“How Those Living with Long COVID and ME/CFS Can Enhance Their Quality of Life by Integrating Traditional Chinese Medicine Into Their Healthcare Plan”

Sunday Conversations

with MassME

September 18, 2022
Housekeeping

❖ We respect your privacy
❖ Please stay muted
❖ Put questions/comments in the chat
❖ A recording of the main presentation and Q&A will be posted

We cannot answer questions related to your personal or any specific, medical condition.

The information in this presentation is for educational purposes only. Please consult with your physician or other healthcare provider in matters pertaining to your medical care.

The presenters remarks are their own opinion, and do not represent the views or opinions of Massachusetts ME/CFS & FM Association.
“How Those Living with Long COVID and ME/CFS Can Enhance Their Quality of Life by Integrating Traditional Chinese Medicine Into Their Healthcare Plan”

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September 18, 2022
Featured Speakers

Christi Mendoza
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Dr. Misha Ruth Cohen
OMD, L.Ac.

Dr. Hua-Bing Wen
L.Ac., B.Med., MS

Amy Mager
DACM, MS, L.Ac.,
Dipl.OM. (NCCAOM)
Traditional Chinese Medicine

- New Stone Age 10,000-4,000 years ago: Bian Stones for Acupuncture found in New Stone Age ruins
- Shang Dynasty 1600-1050 BCE: During this period of philosophical thinking: TCM philosophy and theory are developed and recorded. Bronze medical needles are created
- 200 AD: Shang Han Lun- First medical text written about infectious illnesses and epidemics, includes theory and formulas for post-viral illnesses still used today
TCM “The Original Functional Medicine”

TCM views the individual as a multifaceted interconnected being that requires balance/ regulation for health and vitality.

Factors that influence health:

<table>
<thead>
<tr>
<th>Internal Factors</th>
<th>External Factors</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physical &quot;Constitution&quot;</td>
<td>Climate / Weather</td>
</tr>
<tr>
<td>Organs, Organ Systems, Medicine</td>
<td>Pathogens, Virus, Bacteria, Mold</td>
</tr>
<tr>
<td>Zheng Qi - Internal Defenses / Immune System</td>
<td>Living Environment eg., Pollution</td>
</tr>
<tr>
<td>Body fluid, Blood and Qi Flow</td>
<td>Physical and Emotional Traumas</td>
</tr>
<tr>
<td>Emotions and Mental-Emotional State</td>
<td>Diet and Lifestyle</td>
</tr>
</tbody>
</table>
Five Core Treatment Modalities

Chinese Herbal Medicine
Acupuncture & Moxibustion
Nutrition
Tui-Na (Chinese Medical Massage)
Qi Gong & Tai Chi - Energy Movement and Cultivation Practices
A superior doctor is able to gather all techniques and use them either together or separately to flexibly adapt to a changing environment, lifestyle, and geography and to consider many variables in the treatment of a condition.

– Huang Di Nei Jing 2600 BC (compiled 300 BC)
TCM Education and Licensure

NCCAOM Certification + State Licensure

National Certification Commission for Acupuncture and Oriental Medicine

Requirements: **Minimum 4-Year Master degree, 2625 Hours/ 146 Credits from an ACAOM (Accreditation Commission for Acupuncture and Medicine) accredited program**

California State Acupuncture Board

*California does not recognize out-of-state licensing for practice in this state*

Requirements: **Minimum 4-Year Master degree, ACAOM accredited school with at least 3000 hours includes 950 hours of supervised clinical training**
TCM Education and Licensure (Contd)

Titles and Credentials

**Licensed Acupuncturist:** L.Ac, Lic. AC, AP (Florida)

**NCCAOM:** “Dipl. OM”, “Dipl. AC”(Acu), and/or “Dipl. CH”(Herbs)

**Doctorates:** PhD/DAOM Highest Designation Post Graduate Doctorate

Doctor of Oriental Medicine “DOM” “D.Ac.” “DACM” “DACTM” indicates a first professional doctorate
States Use of NCCAOM Certification or Exams for Acupuncture Licensure

- States that require NCLEX-NP (Nurse Practitioner) certification
- States that require NCCAOM Certification
- States that require NCCAOM Examination
- States with No Acupuncture Practice Act
- California Licensure Examination

* Acupuncture certification is not required; however, passage of the Chinese Herbology exam is required to practice herbs.

** Chinese Herbology or Oriental Medicine certification is required to practice herbs.
TCM Education and Licensure (Contd)
# TCM Specialties and Board Certification Titles

<table>
<thead>
<tr>
<th>Specialty</th>
<th>Certification</th>
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</thead>
<tbody>
<tr>
<td>Cardiology</td>
<td>Ophthalmology and Otolaryngology (China)</td>
</tr>
<tr>
<td>Dermatology</td>
<td>Orthopedics (DNBAO) Traumatology (China)</td>
</tr>
<tr>
<td>Gynecology</td>
<td>Oncology</td>
</tr>
<tr>
<td><strong>Internal Medicine</strong></td>
<td>Pediatrics</td>
</tr>
<tr>
<td>Mental Emotional Health</td>
<td>Fertility/Reproductive Medicine (FABORM)</td>
</tr>
</tbody>
</table>
Insurance Coverage for Acupuncture in MA

❖ All Medicaid Plans in MA cover Acupuncture
Insurance Coverage for Acupuncture in MA

Not all commercial plans cover acupuncture in the Commonwealth. Some plans underwritten by the following plans do:

- Aetna
- BCBS
- Cigna (not many acupuncturists are in network with this plan due to policy issues)
- Harvard Pilgrim
- Tufts
- United Healthcare

Ask your provider if they take insurance.
How do MDs Know When to Refer for Acupuncture?

Here is a great resource to have to share with your MD and other medical providers: https://www.asacu.org/wp-content/uploads/2018/11/One-Page-Document-for-Medical-Professionals_October-2018.pdf This is a cited document.

Questions to ask to see if your plan covers acupuncture:

1. Do I have acupuncture coverage?
2. For what diagnoses?
3. What is my co-pay?
4. Does a deductible come into play and if so, have I met it?
Please remember: our goal, as providers, is to support you

It is my hope to find the smallest interventions outside the office to affect the most meaningful change for you.

Self care supports you to manage your symptoms and be your best self in this moment.

More information available for free at WellnessHouseNorthampton.com under forms & downloads
The Right Remedy, at the Right Time, in the Right Context

Your individual and unique situation matters.

TCM and acupuncture treat by diagnosis and symptom sign pattern and your unique constitution.

One household, four different presentations of symptoms:


For more information please contact me at 413.222.8616 Or AmyMagerHealing@gmail.com
Please join us next month!

MassME Annual Meeting

Saturday, October 22, 2022, 1 – 3 p.m. ET

“Emerging Similarities of ME/CFS and Long COVID and Why It Matters”

Keynote speaker: Dr. Anthony L. Komaroff
Sunday Conversations returns in November

We are only able to produce this speaker series through your membership and generous donations. Thank you!

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To join the Sunday Conversations team: volunteer@massmecfs.org