

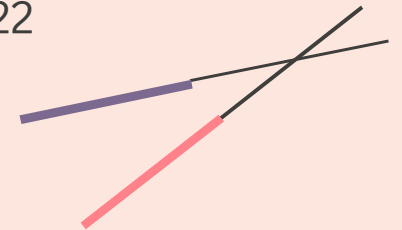
Case Study

CS520

Headache

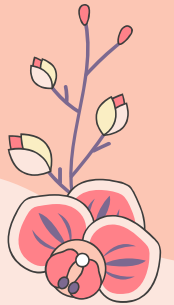
Apollonia Sierra

Instructor: Dr. Justin Flinner
December 2022



Abstract

[Real Case]



A 47-year-old female came to the clinic in November 2022. She has been experiencing headaches for the past two years.

She has been experiencing occipital and temporal region right side headaches with a dull, achy sensation that sometimes radiates to her right eye. They are constant and bothersome. She also feels a constant sense of heaviness in her head.

Her headache is a 6/10.

Impression: Headaches on the right side (ICD-10: R51.9)

TCM Diagnosis: Shao Yang disharmony with dampness accumulation; underlying Liver Qi Stagnation

Treatment Principle: Harmonize the Shao Yang; drain dampness; soothe Liver

Treatment: DU20, GB20, Yin Tang, LU7, SP9, ST40, LR3, GB34, BL60

Results: The patient is experiencing slow and steady results after seeing her for four treatments since her initial visit with me.

General Information

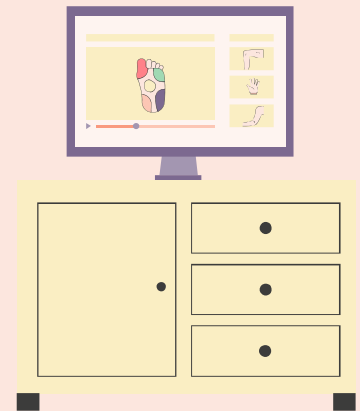
Date of Visit: 11/9/2022

Gender: Female

Age: 47 Years Old

Occupation: Chiropractor

Height: 5'6" Weight: 118lbs



Vital Signs



01



Blood Pressure
125/76 mmHg

02



Heart Rate
57 BPM

03



Respiratory Rate
17 breaths per minute

04



Temperature
98.7° F

Chief Complaint

Headache for 2 years



History of Present Illness

The patient has been experiencing headaches for the past two years. This began after she moved from an apartment building that was infested with mold (2014 – 2020). Her headaches are felt in the occipital region and radiate to C1 and C2 of the cervical spine. She also feels pain throughout the temporal region on the right side of her head and is sometimes felt all the way to the right eye.

-Pain is dull and achy; constant; also feels a sense of heaviness all over the head

-Pain is 6/10; not affected by cold or hot; affected by diet

-Other symptoms manifested with the headaches: swollen limbs, fatigue, food intolerances, chemical intolerances





Past Medical History

SIBO

2022

Kidney Stone

2022

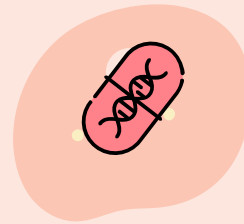
Patient denies having past surgeries.

Patient has nut allergies but can eat cashews and pistachios.

Supplements. She has taken several over the past few years but is now taking vitamin D

No medication

Family History



Both parents have Type 2 diabetes



Social History, Habits, & Emotional Status

01

Social History

She spends time with her parents and her boyfriend. Her chiropractic practice focuses on family treatment – treats babies, children, mothers

02

Habits

Denied smoking or alcohol
Drinks 2 cups of coffee/day
Drinks 1 cup of tea/day

03

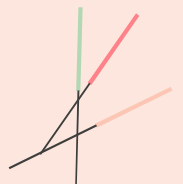
Exercise

Used to go walking every day, but she says she no longer has the energy

04

Emotional Status

Very anxious
Low energy 4/10

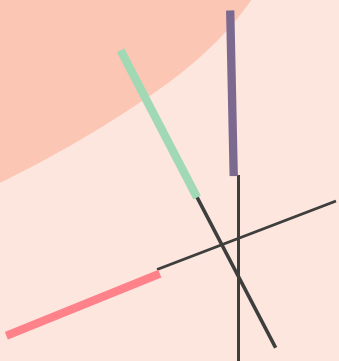




Physical Exam

During channel palpation on the right side, she feels pain radiating from skull down to her shoulder on the Bladder, Gallbladder, and Small Intestine channels.

