

Dx & Tx 5 - ONCOLOGY

Most common cancers:

Men – prostate

Women – breast

Increase – may be related to early & better detection

Lung/bronchus and colon/rectum – next 2 common sites for men and women

Cancer death rates decreased since 90's.

Definitions:

Oncogenes: a gene with the DNA sequence that causes cancer. Tumor promoting segment of DNA.

Proto-Oncogenes: Normal gene that has the potential to become oncogene because of mutations or increased expressions

The proto-oncogenes code for proteins that help regulate cell growth.

Tumor Suppressing Genes: gene that protects a cell from going onto the path of cancer

Can also be damaged by toxic elements or viruses.

“Cancers don't care.” Rapid proliferation.

Chromosome Translocation: Part of a gene separates and relocates somewhere else. This new environment causes irregularities. Can happen spontaneously. (Aberration)

Gene Amplification: Multiplication of oncogenes.

Mutation: change in sequence of the DNA. This creates a characteristic or trait not found from the parental unit (mother cell).

Carcinogens: Environmental factors that cause cancer (radiation, hormones, tobacco, anything toxic).

Differentiation: in terms of cancer, indicates how the mature cells are within the tumor. Different from the healthy cells.

Stem cell – undifferentiated cells (same idea, but different)

Detection of Cancer

Radiographs: x-ray, CT scans, MRI (any imaging technology)

Can't detect smaller than 1 cubic cm

Tumor that size already has 1 billion tumor cells. Not good for early detection

Tumor Markers: in a blood test. Looking for antigens (protein marker). Can be false-positive results (common in smokers). Look for carcinoembryonic antigen (CEA)

Influenced by hereditary and genetic factors as well as environmental (smoking).

Types of Treatment

Radiation – high-energy particles (gamma rays and x-rays). Damages all the cells it is hitting, by destroying genetic material that controls how they grow and divide.

Types of Radiation:

1. External Beam Radiation – most common.
2. Internal Radiation – often w/ prostate cancer. Radioactive pellet inside body and hope it kills the tumor
3. Radiation during surgery – External beam during surgery
4. Systemic radiation – radioactive substance injected into a vein.

Methodology

External – out patient; 5-8 weeks of therapy

Really dries up the fluids.

Side Effects:

1. hair loss
2. neck area: dry mouth, difficulty swallowing, sore throat, nausea
3. chest: cough, SOB, difficulty swallowing
4. abdomen: upset stomach, nausea, diarrhea
5. pelvic: diarrhea, bladder irritation, freq urination, sexual dysfunction

Can give burn cream for after treatment

Chemotherapy:

History: nitrogen mustard and folic acid antagonists

Effective on cells that divide quickly and less effective if divide slowly.

Dosing must be very precise. Too low – do nothing; Too high – destroy the person

Chemotherapeutic Agents

Alkalizing Agents: Directly damage the DNA. Not phase specific. Can be used for bone marrow suppression (non-Hodgkin's, Hodgkin's, MM, Leukemias, Lung, Breast, Ovarian – solid tumor types of cancers).

Nitrosoureas: similar to above, but interfere w/ enzymes that help repair DNA. Not phase specific. Able to cross BBB (use for brain tumors) Also used for Hodgkin and Non-Hodgkin, Malignant melanoma

Antimetabolites: interfere w/ growth of DNA and RNA. Folic acid antagonists –helps w/ nucleic acid synthesis (building blocks of DNA). Used to treat leukemias, breast, ovary or gastro-intestinal tract.

Anthracyclines and Related Drugs: Anti-tumor antibiotics. Interfere w/ enzymes involved w/ DNA replication. Have a toxic effect on the Heart muscle. Used in a variety of cancers. Lifetime dose restriction.

Topoisomerase Inhibitors: Interfere w/ enzymes called Topoisomerase. Involved w/ DNA replication also. Used for leukemias, lung, ovarian, GI tract.

Mitotic Inhibitors: plant alkaloids (from herbs). Can stop mitosis (cell division). Know to cause peripheral nerve damage (limit the lifetime use). All from periwinkle plant (Vinca alkaloids)

Corticosteroid Hormones: called chemotherapeutic agents. Combined w/ other chemo drugs.

