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Why are diabetic patients still having hyperglycemia despite diet regulation, antiglycemic medication and insulin?

Diabetes and the complications related to it were responsible for 8.8% of deaths worldwide in 2017. Many of those deaths could be avoided. Western medicine manages the disease with lifestyle changes and medication. The aim of this work is to demonstrate how in traditional Chinese medicine, all diseases are associated with the Yin and Yang imbalance, including diabetes. Although Western medicine and traditional Chinese medicine (TCM) share the diabetes treatment goals of reducing symptoms and preventing complications, their approaches to conceptualizing, diagnosing and treating the disease are very different. The methods used were two case reports and bibliographic researches of traditional Chinese medicine medical literature and Five Elements Theory, on the pathophysiology of energy imbalances in diabetes. Those imbalances lead to the manifestation of diabetes clinical symptoms. The treatment results, when looking from an energy point of view, treat the individual as a whole, not treating the disease but the patient, as recommends Hippocrates, the father of Medicine. The results are excellent, because knowing how to rebalance these energies, prevention is more effective, based on internal (emotional) factors, dietary factors, and external (climatic) factors. Concluding, when looking at patients as a whole, from the point of view of Yin and Yang energy and five elements theory, we can analyze aspects of the diet normally recommended and the use of hypoglycemic medication and/or insulin, and have greater balance of hyperglycemic diabetic patients, treating them according to the energy point of view with dietary recommendation, acupuncture, etc.

Biography

Huang Wei Ling has graduated in Medicine, specializing in infectious and parasitic diseases. She is a General Practitioner, Parenteral and Enteral Medical Nutrition Therapist. She is the owner of the Medical Acupuncture and Pain Management Clinic and since 1997 has been presenting her work worldwide concerning the treatment of various diseases, using techniques based on several medical traditions around the world.

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