

7th International Conference and Exhibition on

Pain Research and Management

October 11-12, 2018 | Zurich, Switzerland

Perspective in pain management using traditional Chinese medicine: East meets west

Chan Tak Yin

+RQJ .RQJ 3XEOLF +RVSLWDO +RQJ .RQJ

An exchange of ideas with University of Minnesota students through email, Skype and Facebook communication was done to compare pain management between United States (US) and Hong Kong (HK). There are quite a lot of differences with US people view pain as a weakness with the saying Pain is weakness leaving the body. HK elderly perceive pain as essence of aging process, which is a defining characteristic of human life, and it is related to climatic and seasonal conditions to be treated with over-the-counter pain relief patches. Both countries people prefer non-pharmacological approaches first before taking analgesic by hot and cold packs, aromatherapy, humidifier for sore throat used in US; application of medicinal wine or salve, eating preserved fruits such as citrus peel and kumquat for sore throat used in HK. Alternative treatments such as moxibustion are becoming more recognized but slow to be accepted in US with a lack of evidence-based research to support efficacy. In addition, they are not covered by medical insurance. In HK, several charities subsidized Chinese medicine clinics have acupressure and acupuncture specialties to provide trustworthy and inexpensive treatment to people. But moxibustion remains a less popular and recognized therapy, which can be administered easily with moxa stick ignition.

Biography

&KDQ 7DN <LQ LV D 5HJLVWHUHG 1XUVH RI +RQJ .RQJ 3XEOLF +RVSLWDO 6KH LV VWXG\LQJ 0DVWHU RI 6FLHQ 6LU (GZDUG <RXGH 0HPRULDO 3ULJH LQ 2XVWVDQGLQJ VWXGHQW IRU &0 1 .&& \$ZDUG LQ ,GD 0DUW 30DFHPHQW LQ GXULQJ KHU VFKRRO OLIH 6KH KDV EHHQ WR 6XQ <DW VHQ 8QLYHUVLW\ LQ *XDQJJKRX I 3ULJH LQ WKH 1XUVLQJ 5HVHDUFKHU)RUXP 7KH ,GD 0DUWLQVRQ 6FKRODUVKLS SODFHPHQW LQ)ORULGD EU DQG LQWHUQDWLRQDO FRQWH[W 6KH KDG MXVW DSSOLHG DV PHPEHU RI 6LJPD 7KHWD 7DX ,QWHUQDWLRQDO

tak-yin.chan@connect.polyu.hk

Notes: