the best therapeutic results.*

All new patients, prior to treatment, should download and complete the **PATIENT HISTORY FORM** located at [www.NaturesHealing.info](http://www.NaturesHealing.info).

AN EVIDENCE-BASED TREATMENT PROTOCOL DERIVED FROM THE FOLLOWING STUDY:

Percutaneous Electrical Nerve Stimulation- A novel analgesic therapy for diabetic neuropathic pain.  
Mohamed A. Hamza et al, Diabetes Care 23: 365-370, 2000

**RESULTS SUMMARY:** A total of 50 adult patients with type 2 diabetes and peripheral neuropathic pain of 6 months duration involving the lower extremities were randomly assigned to receive active PENS (needles with electrical stimulation) and sham (needles only) treatments for 3 weeks.

**CONCLUSION:** PENS is a useful non-pharmacological therapeutic modality for treating diabetic neuropathic pain. In addition to decreasing extremity pain, PENS therapy improved physical activity, sense of well-being, and quality of sleep while reducing the need for oral non-opioid analgesic medication.