

Mike is an 83 year old man in general good health, he is active most days and enjoys working out in his garden and tinkering away at his many projects in his garage. He is a quiet man who doesn't mind spending time alone. The rest of the time he spends his time with his wife and daughter that he loves very much. Mike enjoys a good debate no matter what the subject, and has a very strong opinion. If his mind is set on an idea or project there is nothing anyone can say or do to change his mind. Mike's newest hobby is collecting and sorting stamps and he can spend hours sifting through them.

Mike has come to see me for pain in his big toe. He has had diabetes for 30 years and complains of diabetic toe pain of twenty years duration. He has tried countless creams and drugs to help relieve the pain but nothing has been successful. This pain often keeps him up at night and often he is unable to get a full nights sleep. To compensate he takes naps throughout the day. He is currently on blood thinners, insulin, codeine, and metamucil.

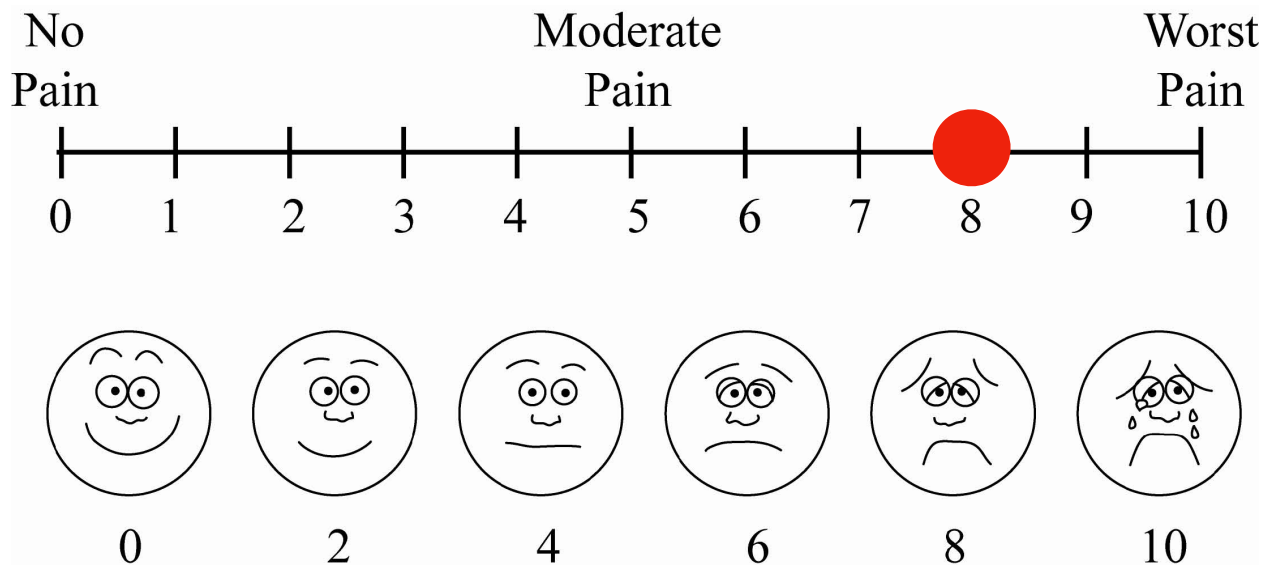
Mike's emotional state is stable. He describes himself as a simple man with very little to complain about. He is retired and spends most of his time at home. He relates that generally his life has little to no stress. He leaves the house only to buy groceries or find new stamps.

First Visit

When taking Mike's pulses it was hard to distinguish which meridians were deficient or excessive because overall his pulses were light. I spent extra time focusing and ultimately found that he is deficient in his spleen and liver pulses. Prior to starting the treatment I let Mike know that he should pay extra attention to his blood sugar levels after the treatments. Adjustments to his insulin dosage after this session or before the next might be needed. Close monitoring of his levels by his medical doctor would be prudent to see how he reacts after the first session. I also explained that these sessions should be used in conjunction with his

medication and that the treatment received is not a replacement for his current regimen of medications. I chose to do the great regulator because it is a great introduction flow so he can get a sense of what our other treatments would be like. SP.4 which is the yin regulator coupled point, is useful for intestinal problems which Mike has been having as a side effect from the codeine. SP4 also increases the circulation of the lower extremities especially in the feet. Another important point is SP.6, also called "Three Yin Crossing" because this is where kidney, spleen and liver meet. I will be focusing on yin meridians for Mike as the big toe is yin and the meridians he is deficient in are yin meridians.

