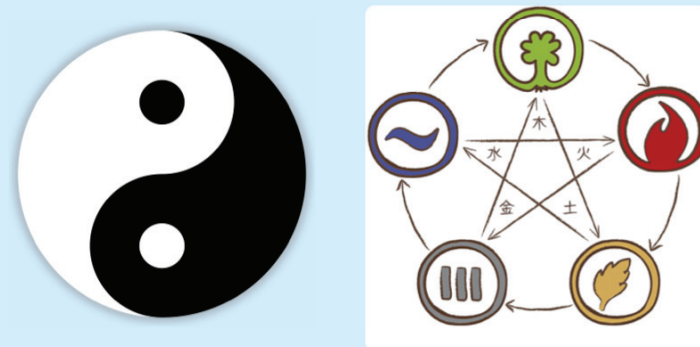


Theories of Traditional Chinese Medicine (TCM)

Traditional Chinese Medicine (TCM), a form of complementary and alternative medicine (CAM), has been practiced for over 2500 years, and approaches health as an interrelated and holistic state of being. Using multiple methods, the theories of TCM aim to balance:

- Qi
- Yin and Yang (Fig. 1)
- The Five Elements
- ZangFu Organs



TCM in CHINESE HEALTHCARE SYSTEM

- China is one of the few countries in which traditional medicine is given equal weight to allopathic medicine [1].
- There are two tracks of medical training in China: one for TCM, and one for allopathic medicine.
- Despite the general acceptance of TCM, about 75% of the country's healthcare expenditure goes to hospital inpatient and outpatient care. [2]
- The common elements of TCM that are practiced include:
 - Herbal medicine
 - Acupuncture
 - Tuina massage
 - Moxibustion

BENEFITS and LIMITATIONS OF TRADITIONAL MEDICINE [4]

Benefits

- Greater access to care due to fewer technological needs
- Holistic approach to health
- Prevention is an integral part to care
- Less invasive, fewer side effects
- Lower cost

Limitations

- Efficacy as compared to allopathic interventions
- Questions of safety
- Lack of evidence-base

BARRIERS TO USE OF TRADITIONAL MEDICINES in USA

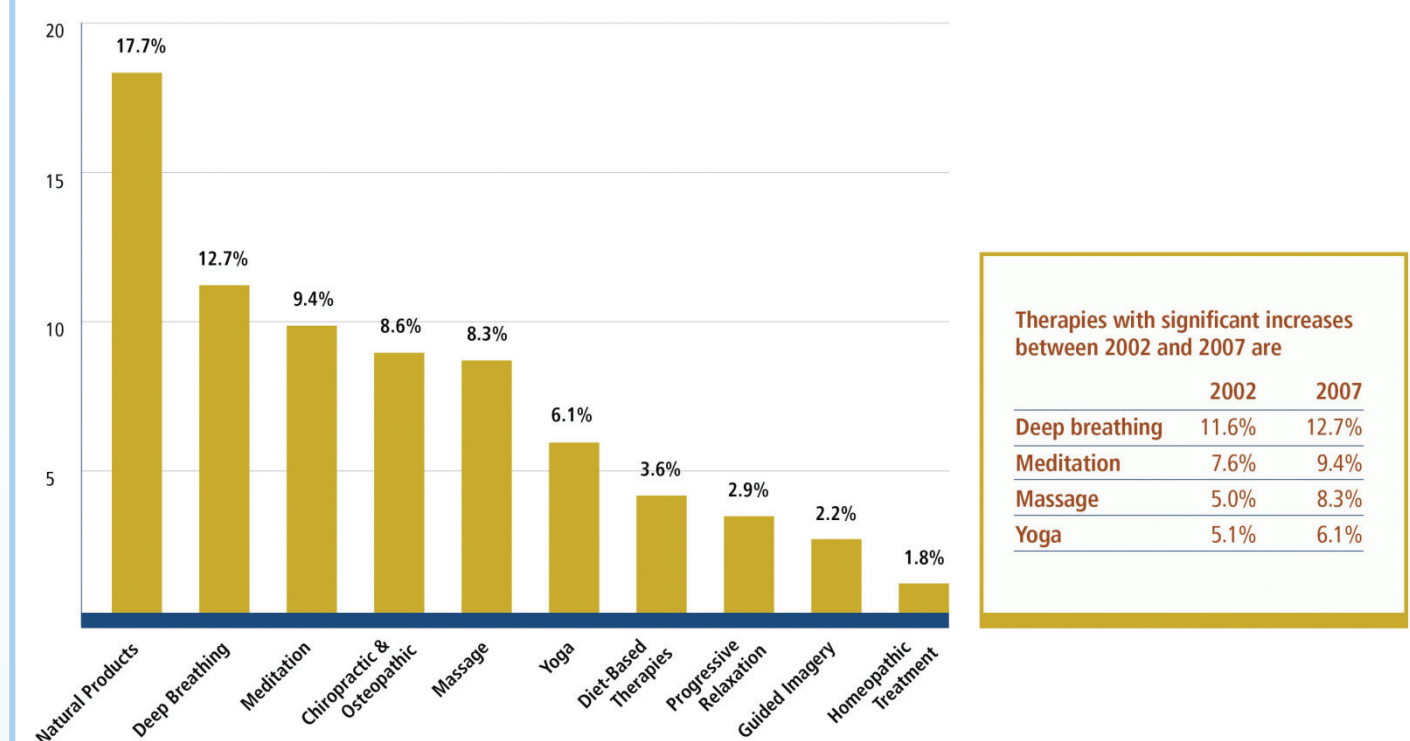
- Lack of reimbursement by insurance companies
- Lack of certification by practitioners
- Lack of knowledge by the public and physicians about indications for CAM

