



# Interested in Acupuncture and Chinese Medicine?

**The OHSU Family Medicine at South Waterfront is now offering Acupuncture and Chinese Medicine Service.**

## Licensed Acupuncturist, Dr. Zhaoxue Lu



Zhaoxue Lu, L Ac, D Med

Zhaoxue Lu earned his doctoral degree in internal medicine from the Chengdu University of Traditional Chinese Medicine (TCM) in P.R. China, where his main area of interest included the study of endocrinology. He also holds bachelor and master degrees in TCM orthopedics and traumatology. He served as an assistant professor and physician at the Chengdu University of TCM and its teaching hospital prior to moving to the United States 6 years ago.

Currently, Dr. Lu is the Chair of Acupuncture and Oriental Medicine at the doctoral program department at the Oregon College of Oriental Medicine. His teaching areas include TCM orthopedics, pain management and endocrinology. He also serves as a clinical supervisor to the doctoral students. His treatment modalities include acupuncture, Chinese herbal medicine, Chinese Tuina/massage, Chinese diet therapy and Qi Gong.

### Main focus of Dr. Lu's practice:

- Musculoskeletal pain
- Orthopedic and sports injuries
- Neurological disorders
- Stroke rehab
- Infertility
- Diabetes and its complications
- Stress and immune system enhancement
- Cancer patients going through chemo or radiation therapy

### Scheduled Hours

Tuesday: 4 - 8 pm  
Wednesday: 1 - 5 pm  
Thursday: 4 - 8 pm

**To learn more about Acupuncture and Chinese Medicine or to make an appointment, please contact:**

OHSU Family Medicine at South Waterfront Phone: 503-494-8573

## WHAT IS TRADITIONAL CHINESE MEDICINE?

Traditional Chinese medicine (TCM) originated in China 3,000 years ago. Today, it is one of the mainstream medicines in China and is used for preventative care, health maintenance, and treatment of disease. The most commonly used three treatment modalities in TCM are:

### Acupuncture

Acupuncturists insert very thin needles into the skin at different acupuncture points to access and redirect the energy or *qi* (pronounced “chee”) in the meridians. These meridians conduct energy between the surface of the body and its internal organs. Each point has a different effect on the *qi* that passes through it. Acupuncture needles are very fine – about the thickness of a human hair. For the safety of our patients, we only use sterilized disposable needles.

### Chinese Herbs

Herbal medicine is an integral component of TCM. It is also one of the oldest and most popular forms of health care. The term “herbal medicine” refers to the use of a plant’s seed, berries, roots, leaves, bark or flowers for medicinal purposes. In TCM, Chinese herbs are prescribed to a patient in a formula – a mixture of several herbs that provide a well-balanced treatment for the patient. Only a practitioner trained in Chinese herbology should prescribe Chinese herbal formulas.

### Tuina

Tuina (pronounced “twee-nah”) is a Chinese style of massage, using various techniques such as kneading, pressing, rolling, shaking, and stretching the body in an effort to regulate the functions of channels, collaterals, and internal organs and to recover the functionality of tendons, bones and joints. Practitioners will assess a patient’s condition and then tailor a treatment to their needs. Sometimes the practitioner will use a liniment or massage oil during the treatment.

## WHAT CAN TRADITIONAL CHINESE MEDICINE TREAT?

The World Health Organization officially recognizes acupuncture as suitable for treatment of more than 200 common clinical disorders. Some conditions that are commonly treated with traditional Chinese medicine include:

### Disorders of the Bones, Muscles and Joints

Low back, neck and shoulder pain, joint pains, numbness and tingling, muscular aches and pains

### Gynecological Disorders

Irregular, heavy or painful menstruation, premenstrual syndrome, menopausal problems

### Pregnancy-related Complaints

Morning sickness, edema, fatigue, sciatica

### Gastrointestinal Disorders

Indigestion, pain, nausea/vomiting, diarrhea, constipation, eating disorders

### Respiratory Disorders

Chronic colds, coughs, asthma, allergies

### Disorders of the Nervous System

Multiple sclerosis, post-stroke conditions

### Immune Disorders

Chronic fatigue, symptoms of HIV/AIDS

### Emotional and Psychological Disorders

Mild depression, Seasonal Affective Disorder (SAD)

### Sleep and Stress Disorders

Nervous tension, insomnia, low energy, stress-related symptoms

### Circulatory Disorders

Hypertension, palpitations, heart disease

### Urogenital Disorders

Urinary tract problems, sexual dysfunction