Miscellaneous Drugs:

Thalidamide

Tamoxifen (breast cancer) – anti-estrogen drug

Immunotherapy: class of drugs to stimulate natural immune system

Types:

Cancer vaccines (HPV vaccine)

Monoclonal-antibody Therapy

Side Effects of Chemo:

-Tired and fatigue

-Nausea and vomiting

- Loss of hair (head, eyelashes, eyebrows)
- Sores inside of mouth
- Diarrhea or constipation
- Lower blood pressure
- Bone marrow damage
 - (RBC decrease – anemia; WBC decrease – increase possibility for infections)
 - (if fever – need to call the doctor – infection – WBC not functioning)
 - (platelets damaged – easy bruising)
- Numbness or neuropathy, tingling
- Bladder irritation
- Bleeding, infertility, change in way food tastes, loss of appetite

Surgery

Factors: size of tumor; location; what type of cancer, and has it metastasized?

TCM is adjunctive therapy to other treatments. We cannot legally advise patient against biomedical treatments. If not receiving biomedical tx. you may be liable when they die.

In stage 4, and don't want any more tx. then just talk w/ doctor. NYS need to be under care of a physician. You can never say that you treat cancer.

TCM

Liu – tumor (to flow – accumulation of flow of Qi and Blood generated a mass)

Zhong – swelling (type of abscess)

ZhongLiu = tumor

Palpable tumor or lump – mass or accumulation

Mass = **Zheng jia**

Accumulation = **Ji Jiu**

Huang di Nei Jing – references to tumor like masses

Su Wen – description similar to s/s of tumor

Knotty Disease – so many elements. Lifetime, complicated disease

TCM – no way to distinguish between benign and malignant. Treated the same

Etiology:

1. Six Excesses / Toxic Invasion

2. Poor diet
3. 7 Emotions
4. Elderly or chronic illness
5. Misc exterior factors (air pollution; industrial chemicals, viruses, alcohol)

Emotional Aspect

- Qi stagnation

Breast Cancer – result of long time suppressed emotions

Ru Yan – breast cancer (breast + rock)

Result of woman in chronic state of anxiety and depression (SP X and LV Qi X)

Liver channel goes to the nipple

General Patterns

1. Qi and Blood Stagnation
2. Damp and Turbidity Transforming to Phlegm
3. Fire Poison or Fire Toxin Accumulation
4. Qi and Blood Vacuity / Collapse

(these can combine and transform from one to another)

Tx Principle

1. Move Qi and Invigorate Blood
2. Transform Phlegm and soften hardness
3. Clear Heat and relieve toxicity
4. Support the vital Qi

Tumor Production

If localized tumor – due to Blood stasis or phlegm accumulation (although disease is still systemic). Local problem is the branch, but also want to treat the root.

“Anti-cancer energy” – way we fight off cancer cells in our body

Marks Method

Applicable to tumor diagnosis. Visual inspection:

1. Teeth marks of the tongue
2. Teeth marks inside the cheeks
3. Nail marks on the fingers
4. Nodes on the Ear
5. Palpation of Stomach and Naval

Differentiate cold, heat, excess or deficiency. May not be seen if, disease not progressed enough.

What is their propensity?

Fingernails – lunar marks (esp on thumbs). Healthy people – see through 4th finger

Nails – excess of tendons. External manifestation of Liver and Gallbladder. Inherit the Qi of the Lungs. Relationship w/ internal organs.

Healthy – red, moist, healthy, shiny

Bluish, purple – death

Yellow, White – excess alcohol and sex

Red and Purple - Qi exhaustion

Cold marks – smaller and less in number (def of internal yang and excess yin)

- more likely to develop stagnation and phlegm accumulation

Hot marks – larger and more on fingers

- robust and yang in nature

- treatment usually easier and more effective

Mixed marks – transferring from cold to hot or vice versa

Teeth Marks

On tongue – dampness and SP Qi deficiency

On cheek – inside membrane of mouth – might see raised bite marks. If raised it is due to Cold Damp Phlegm trapped in the mouth.

Shallower mark – less accumulation

Longer stagnation – marks darker and may be dark purple (like blood blisters)

Nodes on the Ear

Thickened node, area or lump on ear. Hard and doesn't move. May be painful if pressed. Bilateral or unilateral. Look in LV, SP, ST region of the ear. Disappearance is very slow or never disappears. Long term accumulation.

Palpation of Stomach and Naval

Around Ren 12 and 2 inches around naval. Feel for stagnation (board-like resistance to pressure).

Pain on left side of naval (ST 27 – 25). Blood stasis and LV Qi X
Right side – poor immune system.

Diagnostic Methods:

More than 3 is a positive sign for cancer

1. Node on the phrenulum – usually diseases of rectum and anus
- if knot higher up – disease further away from the anus and vice versa
2. Swollen veins under tongue
3. Cinnabar palm – palm is very red. Usually indicates liver disease

Herbs

Questionable w/ all medications they are on.
Is the tumor estrogen dependent?

