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Managing complicated endometriosis and PCO: Case studies in integrative TCM approaches

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Endometriosis and PCO are complex gynecological problems that have limited treatment options in Western medicine. The usual medical approaches are limited to OCP and surgery for endometriosis, which minimally address uterine area symptoms only. For PCOS the medical approaches are OCP, surgery, and metformin. These approaches primarily address symptoms, they are not curative. Effective treatment requires a holistic, systemic approach which resolves the root cause and treats the systemic and gynecologic symptoms of these diseases. The genesis of endometriosis is inflammatory cytokines and disruption of the immune system; the systemic effect is endometrial tissue spread throughout the body and impairment of fertility. The genesis of endometriosis is hyperinsulinemia, leading to systemic endocrine disruption in testosterone, estrogen and progesterone, with cardiovascular, gynecological, fertility and metabolic implications. TCM and 5 element acupuncture offer an integrated case management approach that address the systemic symptoms and effects. Case studies of patients treated with TCM and 5 element acupuncture diagnostic methods, acupuncture, Chinese herbs, nutrition and lifestyle modifications, combined with allopathic medicine bloodwork and Western understanding of the specific immunologic and endocrine impact of these diseases will be presented. In addition, methods of approaching Western MDs to discuss Chinese medicine as an effective treatment method, and getting referrals from MDs will be discussed.

Biography

Lisa Grant is a licensed Oriental Medicine Doctor specializing in fertility and women's issues in Las Vegas, Nevada. She has a Master's in Asian Studies from Cornell University, completed her Master's in Acupuncture and Chinese Herbs at the Maryland University of Integrated Health, and is currently serving as the Secretary/Treasurer of the Nevada State Board of Oriental Medicine.

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