

P2.037

### Impact of Wheel Balance Cancer Therapy on Refractory Non-Small Cell Lung Cancer: A Korean Single-Center Experience



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**Purpose:** To investigate the clinical feasibility of the Wheel Balance Cancer Therapy (WBCT) for refractory non-small cell lung cancer (rNSCLC) analyzed patients' overall survival outcome.

**Methods:** From October 4th 2004 to October 3rd 2013, the refractory NSCLC patients who first visited East West Cancer Center were reviewed. Following the study eligibility, overall survival and median survival of the 33 refractory NSCLC patients who treated with WBCT were statistically analyzed with Kaplan-Meier and Wilcoxon's signed rank test.

**Results:** Of total 33 patients, overall 1 year, 2years and the median survival were 78.8%, 42.4% and 20.3 months (95%CI:15.5- 25.0). The median overall survival of WBT over 14days and under 28days, and over 28 days were 16.5 months (95%CI:12.8-20.2) and 25.4 months (95%CI:16.8-34.0) ( $p=0.280$ ). The median overall survival of prior conventional treatment and non-conventional treatment were 22.8 months (95%CI:16.2-29.4) and 4.6 months (95%CI:1.9-7.4) ( $p=0.000$ ). The median overall survival of under 65 years and over 65 years were 35.6 months (95%CI:16.5-54.7) and 16.5 months (95%CI:10.8-22.2) ( $p=0.012$ ). The median overall survival of Eastern Cooperative Oncology Group (ECOG) score <3 and ECOG score  $\geq 3$  were 8.2 months (95%CI:3.5-13.0) and 2.5 months (95%CI:1.6-3.3) ( $p=0.004$ ).

**Conclusion:** Patients with prior conventional treatment, under 65 years and ECOG score <3 are more efficient to refractory NSCLC patients treated with WBCT. And this study also supports the safety of WBCT.

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### A novel taping therapy for depression: a report on three cases treated successfully with taping



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**Purpose:** Despite depression must be solved for health, it is not easily treated. That is the reason why alternative therapies have been attempted. However, successful treatment of depression using taping therapy is difficult to be found. Here, we report for the first time severe depression cases treated completely by taping therapy.

**Methods:** First case was a 21-year-old male who had taken psychiatric medications from ten-year-old and had been admitted often to the mental hospital. He showed leaning head, flexible legs, and nearly closed-eyes. Second was a 49-year-old female with heart palpitation and depression induced after hysterectomy. She spoke rapidly in anxiety-like mode and had taken additional medications for insomnia and indigestion. Third was a 40-year-old female who was fed up with the adverse effects of anti-depressant drugs. She verbally abused and had thoughts of suicide frequently. The medical tape was attached at acupoints, trigger points, and pressure pain points traced down by finger pressing examination in the chest, both sides, and upper back.

**Results:** First showed weeping immediately after the first treatment. He discontinued psychiatric drugs and recovered normality after two months. Second felt at ease immediately after the first treatment with decreased-palpitation. After one week, she quit the medication, and heart beating, headache, and fatigue disappeared completely. Third felt calming following the first treatment. After three days, sleep became satisfactory, and the anger rarely occurred. After two weeks, she recovered normality.

**Conclusion:** Results of these cases suggest the following advances: first, finger pressure examination focusing on the acupoints and trigger points of chest, side, and upper back is useful for tracing neurological symptoms of depression; second, control of pain responses to the finger pressure examination is important for the treatment of depression; third, depression can be treated successfully by regulating patient's bioelectric current with taping therapy.

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### Effect of Body Mass Index on Mind-Body Relaxation Therapy for Reducing High Blood Pressure in Postmenopausal Women: A Randomized Controlled Trial



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**Purpose:** To examine whether the BMI effect on Mind-Body Relaxation intervention for reducing high blood pressure in postmenopausal women.

**Methods:** This was 16-weeks randomized, parallel, open-label, controlled trial of 432 mild hypertensive menopausal women who visited to the Menopausal Clinic in Mahasarakham Hospital, Thailand. Participants were randomly allocated to either the intervention or control group. The intervention group received the Modified Mind-Body Relaxation (MMBR) program comprising 60-minute session training with an encouragement of 15-20 minute daily practice. The control group received lifestyle education routinely provided in the clinic.