Dispel pathogenic factors.

Early stage – constitution stronger. Can be more vigorous in treatment.

Advanced state – looking at their Zheng Qi (Righteous Qi)
Simultaneous Support and Attack. Don't duplicate their biomedical treatment.

If having surgery, radiation or chemotherapy – you are supporting them, getting them strong for it.

Acupuncture – use in all stages of cancer

Best results – every day or every other day to support them (cancer treatment facility)

Patient – sensitive – gentle, not a lot of needles

Moxa – open channels and circulate Qi and Blood

Malignant Tumors – moxa can warm and dissipate. Draw out the toxins.

Heat can act directly on tumor cells, but stimulating micro-stimulation. If being fed by blood vessels, then no moxa – will encourage the growth.

Lymph nodes removed – be careful w/ needling or moxa on side w/o lymph nodes.
Nothing to filter toxins on the extremity. (to be cautious)

Encourage patient to do physical activity (Qigong, Tai Chi)

Calm/Meditate

Cachexia – wasting due to malnutrition and/or disease

Fu Zheng Pei Ben: Particular herbal based therapy. Herbs, diet and qigong to help support and boost during Western treatment.

Principles behind this theory:

1. Prevention of the formation and development of cancer.
2. Increase immunity of the organism.
3. Enhancement of the regulating function of the endocrine and humoral systems
4. Protection of bone marrow and promotion of hemopoetic function
5. Strengthening digestion and absorption and improve metabolism
6. Balance yin and yang
7. Increase the effect of all therapeutic measures in Western medicine

Looking at a patient both pre-surgery and post-surgery

Pre – make them as strong as they can be to recover as well as they are able
Start whenever patient is scheduled up to day before they have surgery and then stop.

Jian Pi Li Qi Tang

Dang Shen	10g
Bai Zhu	9g
Fu Ling	12g
Huang Qi	12g
Mai Men Dong	10g
Mu Xiang	6g
Sha Shen	10g
Chen Pi	6g
Gua Lou Ren	15g
Lian Zi	15g
Ji Nei Jin	9g
Mai Ya	30g
Shen Qu	9g
Huang Lian	4.5g
Gan Cao	3g

Gua Lou Ren – used in cancer to go to network vessels
Modify based on s/s of patient.

Post-Surgery

Huge sweats, GI issues?

Modify accordingly

More SP/ST def. – start on 4th day after surgery and continue 3-7 days

More sweating – consolidate exterior – use Yu Ping Feng San w/ modifications

Huang Qi, Bai Zhu, Fang Feng

Plus: Wu Wei Zi, Fu Xiao Mai, Mu Li, Dang Shen, Bai Shao, Gui Zhi, Gan Cao

(Take 2-3 days only after surgery)

If more yin deficiency – (could indicate an infection)

Xi Yang Shen/Tai Zi Shen

Bai Ren Shen

Shi Hu

Yu Zhu

Zhi Mu

Fu Ling

Zhu Ling

Xuan Shen

Shu di Huang

Huang Jing

Bai Shao

Mu Dan Pi

Gua Lou

Yin Er

Lung Cancer

Solid Tumor: has blood (no cysts or liquid); can be benign or malignant.

Sarcoma, carcinoma, lymphoma, thyroid nodule, fibroid, adenoma

Leukemia: cancer of the blood (not a solid tumor)

Biomedical Info:

1. smoking or exposure to tobacco smoke (2nd hand smoke)
87% of lung cancer cases (higher in males)
cigarettes – 60 known carcinogens
amount and length increase chances of developing lung cancer.
Even if quit, can still develop – need 10 years after stop smoking to really decrease risk.
2. radon (radioactive gas)
3. asbestos
4. viruses – HPV, cito-megalo virus
5. genetic factors
6. age
7. sex (males 2.4X more likely)
8. race (African-Americans more likely)
9. Dietary deficiency of Vit A / beta-carotene and (maybe Vit E and selenium)
10. Previous pulmonary pathology (COPD, chronic bronchitis, emphysema, scleroderma)
11. Radiation, urbanization, air pollution

Pathology:

More common in the right lung than the left. (3 lobes on the right)