BL10, GB20, GB21, SI13, and SI3 were all very sensitive during palpation. The left side also has tenderness on these spots but not as severe in quality (3/10).

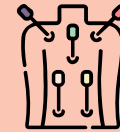


TCM 4 Diagnosis Methods



Observation

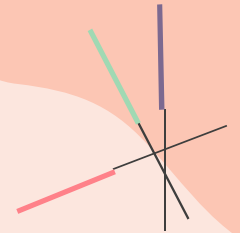
- Her anxiousness was felt in the room
- Pale complexion
- Both hands and feet were purple while sitting;
Color was normal while on the treatment table



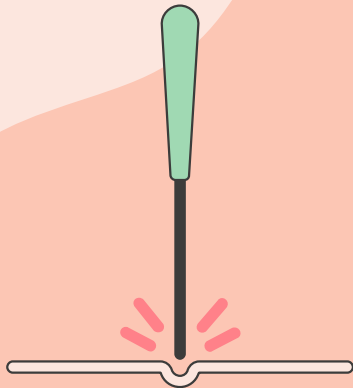
Listening & Smelling

Respiration & Odor:
Unremarkable

Speech:
Spoke very quickly and liked to talk



TCM 4 Diagnosis Methods: Inquiry



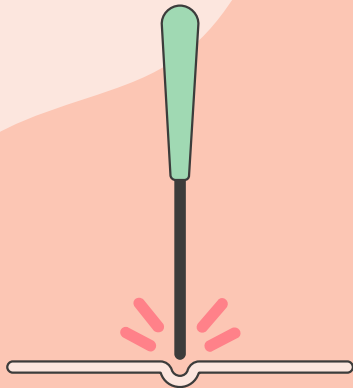
Appetite: Eats when it is convenient for her

Diet: Irregular; changes according to her symptoms after eating – headaches, sweating, fatigue, swelling, irritability; tried different diets (keto, gluten-free, vegan, bison); intolerance to fats and sugars; now eating cold garbanzo beans and pistachios for 1 week

Stool: Alternates between normal and constipation depending on what she eats

Thirst: feels thirsty throughout the day; prefers cold drinks but likes to drink hot drinks as well (coffee, tea)

TCM 4 Diagnosis Methods: Inquiry



Temperature: alternates between hot and cold throughout the day

Perspiration: sweats profusely after eating beans, says it has a pungent smell; has night sweats

Sleep: irregular; restless; sleeps about six hours a night

Eyes: have become noticeably blurry this past year

Nose: lots of clear, thin nasal discharge in the morning

Throat: sore and swollen where it is hard to swallow; happens once a month

Ears: intermittent high pitch ringing in both ears

TCM 4 Diagnosis Methods: Inquiry

Menstruation:

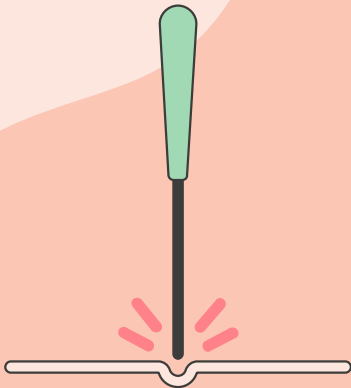
Began menses at age 12.

She has a 28-day cycle, and she bleeds for 4-5 days.

The color starts as a light brown color and then progressively turns into a dark red.

She described her last period (last week) to be 'fast and furious'. She says that it was very heavy during the first two days and slowed down to a halt on the third day.

