

OHSU Family Medicine Traditional Chinese Medicine



Zhaoxue Lu

Zhaoxue Lu, LAc, D. Med, PhD, Family Medicine at South Waterfront, earned his medical degree in Traditional Chinese Medicine in China. He also

has completed six years of specialty study and research. He earned his doctoral degree in the specialization of endocrinology and holds master's degrees in orthopedics and traumatology.

Dr. Lu has 20 years of clinical, teaching and research experience. He incorporates acupuncture, Chinese herbal medicine, Chinese Tuina/massage and Chinese Qigong into his treatment. His main practice focuses on pain management and endocrine disorders. He also has a strong interest in cancer care, women's health issues and neurological disorders.



Charles Lev

Charles Lev, LAC, Family Medicine at Gabriel Park, has his degree in Acupuncture and Oriental Medicine. He specializes in acupuncture,

Traditional Chinese Medicine and integrative medicine.



Meg Hayes, MD

Meg Hayes, MD, Family Medicine at South Waterfront, earned her medical degree at OHSU. Her professional interests include integration

of complementary and alternative practices including acupuncture.



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OHSU Family Medicine

Acupuncture & Chinese Medicine



What is Traditional Chinese Medicine?

Traditional Chinese Medicine (TCM), practiced for more than 3,000 years, is used for preventive care, health maintenance and treatment of disease. TCM is recognized by the World Health Organization for treatment of more than 200 clinical disorders.

The most common TCM treatments include:

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 use only 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. Only a practitioner trained in Chinese herbology should prescribe Chinese herbal formulas.

Tuina

Tuina (pronounced “twee-nah”) is a Chinese style of massage, using techniques such as kneading, pressing, rolling, stretching and shaking the body to regulate the functions of channels, collaterals and internal organs. This helps patients recover the functionality of tendons, bones and joints. Practitioners assess patients’ conditions and then tailor treatments to their needs. Sometimes practitioners use a liniment or massage oil during treatments.

What can Traditional Chinese Medicine treat?

Conditions commonly treated with Traditional Chinese Medicine include:

- Bone, muscle and joint disorders
- Gynecological issues
- Pregnancy-related complaints
- Gastrointestinal disorders
- Respiratory ailments
- Nervous system disorders
- Immune deficiencies
- Emotional and psychological disorders
- Sleep and stress-related issues
- Circulatory problems
- Urogenital ailments