2 General Types of Lung Cancer:

1. Non-small cell
80% of all Lung cancers

Grows more slowly than small cell

Types:

a. Squamous cell carcinoma – **40% of lung cancers** (highly differentiated; tend to metastasize relatively late; **spread is slow**, but when spreads goes to lymph nodes and bronchii first)

b. Adenocarcinoma – 10% of lung cancers (tends to arise peripherally, outside surface of lung and tends to invade the pleura; always associated with some other kind of pulmonary disease; metastasizes quickly, but spreads to lymph nodes later; more common in women, non-smokers and former smokers)

c. Large cell carcinoma – 25% of lung cancers (very poorly differentiated w/ both squamous and adenocarcinoma components; occurs centrally w/in Lungs and peripherally; tends to go undiagnosed for a long time; tumor big when finally found; spreads to lymph nodes and organs)

2. Small cell – 20-25% of lung cancers (grows rapidly and metastasizes rapidly; linked to smoking; **only one that responds to chemotherapy**)

Metastasis:

Can metastasize locally to tissues around it.

Can go to lymph nodes that close by.

Can have vascular metastasis to other organs

Staging

Tumor stage

Where is tumor and how big is it?

Tx there is some kind of cancer, but cannot be seen

T0 no evidence of a tumor

Tis Carcinoma in situ – tumor found

T1 size

T2

T3

T4

Lymph node stage

NX cannot be evaluated

N0 no evidence of lymph node involvement

N1

N2

N3

Metastatic stage

MX cannot be evaluated

M1 distant metastasis

Stage groupings:

Occult Carcinoma = Tx, N0, M0 (not there)

Stage 0 = Tis, N0, M0 (carcinoma detected, but no lymph node involvement or metastasis)

Stage I = T1-T2, N0, M0 (growing, but not anywhere else)

Stage II – T1-T2, N1, M0 (some lymph node involvement)

Stage IIIA = T1-T2, N2, M0 or T3, N0-3, M0 (small tumor w/ lymph involvement or big tumor, displacing something in chest wall, but may or not be in lymph nodes)

Stage IIIB = Any T, N3, M0 or T4, Any N, M0
T4 – displacement of organs happening

Stage IV = Any T, Any N, M1 (not good)

Signs/Symptoms can be illusive. Can seem like a flu (comes on and goes away)

New cough or cough that does not go away.

Change in severity of cough (especially if a smoker)

Pain in their chest or shoulders or back pain that is worse with breathing

Wheezing that is new for them

Hemoptesis (coughing blood)

Bloody mucus in cough

Swelling of neck and face (edema)

If tumor at top of Lung, may involve brachial plexus – numbness in hands (bilaterally or unilaterally)

Difficulty swallowing

Weight loss

Increased fatigue or weakness

Any recurrent respiratory infections (pneumonia)

Clubbing of fingertips (or bulging)

TCM

May or may not want you to address the cancer.

Ren and Chong

Open divergent channel, especially LU5 and ST12 for Lung cancer. LU channel traverses supraclavicular fossa (also good for breast cancer).

General Points: UB 11, UB 13, UB 14, UB 43, LU 1, LU 2, ST 40, Ren 22

100 moxa cones on UB 43 (xie qi hangs out here) or age of person = # of moxa cones

Patterns:

1. Pathogenic Toxins Invading Lungs
2. Zang-Fu Deficiency
3. Exuberant Phlegm Damp

I. Heat Toxins and Lung Deficiency

s/s: dry cough w/ no phlegm or scanty and streaked w/ blood; pain in the chest; irritability, poor sleep, yin def signs: night sweat, dry throat, etc...., urination redder, stools dry, T: red/crimson w/ no coat or yellow coat, P: thready, rapid
Heat and dry

T.P. – Enrich yin, Moistens LU, Clear Heat, Relieve Toxicity

Formula: Qing Zao Fei Tang Jia Jian

II. Qi Deficiency of Spleen and Lung

s/s: phlegm condition, s.o.b., puffy face and edema and eyelids, poor appetite and reduced food intake, distention of abdomen, T: pale, puffy, scalloped, thin coat, P: moderate, forceless (qi def)

T.P. – Boost Lungs, Fortify Spleen, Transform Phlegm, Dissipate Tumors

Formula; Liu Jun Zi Tang He Jie Geng Tang Jia Jian

III. Accumulation of Phlegm Damp in the Lungs

s/s: profuse phlegm, gurgling phlegm rales, oppression in the chest, facial edema, s.o.b., poor appetite, loose stool, T: dusky, enlarged, yellow or white greasy coat, P: slippery, rapid if heat involved

T.P. – Fortify the Spleen, Transform phlegm, Dissipate Tumors and Relieve Toxicity