No PMS symptoms.



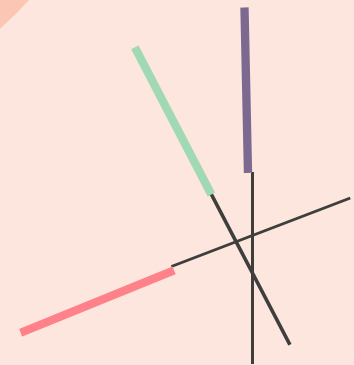
Tongue & Pulse Diagnosis

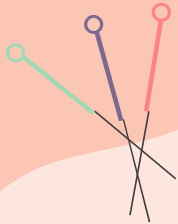
Tongue:

Pink body; puffy with teeth marks; cracks in the ST and SP region; very moist; thin/white coating; slight tremor

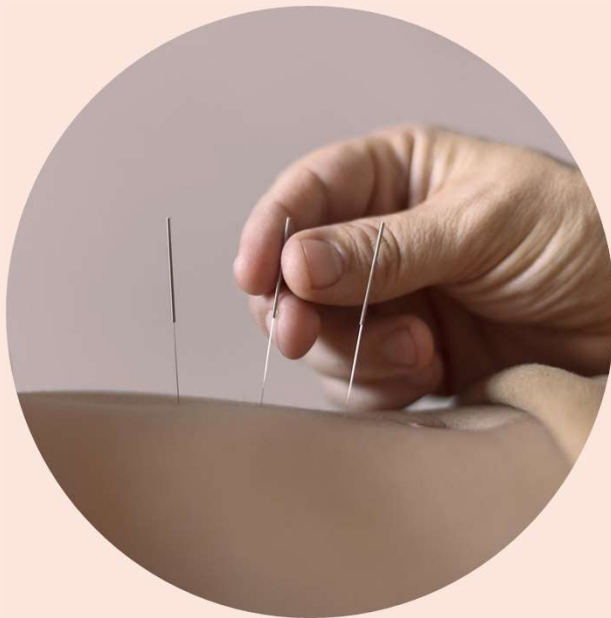
Pulse:

Wiry and superficial especially on cun - bilaterally





Assessment



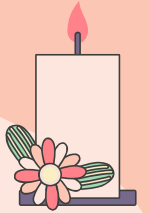
Impression (ICD-10):

Headaches on the right side (ICD-10: R51.9)

TCM Differentiation:

Shao Yang disharmony with dampness accumulation; underlying Liver Qi Stagnation

Western Differential Diagnosis - Analysis



Chronic Fatigue Syndrome *

malaise, extreme fatigue, heaviness and headaches. common tests and protocols are blood, urine, and stress test to rule out any metabolic, infectious or organ disorders; confirmed by psychological analysis for underlying mental disorders



Cholecystitis

complete blood count, bilirubin test, ultrasound or CT scan to evaluate the function of the gallbladder, and HIDA (hepatobiliary iminodiacetic acid) scan to evaluate the bile flowing into the small intestine.



Irritable Bowel Syndrome

The patient was diagnosed with SIBO, but it could be affecting her Large intestine as well. The sluggishness of the colon can cause heaviness and manifest as headaches. confirmed by stool test and endoscopy.

TCM Analysis

TCM Differentiation:

**Shao Yang disharmony with dampness accumulation;
underlying Liver Qi Stagnation**

The patient is suffering from intermittent pathology that transpired from an external source. Mold toxicity usually occurs from excess dampness in the environment. While living in a damp environment for several years, the external dampness infiltrated the patient causing dampness symptoms.

The intermittency of the symptoms is relevant to the Shao Yang disharmony. Through the invasion of dampness came wind as the vehicle. The symptoms are neither congruent nor consistent. This suggests that there is an overreaction of her immune responses that can occur in different parts of the body. This includes her diet, sleep, stool pattern, sweating, and her emotional state.