Before the session started I wanted to keep track of Mike's toe pain so I decided to have him rate his discomfort on a visual analogue scale. I got him to rate his pain from 0-10, ten being the worst. Mike related his pain on this day to be an eight out of ten, but explained that his pain is the worst at night and can go up to a nine out of ten.



Assessment-module.yale.edu. (2018). *Visual Analogue Scale* | Yale Assessment Module Training. [online] Available at: <https://assessment-module.yale.edu/im-palliative/visual-analogue-scale> [Accessed 16 Sep. 2018].

Second Visit

Today Mike hasn't noticed a difference in pain since the last visit but mentioned he was able to fall asleep faster than he normally would. For the second visit I chose to do the Penetrating-Belt release because the

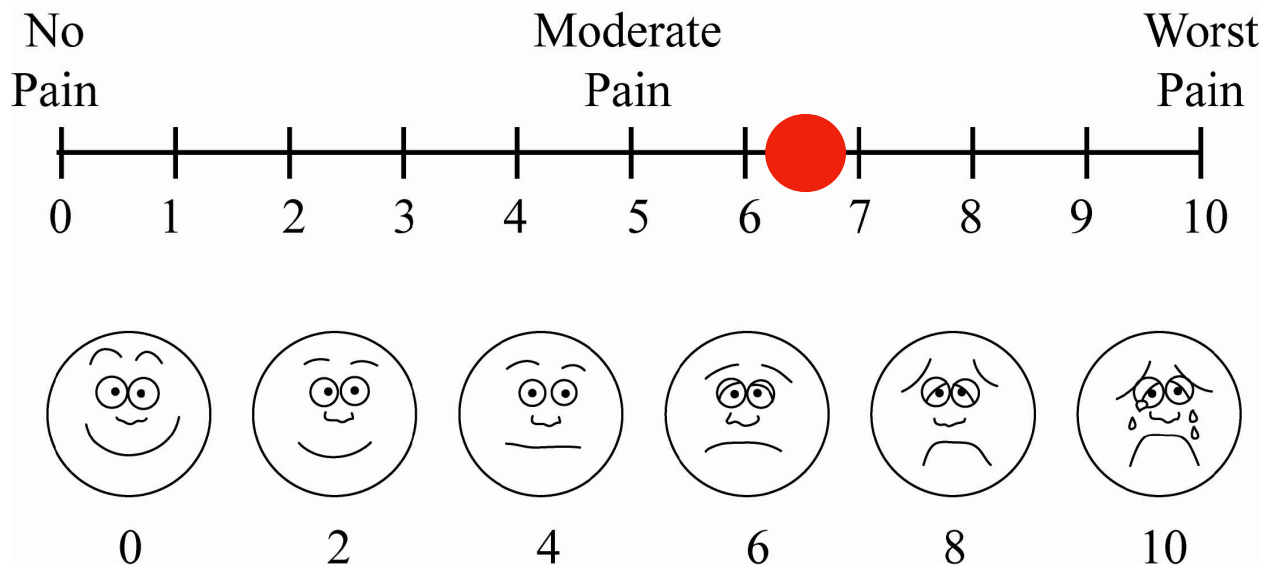
belt vessel controls the loosening or tightening of the trunk which may help with his stomach problems. I also focussed some time on the penetrating vessel following the Spleen and Liver meridians down the legs with the same important points as last session. Some new points I introduced that can be useful for his symptoms are LV.3 and K.1. These may both be beneficial for pain and numbness in the foot. I am starting to think that he is the water element.

Third Visit

Mike today seemed happier than usual. I asked him how he's feeling and what his toe pain has been like. Mike mentioned that he hasn't seen a drastic difference in pain severity but states that the pain is less frequent. Today I wanted to start focusing in on specific meridians so I chose to treat the Liver meridian. This meridian runs right down to the tip of the big toe. LV.3 is the source point of this meridian. It helps nourish the blood and can help with pain and cold feet. CV.12 regulates and tonifies the spleen and CV.6 helps with stomach irregularities such as constipation.