Formula: Ping Wei San Jia Jian

Contains: Bai Hua She She Cao

IV. Qi Stagnation and Blood Stasis

s/s: more serious scenario, phlegm streaked w/ blood, rapid breathing, sharp fixed pain, irritability, thirst, lips may be dark purple, T: dull or dusky w/ stasis marks, maybe thin yellow coat, P: wiry, thready, rough or choppy

T.P. – Regulate Qi, Invigorate Blood, Transform Blood Stasis, Eliminate Toxicity

Formula: Xue Fu Zhu Yu Tang w/ modifications
Xia Ku Cao, Jin Yin Hua, Bai Hua She She Cao

V. Lung and Kidney Deficiency

s/s; lack of strength, cough may be weaker, but still a lot of phlegm, s.o.b. poor appetite, abdominal distention, low back achy, fatigue, night sweat, spon sweat, seminal emission, cold limbs, aversion to cold, loose stool, long urination, T: red if KI yin def; if yang def – pale and flabby; P: thready rapid or forceless is Yang

T.P. – supplement Lungs, enrich Kidney, Augment Qi and Reliever Toxicity

Formula: Sha Shen Mai Men Dong Tang He Liu Wei Di Huang Tang +

VI. Lung Yin Deficiency (late stage)

Respiratory acidosis corresponds w/ this pattern

s/s: cough w/ a lot of blood, infection;

Formula: Bai He Jin Tang + Qing Zao Jiu Fei Tang

Acupuncture:

Cough: UB 13, LU 7, LU9, ST40 if phlegm, SP3

Chest pain: Ren 17, PC 6, LU 9, UB 20,

Wheezing: Ren 17, UB 43, LU 5, LU2, Ding Chuan

Cough w/ blood: LU6, LU5, KI 7, KI3

Hoarse Voice: LI 18, LI17, Ren 23, LU 11

Dietary: if surgery – eat Chinese yam, white radish, wintermelon, white pear, lotus root

Radiation – a lot of fresh vegetables, spinach, chestnut, loquat, gou qi zi

Chemo – shitaki mushrooms, sunflower seeds, white pear, ginko nut

Qigong w/ Lung cancer

Breast Cancer

Anatomy – 15 to 20 lobes in each breast; lobules make up lobes and this is what produces milk. Ducts are thin tubes that connect lobules

U.S. – most common malignancy and cancer mortalities in females

Risk factors: Age, sex (female), race (white), genetic (strong family history)

BRCH1, BRCH2 (genes linked to breast cancer – 30-40% increased risk for breast or ovarian cancer)

Fibrocystic changes does not increase risk of breast cancer. In TCM – same as malignant tumor (do not distinguish)

Longer you have estrogen stimulation, the higher the risk.

Early menarche, first baby after 35, menopause after 54.

Exogenous hormones:

birth control pill – stabilize endometrium and ovaries (no follicle) – both stasis issues
Blood clots, thrombosis – right on warning label

Estrogen affects thymus gland (T cells) – causes thyroid gland to atrophy and causes phenotypic changes when exposed to estrogen – reduces your immunity.

Does help w/ osteoporosis and myelination (MS treatment).

Other risk factors: obesity, alcohol, radiation, other malignancies

Presentation:

Find lump that is different from other tissue

Lymph nodes in axilla or along collar bone – swollen, not on breast, but close by

Changes to breast size or shape

Skin dimpling

Nipple becomes inverted

Spontaneous nipple discharge on one side

Pain w/ palpation (unreliable) – often no pain w/ breast cancer – pain can be fibrocystic changes

Inflammatory Breast Cancer

More pain and swelling, warmth and redness; orange peel texture to the skin, Paget's Disease of the Breast (eczema on skin of breast, flaking, esp on nipple – leads to tingling, burning, pain and discharge from nipple)

Metastasis: tends to spread to lymph nodes, bone, liver, lung and brain

Benign Breast diseases: mastitis and fibro-adenoma

Local manifestations: painless, palpable mass, thickening of tissue, usually larger than 1cm; may be initially mobile, but then adheres to chest wall

Breast Self Exam – 60% detection

Screening Mammography

MRI – new technology

Chest X-ray

Thermography

Biopsy – usually fine needle aspiration if a solid mass

If larger than 2cm – core needle biopsy

Open Biopsy – anesthesia necessary

Blood Work – in 50% w/ metastatic disease the HCG is elevated

67% ferritin levels elevated (iron)

Ductual

most common type of breast cancer

DCIS – in situ

Stage 0 – 100% cure rate

Invasive Ductual Carcinoma

IDC – most common type

Invades fatty tissue and spreads

Poorest prognosis of ductal cancers

Lobular

In lobes and usually bilateral

LCIS – not a true malignant lesion, but increases risk of invasive ductal carcinoma (closely monitored every 4-6 months)