Treatment Plan

Treatment Principle:

Harmonize the Shao Yang; drain dampness; soothe Liver

Acupuncture Points:

Main points:

GB20 – (reduced) ah shi point; release exterior

Yin Tang – (needled downward) settle the Mind for treatment

DU20 – (even) regulate the movement of Qi; drain dampness by ascending SP Qi's function

Distal points:

LU7 – (reduced) regulate the water passages for excess dampness, release exterior

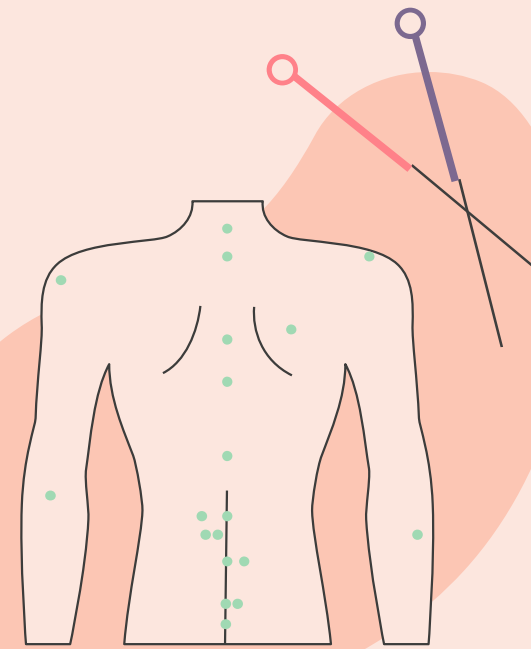
LR3 – (even) harmonize the Shao Yang, soothe the Liver, regulate the Qi

GB34 – (even) harmonize the Shao Yang and soothe the Liver

SP9 – reduced this point to drain excess dampness

ST40 – reduced this point to drain excess dampness and phlegm

BL60 – (even) pacifies wind



Treatment Plan

Needle technique:

Even and Reduce; Bilateral

Duration:

20 minutes

Position:

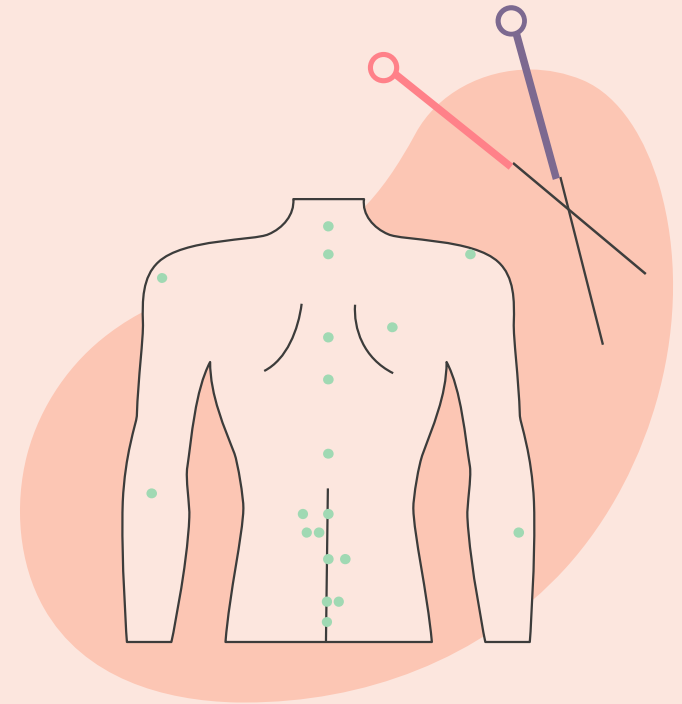
Supine

External:

Heat lamp on the abdomen

Treatment Plan:

Once a week for four weeks; after four weeks, reevaluate.



