



## Florida State Oriental Medical Association

### **According to the World Health Organization (WHO)**

“For centuries, Traditional and Complementary Medicine (T&CM) has been an integral resource for health in households and communities. **One hundred seventy countries reported on the use of Traditional Medicine, with acupuncture being the most common form of practice in 113 countries.**

Many developed countries have also begun recognizing and integrating traditional medicine into their healthcare systems.

**\*According to 2012 data, almost half the population in many industrialized countries now regularly uses some form of T&CM** (United States, 42%; Australia, 48%; France, 49%; Canada, 70%); considerable use of some form of T&CM exists in many other countries, such as Chile (71%), Colombia (40%) and up to 80% in some African countries.”

<https://www.who.int/news-room/questions-and-answers/item/traditional-medicine>

WHO has recognized the importance of Eastern Medicine and Acupuncture by including Chapter 26 – Traditional Medicine Diagnosis in the upcoming ICD-11. <https://icd.who.int/en>



<u>Health Care Profession</u>	Nurse Practitioner	Physical therapist	<b>Acupuncture Physician</b>	Chiropractic physician	Medical doctor
Years of training	4-6 years	7-8 years	<b>7-8 years</b>	7-8 years	8+ years
Independent patient care	Yes	No	<b>Yes</b>	Yes	Yes
Cost of Education	\$80,000	\$105,000	<b>\$80,000</b>	\$150,000	\$205,000
Annual income	\$109,000	\$96,000	<b>\$55,000</b>	\$85,000	\$173,000
Insurance Reimbursement	Fully Embraced	Fully Embraced	<b>Limited (impedes access)</b>	Partially Embraced	Fully Embraced
Number of Licensees in FL	21,000	20,450	<b>2,550</b>	7,330	84,230

### Failed Back Pain Surgery data from

Low back pain is very prevalent and occurs in up to 8 out of 10 people in their lifetime

- for 1 out of 10 lasts for longer than 3 months.
- Spinal fusion surgery has tripled since 1998
- The overall failure rate of lumbar spine surgeries: 10%–46%.

**Shouldn't less invasive and less costly treatments be tried first?**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5913031/>

### In a Worker's Compensation Study

2<sup>nd</sup> Study - "Long-term Outcomes of Lumbar Fusion Among Workers Compensation Subjects: a Historical Cohort Study"

	2 years after injury (no surgery)	2 years after Lumbar fusion
Returned to work	67%	26% <i>(2.5x worse)</i>
Repeat Surgeries	0%	27%
Permanently disabled	2%	11% <i>(5x worse)</i>
Opioids use	49%	85% <i>(2x worse)</i>
Increase after surgery	NA	41%
# of days off work:	316 days	1,140 days <i>(3.5x worse)</i>

**Conclusion: Lumbar fusion** for the diagnoses of disc degeneration, disc herniation, and/or radiculopathy in a WC setting is associated with significant **increase in disability, opiate use, prolonged work loss, and poor RTW (return to work) status.**

<https://pubmed.ncbi.nlm.nih.gov/20736894/>

### 3<sup>rd</sup> - Overtreating Chronic Back Pain: Time to Back Off?

629% increase in Medicare expenditures for epidural steroid injections.

423% increase in expenditures for opioids for back pain.

307% increase in the number of lumbar magnetic resonance images among Medicare beneficiaries.

220% increase in spinal fusion surgery rates.

*Conclusion:* These increases have not been accompanied by population-level improvements in patient outcomes or disability rates.

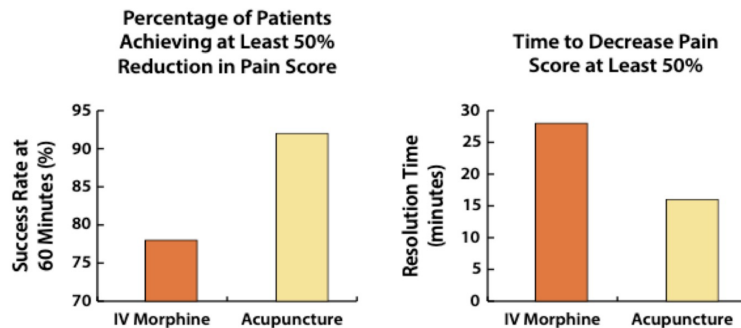
<https://www.jabfm.org/content/22/1/62.full#abstract-1>

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### Acupuncture was better and faster acting than morphine to reduce pain in one Emergency Room study.

*For every 48 patients prescribed a new opioid in the emergency department  
1 will become a long-term user (from the VA)*

**Figure 6. Acupuncture Was More Effective and Faster Acting than Intravenous Morphine in the Management of Acute Pain in the Emergency Department<sup>16</sup>**



<https://pubmed.ncbi.nlm.nih.gov/27475042/>

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**Integrated Chronic Pain Program (ICPP) in Rhode Island** used different methods like massage, acupuncture, and chiropractic care to help 345 patients.

- ER Visits went down by 61%.
- **Prescription medication use went down by 63%, and for strong pain medicine (opioids), it went down a lot more, by 86%!**
- Pain levels went down by 42%.

The program didn't just help people feel better; it also saved money.

- The **cost for medical care for each person in a year went down by 27%**. And for every dollar spent on the program, they **saved \$2.41 in medical expenses!** That's like getting more for your money.

Read more here: [https://www.integrativestrategies.us/wp-content/uploads/2017/02/RI-AMI-ICPP-Summary\\_120616\\_Final.pdf](https://www.integrativestrategies.us/wp-content/uploads/2017/02/RI-AMI-ICPP-Summary_120616_Final.pdf)

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## Diagnosis

## Savings per Patient

with acupuncture treatment

### Post Stroke Rehabilitation

Johanssen, K. et al(1994) Neurology 43:2189-2192

**\$26,000**

### Angina Pectoris

Reduction of hospitalization by 90% and a 70% reduction in surgery

-Altern. J. Complement Med 5:405-413

**\$32,000 / 5 yrs**

### Severe Osteoarthritis

Compared to arthroplasty surgery

"Acupuncture in the treatment of severe osteoarthritis: a long term study"

**\$9,000**

### Carpal Tunnel Syndrome

Laser acupuncture vs medically treated without surgery

[Medicine \(Baltimore\)](#). 2019 Jul; 98(30): e16516.

**\$4,248**

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