

# 4<sup>th</sup> Global Acupuncture & Therapists Annual Meeting and International Conference on **Holistic Medicine & Holistic Nursing**

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## Acupuncture and ketamine in treating chronic backache

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Chronic backache is a common clinical symptom in Iraq. Most painkilling medications, such as non-steroidal anti-inflammatory drugs, have undesirable side effects, particularly affecting the stomach. Ketamine is an anesthetic drug that can be used intramuscularly, intravenously, or orally. It has an analgesic effect with no side effects on the stomach if taken orally. This report provides an overview of available clinical data on the use of acupuncture and oral ketamine in the treatment and management of chronic back pain.

### Biography

Lazgeen Mohammed Ahmed, anesthetist and acupuncturist, received his Diploma in Acupuncture in Malaysia in 2010 and his Diploma in Anesthesiology in Iraq in 1985. He has three certificates from the Academy of Traditional Chinese Medicine, Wangjing Hospital, Beijing, China, and certification from the Huaihua Red Cross Hospital, Hunan province, China. From 2003-2007, he managed the TCM center in Bagdad, Iraq; this is the only center in Iraq belonging to the Ministry of Health. He now lives in the Kurdistan area, an independent regional area, and works in the Rapareen Teaching Hospital as a consulting anesthetist. He is currently working to establish a pain center in this area with the help of the general manager of health in Erbil, the capital of Kurdistan. This center will use acupuncture to treat pain.

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