Fourth Visit

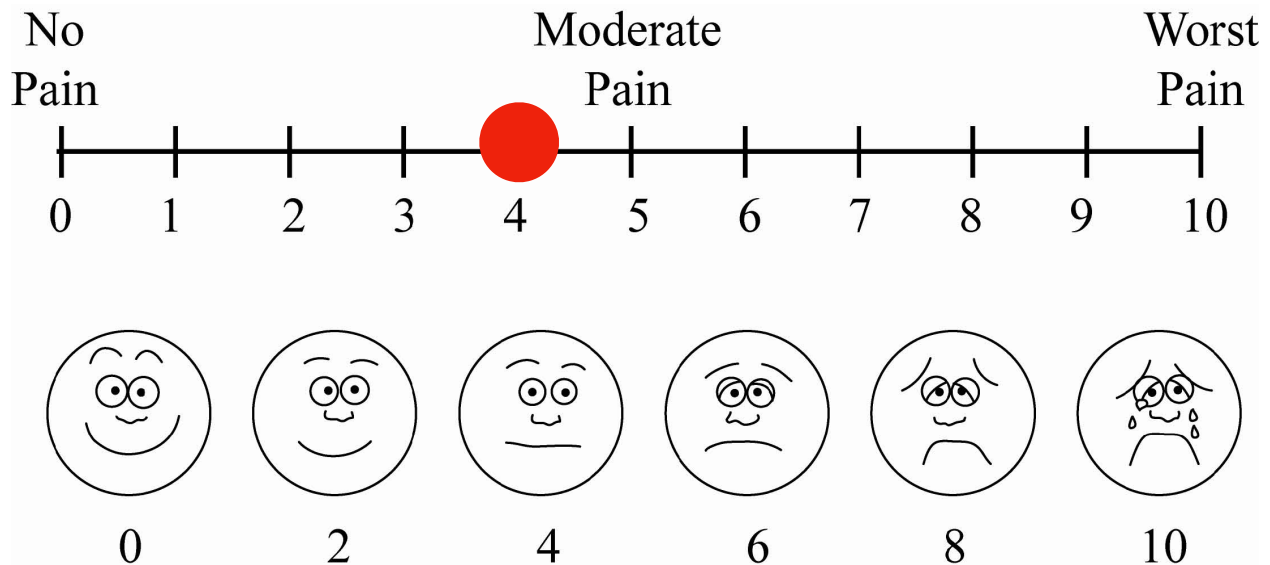
Today I asked Mike what the toe pain was like. He said it was better but still painful. I again provided him the visual analogue scale to get a better idea. He rated his pain at a six and a half out of ten.



His pain is better than the last time, but likely still needs work to bring his self assessment number down. I chose to do the spleen meridian this time as I feel it has the most points that are potentially useful for his toe pain. It is also important since this meridian combines functions with the pancreas. SP.21 Grand Luo point regulates qi and blood and helps with limb weakness and pain. BL.62 is great for insomnia and releases the feet and knees. Today when holding SP.6 Mike mentioned he could feel a warming sensation accompanied by very light vibrations, I decided to hold this point longer than I would since it had a strong impact on him.

Fifth Visit

Mike had a big smile on his face today and said he'd like to circle a number on the visual analogue scale. He said even though he's still in pain he's feeling much better and is getting more sleep. He rated his pain a four out of ten which is the lowest level he has felt thus far.



I took his pulses and noticed that only liver is deficient today. I therefore used the command points to tonify liver. The kidney meridian is balanced so I was able to draw energy from the mother meridian. I used this sequence of points, BL.18 with LV.8 and LV.3.

BL.18 regulates and tonifies the liver, nourishes blood and spreads liver qi. LV.8 moves and nourishes blood and LV.3 helps with insomnia and cold feet as well as regulates blood flow which I would like to stimulate in his feet.

Sixth Visit

At today's assessment Mike mentioned he was feeling about the same as last time and didn't notice any large differences. I decided to use the Grandmother/Grandchild cycle. This time I was drawing energy from Lung to Liver. I used these sequence of points, BL.18 with LV.4 and LV.3. I then decided to draw that energy from Liver to Spleen, using BL.20 with SP.1 and SP.3. BL.20 regulates and tonifies spleen and nourishes blood. SP.1 Helps with insomnia and calms the spirit. Mike was scheduled to come in a week later but never showed.

Conclusion

Spending time doing sessions with Mike has been beneficial for not only him but myself as well. The experience has given me more confidence to treat people suffering from diabetic neuropathy. It is exciting to know that I have learned some new information so that I can treat others who suffer from diabetic neuropathy. Knowing that I can decrease someone's pain and impact their their quality of life for the better gives me great pleasure. It reassures me that the work I'm doing is beneficial, improves peoples lives and makes me love my job even more.

I met Mike again a month later while running errands. He explained to me that he hadn't come for a treatment lately because he's been sick. He also mentioned that while his symptoms have worsened in the past month, his pain level hasn't returned to the intensity it was when he first saw me. I'm encouraged that the treatments have made a positive impact and that there has been a lasting benefit to his pain. He plans to come back to see me once he is feeling better.

References

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