P2.020

Short term effect of laser acupuncture on low back pain: A randomized, placebo-controlled, double-blind trial

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**Purpose:** This trial was performed to investigate the efficacy of laser acupuncture on pain alleviation in patients with low back pain.

**Methods:** This was a randomized, sham laser acupuncture-controlled, double-blind trial. Fifty-six patients were randomly assigned to either the laser acupuncture group (n=28) or the placebo laser acupuncture group (n=28). Participants in both groups received three sessions of treatment within a week. 11 acupuncture points were selected in total: GV3, GV4, GV5 and bilateral BL23, BL24, BL25, GB30. Visual Analogue Scale for pain (VAS for pain), Pressure pain threshold (PPT), Patient Global Impression of Change (PGIC) and Euro-quality-of-life 5 dimension (EQ-5D, Korean version of EQ-5D) were used to evaluate the effect of laser acupuncture treatment on low back pain in this trial.

**Results:** None of the outcomes revealed significant differences between groups. However, within the group changes, each laser acupuncture group and sham laser acupuncture group have shown with significant improvement between the baseline measurement and each point of assessment.

**Conclusion:** Although there was no significant difference between both groups, laser acupuncture can provide effective pain treatment and can be considered as an alternative option for low back pain treatment. Long term intervention, large scale and rigorous methodology are required in further studies to determine the effect of laser acupuncture on pain alleviation in patients with low back pain.

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P2.022

Groups TCM Psychological Intervention Research on Subthreshold Depression Population

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**Purpose:** As a sign of physiological sub-health, subthreshold depression has not been classified into mental disorder diseases like “paralaeysy”. The medicine treatment is not only a blank area, but also it has risks of leading major depressive disorder resulting from exacerbations. Based on TCM theory “supporting yang to inhibit yin”, this study conducts Groups TCM Psychological Intervention Research on Subthreshold Depression Population through pretest-posttest design to study the curative effect of groups TCM Psychological intervention on subthreshold depression Population

**Methods:** Based on pretest-posttest design, cluster random sampling, 600 cases of samples was tested by Centre for Epidemiological Studies Depression Scale (CES-D) and Hamilton Rating Scale for Depression (HAM-D-17). After the screening, 189 cases of samples were included into the study, and then randomly chosen 36 cases of the intervention group and 36 cases of the control group. Groups TCM Psychological Intervention was carried out in intervention group, while nothing was conducted in control group. After the intervention (8 weeks later), CES-D was used to test cases in the intervention group and the control group. All the data were analyzed statistically.

**Results:** After 8 weeks of intervention, there were significant statistical differences between the total scores of the intervention group before and after the intervention, and between the total scores of the intervention group and the control group after the intervention.

**Conclusion:** Symptoms of subthreshold depression can be differentiated as a syndrome based on TCM theory. Subthreshold depression is a syndrome of excessive yin due to yang deficiency from the perspective of yin and yang differentiation, so as to put forward the treatment thought of supporting yang to inhibit yin. The study shows that Group TCM psychological intervention which is based on supporting Yang to inhibit Yin, has desirable effects on alleviating the negative mood of patients with SD.

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P2.023

Conservative Korean medicinal treatment for adjacent segment syndrome after fusion surgery of lumbar spinal stenosis: a retrospective audit

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**Purpose:** Adjacent segment syndrome, which presents successive degeneration of spine at upper or lower level after fusion surgery, is one of the bothering conditions which are observed comparatively frequently among patients of lumbar spinal stenosis. We report cases of patients with adjacent segmental degeneration whose symptom was improved after conservative Korean medicinal treatment.

**Methods:** This is a retrospective audit study. At Mokhuri Neck and Back Hospital, Republic of Korea during January, 2012 to September, 2014, we reviewed all the medical records of patients with adjacent segmental degeneration, who presented continuous low back pain or sciatica and showed degenerative spinal stenosis at upper or lower level after spinal fusion surgery. All the patients took body acupunc-
treatment, pharmacocupuncture, Chuna and oral administration of herbal medicines (Gangchuk tang) everyday during about one month of admission treatment. Zero to ten pain numerating rating scale (NRS) of low back pain and sciatica, walking duration without claudication symptom before and after treatment.