ILC (invasive Lobular Carcinoma) – starts in milk glands and spreads – better prognosis than IDC

Inflammatory

Least common, but worst prognosis

Breast cancer usually talked about as “in situ” (has not spread)

Treatment:

Lumpectomy: Surgery to remove mass

Axillary Lymphadenectomy: lump and lymph node removal

Mastectomy – radical – whole breast, nipple, fascia, some chest muscle

Chemo, radiation and hormone therapy

Radiation – left breast (can damage the Heart)

Pre and post-menopausal patients – given Tamoxafen – anti estrogen medication
May also use Progesterone cream (pre-menopausal)

Prevention:

Younger than 24 for first birth; more children, if breast feed – lowers risk
Exercise 3X per week

Phyto estrogens and soy: plant estrogen intake such as soy (early adolescents) may prevent later in life. Too much soy – creates dampness

Folic acid (folate) – counteracts breast cancer risk associated w/ alcohol intake (repair and synthesis of DNA)

Alternative Therapies: ESSIAC (very cold)
Enzyme therapy, ozone therapy, 714X, etc...

Red clover – has isoflavins like soy. Estrogen like activity – not good for estrogen dependent tumors.

TCM

What channels: LV, ST
Also use Chong and Ren

7 Emotions – huge in any illness, but especially breast cancer

Zong-Fu debilitated – limits immune function; Qi and Blood stasis and phlegm

External Factors: W/C can enter into def patient and external influence can bind w/ blood to form lumps

Groups of Patients:

- Chemo or pre-chemo (radiation / surgery) – immune system battered.

Want to expel evil Qi, but primary need to tonify

- Completed treatments – primary goal is prevention (want to harmonize – good lifestyle, balanced food, meals, rest, emotions, etc...)

- Metastasis or Recurrence of cancer – goal is to tonify and regulate the Qi and Blood
Nausea, fatigue, depression

Group 1 – in treatment (immune system being damaged by exterior poisons)

Tx: Expel Evil Qi and primarily tonify them.

Group 2 – completed Western Tx and now we want to prevent them having recurrence

Tx – Harmonize

Talk about lifestyle and having rest and activity in their life.

Group 3 – Metastasis or Recurrence of Cancer

Address Righteous Qi and Tonify and Regulate Qi and Blood

Alleviate any side effects of Western Tx (nausea, vomiting, fatigue, depression)**Chemo:**

 Tonify Qi – Ren Shen, Huang Qi, Bai Zhu, Fu Ling

 Tonify Blood – Gou Qi Zi, Sheng di Huang, He Shou Wu, Huang Jing

 Tonify Yin – Nu Zhen Zi, Mai Men Dong, Shan Yao

Acupuncture: PC6, Ren12, KI9, UB43

KI 9 – detox point

LI 15 and KI 9 – Kikko protocol to detox (antibiotics, etc...)

Radiation: Tonify Yin more

Sheng di Huang, Xuan Shen, Tian Men Dong, Yu Zhu, Zhi Mu, Bai Hua She She Cao,
Bai Zhu, Fu Ling, Dang Shen

Some use moxa to boost qi (even though it is hot)

Before chemo starts: can do 3 weeks of clear toxicity herbs followed by one week of tonics

General Acupuncture: ST 2 (move LV Qi); ST 18 (lift breast up and needle underneath tissue); thread outward from intercostals spaces (good for any breast distention issue).

Pattern Identification

If something unresolved from previous condition, you can consider that in the final TCM Dx. (lingering issue – exterior invasion, toxicity, food poisoning, etc...)

1. Liver Depression + Stagnation

In between Group 1 and Group 2 or between Group 2 and Group 3

Firm lumps in the breast with distention and pain; no change in skin color, etc... but not blood stasis

Oppression in the chest, hypochondriac pain, if heat – bitter taste in mouth, dry sensation in the throat

T: dull w/ maybe yellow coat

P: wiry or wiry and thready

T.P. – Dredge Liver, Regulate Qi, Transform Phlegm and Dissipate Lumps

Formula: Chai Hu Sh Gan San or Xiao Yao San

If more heat signs – Jia Wei Xiao Yao San

Ru Ke Nei Xiao Tang (Breast kernel inner dissolving Decoction)

Dietary: 2 tablespoons of tumeric (Yu Jin) to cooking everyday.