Resources within the USA

- National Center for Complementary and Alternative Medicine (NCCAM) [nccam.nih.gov]
- National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM) [www.nccaom.org]

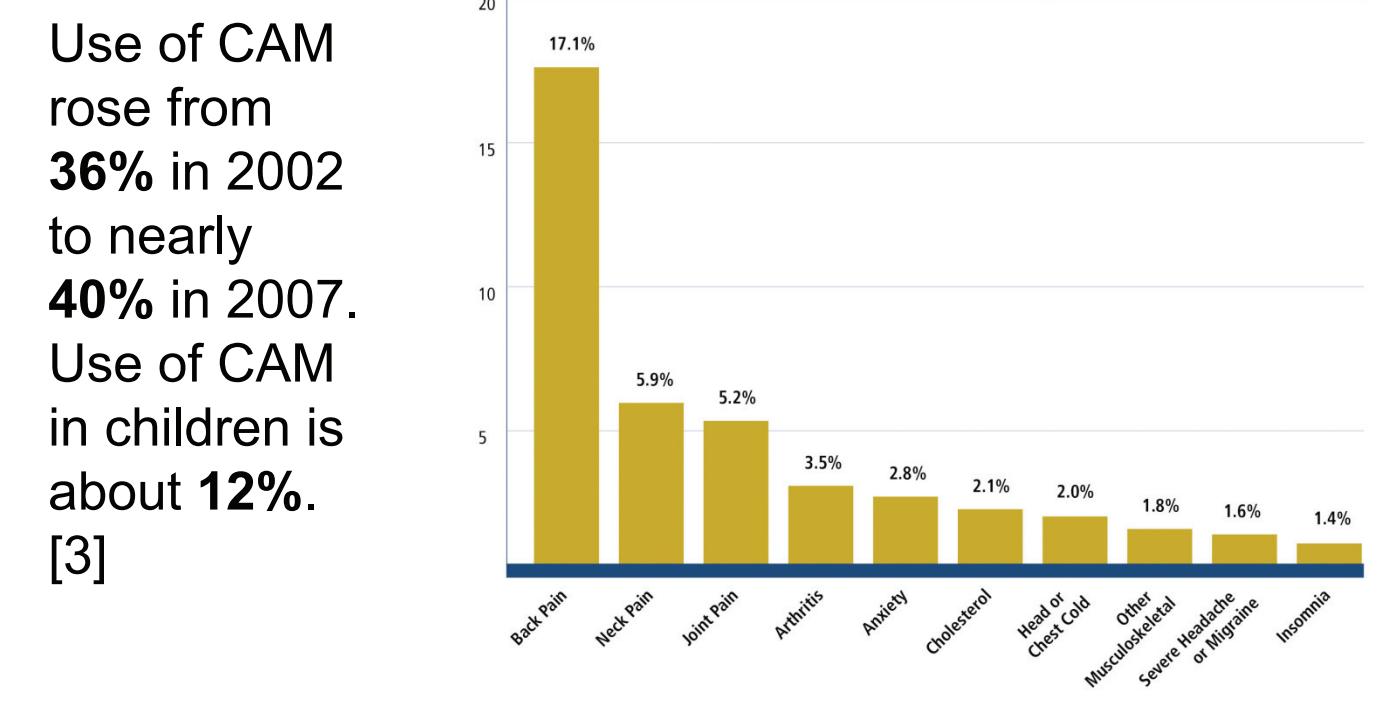
USE OF TRADITIONAL MEDICINE

10 Most Common CAM Therapies Among Adults - 2007



Source: Barnes PM, Bloom B, Nahin R. CDC National Health Statistics Report #12. Complementary and Alternative Medicine Use Among Adults and Children: United States, 2007. December 2008.

Diseases/Conditions for Which CAM Is Most Frequently Used Among Adults - 2007



Source: Barnes PM, Bloom B, Nahin R. CDC National Health Statistics Report #12. Complementary and Alternative Medicine Use Among Adults and Children: United States, 2007. December 2008.

REFERENCES

- [1] Hesketh, Therese, and Wei Xing Zhu. "Health in China. Traditional Chinese medicine: one country, two systems." *BMJ: British Medical Journal* 315.7100 (1997): 115.
- [2] Liu, Xingzhu, Yuanli Liu, and Ningshan Chen. "The Chinese experience of hospital price regulation." *Health Policy and Planning* 15.2 (2000): 157-163.
- [3] "NCCAOM - The National Certification Commission for Acupuncture and Oriental Medicine." *NCCAOM - The National Certification Commission for Acupuncture and Oriental Medicine*. N.p., n.d. Web. 27 Sept. 2013.
- [3] "The Use of Complementary and Alternative Medicine in the United States." *National Center for Complementary and Alternative Medicine*. National Institutes of Health, Dec. 2008. Web. 27 Sept. 2013.
- [4] World Health Organization. "WHO traditional medicine strategy 2002-2005." (2002).