Results: A total of 7 patients’ (average 67 years old, [53 to 78]) medical records were included into the analysis. Segmental degenerative change at lower and upper level of the spine was observed at average 7.64 (4.51) years after the fusion surgery. Average zero to ten NRS of low back pain was improved from 6.57 (SD 2.23) to 2.71 (2.06). Walking duration without pain increased from 118.57m (171.02) to 771.43m (1029.25). There was no adverse event related to the treatment.

Conclusion: Conservative Korean medicinal treatment may be effective for the symptom management of adjacent segment syndrome after spinal fusion surgery. Future long-term randomized trials with active control intervention, enough sample size and validated outcomes will be necessary for concrete clinical evidence of this treatment program.

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P2.024

Non-surgical treatment for patients with spondylolisthesis: a retrospective case series

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Purpose: To assess effectiveness of non-surgical combination treatments on the symptoms related to spondylolisthesis.

Methods: This is a retrospective audit study. Mokhuri spine center is a department of Mokhuri oriental medical hospital, located in Seoul, South Korea. We reviewed all the patients’ medical records, diagnosed as spondylolisthesis and participated in the admission treatment program from January, 2013 to March, 2014. All the patients took conservative integrative treatments. Body acupuncture, pharmacocupuncture, Chuna and oral administration of herbal medicines were offered to every patient each day. Zero to ten pain numerating rating scale (NRS) of low back pain, walking distance without pain were assessed before and after treatment. If available, functional assessment with Oswestry disability index (ODI) and quality of life with EQ-5D were evaluated. Statistical analysis between the variables of before and after treatment was conducted with t-test or Wilcoxon signed rank test using SAS 9.2 package software. Spearman correlation was analyzed to assess the statistical dependence between baseline characteristics and main outcome variables.

Results: A total 44 spondylolisthesis patients’ medical records were reviewed. Disease durations were average 23.1 month (SD 52.8). After average 24.0 days (SD 6.5) of treatments, pain NRS improved from 7.1 (SD 2.0) to 3.1 (SD 1.9) significantly (t-test, p<0.0001). Walking distance showed significant improvement after treatment (193m (SD 234) at the beginning and 568m (SD 514) after treatment, Wilcoxon test, p<0.0001). ODI improved from 44.7 (SD 17.7) to 31.0 (SD 16.5) (n=13, t-test, P=0.00017). EQ-5D also improved significantly (n=12, Wilcoxon test, p=0.00195). From the correlation test, we found that when disease duration increases, the improvement of lumbar function and quality of life decrease respectively. There was no reported adverse event related to the treatments.

Conclusion: We found that conservative integrative treatments might be effective in the patients with spondylolisthesis.

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P2.025

A case report of a clinically diagnosed stage III lung cancer patient who had been treated with Gunchilgyebok-Wan showing improvement in tumor size

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Purpose: This case report presents the effects of Korean medicine therapy of Gunchilgyebok-Wan to a patient who was clinically diagnosed as both stage III lung cancer and benign hamartoma.

Methods: A 74-year-old male patient was clinically diagnosed as both stage III lung cancer and benign hamartoma by chest computed tomography (CT), positron emission tomography (PET) CT. Because of old age and general body weakness, he had refused to receive standard cancer treatment regimen, percutaneous needle aspiration (PCNA) and biopsy. The 11.32 mm and 23.03 mm × 35.34 mm sized masses were on the right upper lobe of lung and in the mediastinum respectively. The patient’s chief complaints were fatigue, itching, anorexia, cough and sputum. Gunchilgyebok-Wan commonly used for anti-tumor and anti-inflammatory effect is composed of Lacca sinica extract and Gui zhi fuling wán extract which has Cinnamomi Ramulus, Hoelen etc. We prescribed Gunchilgyebok-wan 1 g a dosage three times a day for 50 days. Then we identified the decrease in tumor sizes by chest CT.

Results: Decrease in tumor size on the chest CT and improvement of symptoms were observed after the administration of Gun chilgyebok-Wan. The Right lung upper lobe mass size was decreased from 11.32 mm to 10.69 mm and mediastinum mass size was deceased from 23.03 mm × 35.34 mm to 22.71 mm ×34.21 mm in 3 months. Numerical rating scale (NR S) showed improvement in Fatigue, weakness, itching and anorexia symptoms from point 7-8 to point 3-4. Sputum and cough were slightly improved. Kidney function test and complete blood cell count were in normal range. Liver function test showed slight increase than normal range at hospitalization day but gradually decreased during treatment. Tumor markers were slightly elevated from hospitalization day, but further tests should have been carried out.