2. Phlegm Damp due to Spleen Deficiency

S/S: SP def s/s – loose stool, poor appetite; lumps – may be uneven; sallow complexion; mental and physical fatigue

T: pale w/ scallops and white greasy coat

P: slippery or slippery and thready or wiry and slippery

T.P. – fortify SP and Transform phlegm; soften hardness and dissipate lumps

Formula: Xiang San Liu Jun Zi Tang Jia Jian

Adding: Xia Ku Cao, Gua Lou, Bei Mu, Mu Li

3. Disharmony of Chong and Ren

s/s: **painful** breast lumps (not all painful lumps are malignant); irregular menstruation; aching in low back and knees; breast distention w/ PMS; 5 center heat; dry eyes; dry mouth

T: pale w/ thin coat; can be dry (depends on yin def extent)

P: wiry or thready; or slippery and thready

Shows up more in women that never had children, or never breast fed, or had more miscarriages and never carried to term

T.P. – Harmonize Chong and Ren; Enrich Liver and Supplement the Kidneys

Formula: Liu Wei di Huang Wan + additions
+ Hai Zao, Shan Ci Gu, Qing Pi

4. Accumulation of Stasis and Toxins

s/s: **firm, immovable lumps and may have burning and pain**; changes in skin – skin above may be different; may be ulcerated swelling w/ foul smelling discharge and bleeding; irritable; may be afternoon tidal fever; lack of strength; constipation; red urine
T: red w/ stasis marks and probably yellow coat
P: slippery and rapid or wiry and rapid

T.P. – Clear Heat and Resolve Toxicity; Transform Blood Stasis and Dissipate Lumps

Formula: Tao Hong Si Wu Tang He Jin Yin Hua Gan Cao Tang Jia Jian

5. Depletion of Qi and Blood

Late stage cancer – Ru Yan “breast rock”

s/s – lumps that eroded the skin, exudates; withered looking; dry skin; emaciated; dizzy; s.o.b.; appetite low; digestion difficult; profuse sweating possible; insomnia
T: pale w/ thick yellow greasy coat
P: forceless and deep

T.P. – supplement the Qi and Blood and Relieve Toxicity

Formula: Yi Qi Yang Tong He She Quan Da Bu Tang Jia Jian

Other Therapies:

Compresses (look at Management of Cancer book)

Burn Cream – for radiation (do not use before – only after when they go home)

Congee – for swelling after surgery or pitting edema

5 Grain Congee – Yi Yi Ren, Lian Zi, Gao Liang Mi, Qian Shi, Da Zao

After surgery – tea w/ Da Zao or just eat plain or in congee

Radiation – enrich yin and moisten – recommend oranges (??? – damp) and hawthorne fruit (Shan Zha) and loquats, radish, tomato

NO garlic and ripe pumpkin

Prostrate Cancer

Causes: unknown in Western medicine

Risk – related to age, genetics, race, diet, lifestyle and medications

Primary risk factor is age (uncommon under 45 – but prostatitis common in younger men)

Average – 70 years old

Increased risk in identical twins and more commonly affects black over white and Hispanic

Dietary and Vitamins and Minerals: high serum levels of Omega 6 (linoleic acid) tend to have more incidence of prostate cancer

Omega 3 to Omega 6 (sunflower, canola, safflower oil)

Ratio should be 2:1

we tend to be 1:20

too much Omega 6 leads to inflammation (tendonitis)

Increase risk: Low Vitamin E; low level Omega 3, low levels of selenium, low Vit D

Decrease risk: regular use of aspirin, ibuprofen and statin (lower cholesterol); green tea, cruciferous veggies – broccoli, cauliflower

Clinical Manifestations: early on it is usually asymptomatic, as it progresses similar to BPH (urinary retention and/or freq urination; urinary dribbling; turbidity; may be blood)

Tumor growth tends to irritate bladder and urethra.

Systemically – metastasis to back and hips – may cause pain; fatigue; weight loss; malaise

Screening:

DRE (digital rectal exam) – annually between ages 50-70

Blood – PSA (prostate specific antigen)

Normal levels:

under 40 – less than 2.0ng/mL

40-50 years – less than 2.5

51-60 years – less than 3.5

61-70 years – less than 4.5

70+ - less than 6.5

10-19 moderate alert
over 20 – significant

PSA – do not do if acute prostatitis (will be elevated results)

Same staging of TNM (tumor, lymph nodes, metastasis)

Biomedical Tx

Surgery: Radical Prostatectomy – remove prostate, lymph nodes and seminal vesicles