**Results:** Participants 215 and 217 were randomly allocated to the MMBR and control groups, respectively. Of those, 167 participants in the MR group and 175 participants in the control group completed the study. BMI level and DBP at baseline were difference between groups significantly. The BMI level was affected to MMBR intervention for reducing systolic and diastolic blood pressure (SBP and DBP) significantly. These effects were decrease SBP at week 4, 8, and 16 follow-up and decrease DBP at week 4, 8, 12, and 16 follow-up. BMI level were showed small effected size to decreased blood pressure.

**Conclusion:** The BMI may be effect to MMBR intervention for reducing high blood pressure in Thai postmenopausal women. It would be consider BMI as an effect modification in statistical analysis model. Further clinical research would be confirmed.

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### The Efficacy and Safety of Ginger Extract in Nanostructure Lipid Carrier (NLC) for Treatment of Knee Osteoarthritis (OA)



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**Purpose:** To evaluate the efficacy and safety of Ginger (*Zingiber officinale* Roscoe) extract in Nanostructure Lipid Carrier (NLC) for treatment of osteoarthritis of the knee.

**Methods:** Sixty patients at the age range of 50-75 years old who were diagnosed with OA knee based on the American College of Rheumatology (ACR) diagnosis criteria were included in this study. Participants received ginger extract in NLC rubbed three times a day for 12 weeks. Efficacy was assessed by Knee Injury and Osteoarthritis Outcome Score (KOOS), Index of Severity for Osteoarthritis Index (ISOA), and patient's global assessment (PGA). A series of biochemical tests in serum and hematological parameters established the safety of ginger extract in NLC. The student pair t-test was used to compare the score before and after treatment

**Results:** Ginger extract in NLC could statistically significant improvement patient's global assessment, knee joint pain, symptoms, daily activities, sports activities and quality of life measured by KOOS, ISOA and PGA, following 12 weeks of treatment in paired t-test ( $p < 0.05$ ). There were no safety issues concerning adverse events or laboratory values.

**Conclusion:** Ginger extract in NLC relieves joint pain and improves problematic symptoms and improves the

quality of life in osteoarthritis knees during a 12 week treatment.

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### A Study on the Prevalence and Risk Factors of the Metabolic Syndrome according to Sasang Constitution



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**Purpose:** The purpose of this study was to find the prevalences and risk factors of the metabolic syndrome according to Sasang Constitution.

**Methods:** The medical records of 364 subjects who had taken health examinations and diagnosis of Sasang Constitution from January to June of 2003 at a health examination center of a hospital in Seoul were reviewed. The prevalences and the risk factors of the metabolic syndrome according to Sasang Constitution were compared and analyzed.

**Results:** The prevalence of high WC, high TG, low HDL-C, high BP and high FBS of Taeumin were significantly higher than those of the other constitution. The prevalence of metabolic syndrome of Taeumin, Soyangin and Soeumin were 46.3%, 16.8%, and 9.1% respectively. The rates were significantly different according to Sasang Constitution.

**Conclusion:** There were significant differences in the prevalence of metabolic syndrome according to Sasang Constitution. Sasang Constitution was identified as an independent risk factor of metabolic syndrome.

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### Methodological Study and Establishment of the Diagnostic Scale for Gastrointestinal Heat Retention Syndrome in Pediatrics



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**Purpose:** To clarify the concept of the Gastrointestinal Heat Retention Syndrome, and contribute to the development of clinical diagnosis and treatment for gastrointestinal heat retention syndrome-related diseases.

**Methods:** We have checked the researches about Gastrointestinal Heat Retention Syndrome in CNKI, VIP and Wan Fang digital database, and referenced about relevance theory of Yang Ming Heat Syndrome in Treatise on Febrile Diseases, the research is collected and classified to five aspects on implication, etiology and pathogenesis, clinical manifestation, differential diagnosis and Related diseases.