Radiation – beam or seeds inserted into prostate

Chemo – not proven to be successful

“Watchful Waiting” – advanced age – probably will die of something else before cancer kills them

Hormone Therapy – used if metastatic disease (reduce testosterone)

Androgen Ablation – remove testicles or using injections or pills (can cause gynecomastia – breast tissue and change in body hair growth)

TCM Etiology:

unobstructed qi flowing in the SJ

SP – T&T needed to generate the clear or bear down the turbid

KI – govern water and control 2 lower orifices

UB – int/ext relationship

LV Qi depression and obstruction of blood stasis – impede Qi transformation in the SJ

Pattern Identification

Excess vs. Deficiency

Excess – acute onset w/ distention or pain in the lower abdomen; short voidings of reddish urine w/ a sensation of burning heat

Deficiency – slower onset; show up over time; reduced force in the flow; slow recognition that something is amiss.

Tx – focus on freeing the passages and then treat whatever pattern presents

Usually damp heat in the LJ

If prostatitis – decoct Huang Bai and use it as an enema

Diet: no phlegm/damp foods, avoid dairy and raw, avoid sweet and avoid spicy

Beans are good to drain dampness (except soy bean)

Adzuki beans are very good.

Mung beans good especially if Liver fire (Lu Dou)

General Patterns:

1. Accumulation of Damp Heat in UB

lifetime of fatty foods and refined sugar – damage SP, creates damp and heat from stagnation in the MJ – pours downwards and inhibits Qi of UB

s/s: dribbling or urinary stoppage; short voiding, may be red and burning; lower abdomen distended

systemic – bitter taste; sticky sensation in mouth; thirst w/ no desire to drink; constipation

T: red w/ sticky yellow coat (probably at root – or all over)

P: rapid and slippery

T.P. – Clear Heat; Remove Dampness; Free Urination

Formula: Ba Zheng San Jia Jian

2. Spleen Failing to Bear Upward

overwork taxation on the Spleen and dietary irregularities; prolonged illness or constitutionally weak

Clear Qi not raised and turbid yin falls downward

No Heat s/s; distending and pressure in LJ; desire to urinate w/ no output or scanty; fatigue; poor appetite; s.o.b.

T: pale w/ thin coat

P: thready and weak

T.P. – bear clear upward and the turbid down; transform Qi and Benefit the movement of water

Formula: Bu Zhong Yi Qi Tang w/ additions

(also for Yin Fire – steven clavey book – fluid physiology book – take a look)

3. Debilitation of Kidney Yang

Old age; prolonged illness; debilitation of Mingmen fire

s/s: dribbling urination or stoppage; weak stream; bright white facial complexion; aversion to cold; achy low back and knees

T: pale w/ white coat

P: deep and thready and weak in KI positions “chi”

Formula: Jin Gui Shen Qi Wan ++

4. Liver Depression and Qi Stagnation

Liver overacting on SJ and causing qi obstruction – leads to water obstruction. Liver passes around the genitalia.

s/s: inhibited urination; clear emotional link (depressed, irritable, easy to anger);

hypochondriac pain

T: red, thin coat (could be yellow)

P: wiry

T.P. – Dredge and regulate the functional activities of Qi or Move the Liver; Free the Urine

Formula: Chen Xiang San Jia Jian

Chen Xiang

Chen Pi

Dang Gui

Wang bu liu xing

Shi Wei

Huang Bai

Hua Shi

Acupuncture:

Focus on SP and KI.

Ren 4, 3, 2, 6

ST 30

Ren 1

ST 36

ST 25

SP 6

Whatever pattern is presenting – treat that as well

Heat w/ damp – e-stim between Ren 1 and 3

Prognosis – if tongue greasy – better prognosis

If dry – need to crack the phlegm – e-stim

Moxa – cones equal to age of person on each point UB 13, UB 18, UB 23, UB 25

And point at the underside/base of 2nd toe (ST – alternate point)

If metastasis involves bone – moxa 1 cun above PC 5

If skin changes from radiation or chemo – UB 13, HT 7, PC 7, LI 11, PC 3, LI 4, LU 10
(any cancer)

May render impotence or incontinence from surgery or radiation.

Quiz

Etiology for cancer (factors)

Patterns of cancer

Chemotherapeutic agents and oncology terms

Case studies

Definitions

Case Study: Dampness w/ KI yang deficiency

Shu di

Shan Yao

Fu Ling

Shan Zhu Yu

Ba Ji Tian

Huang Jing

Suo Yang

Niu Xi

Yin Yang Huo

Bu Gu Zhi

Gan Cao