Herbal Treatment

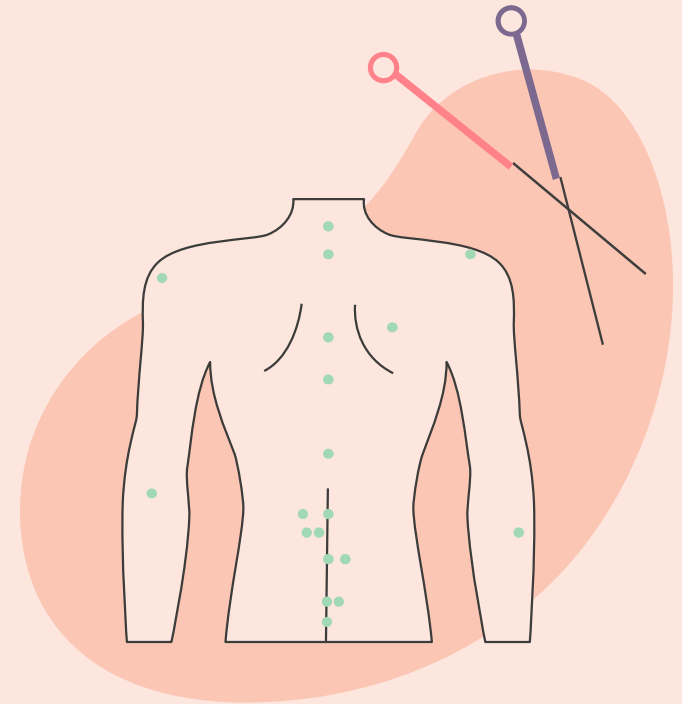
Xiao Chai Hu Tang (harmonize Shao Yang)

+

San Ren Tang (drain dampness)
(modified formula)

Ingredients:

Chai Hu (5g), Huang Qin (5g), Ban Xia (10g), Gan Cao (5g),
Sheng Jiang (10g), Da Zao (10g), Xing Ren (10g), Huo Po
(10g), Hua Shi (5g), Dan Zhu Ye (15g), Yi Yi Ren (15g), Sha
Ren (15g), Bo He (10g)



Evidence-Based Practice

1. According to a systematic review and meta-analysis randomized control trials, it was reported by Huang et al. in 2020, that acupuncture was beneficial to patients suffering from headaches and had a 50% reduction with a p value of $<.003$ and 95% CI after four treatments in comparison to sham acupuncture. These studies show there was significant decrease in intensity, frequency, and response rate to the acupuncture treatment.

[Citations:

1. Huang, J., Shen, M., Qin, X., Guo, W., & Li, H. (2020, March 19). Acupuncture for the treatment of tension-type headache: An overview of systematic reviews. Retrieved from <https://www.hindawi.com/journals/ecam/2020/4262910/>]



Health Advice & Referrals



Health Advice:

- If eating garbanzo beans, eat them warm. Try eating warm foods such as soups and stews to see if they show any improvement in digestion. Avoid raw and cold foods such as uncooked vegetables and fruits to prevent further dampness accumulation.
- Perform deep abdominal breathing exercises before going to bed for 1-2 minutes to relax the mind. Focus more on forcefully exhaling to release evil Qi. Stop when once yawning begins.

Referrals:

- Psychotherapy* (address concerns of underlying psychological influences)
- Nutritionist* (find a sensible diet that is consistent without conflict)
- Primary care physician (inspect any underlying causes using labs/tests)

Progress/Prognosis

Subjective:

This was the patient's seventh visit to the clinic, and we wanted to follow up to evaluate how the herbs and acupuncture are working for her. Her first statement was that she notices that the herbs are helping.

She said that her headaches are no longer an issue for her, and she rates the pain a 1/10. She said at times, she notices a slight pain there, but it is not debilitating as it was before.

Progress/Prognosis

She feels there is less edema in her arms and legs and her sweating has decreased significantly in her underarms.

She said she still feels exhausted even though she is getting a better quality of sleep. She is still not getting enough rest throughout the night and her hours of sleep remain from 10PM to 330AM.

Emotionally, she said that she feels drained and does not feel like her normal self. She is very irritable around people and does everything she can not to lash out.

She is still having issues with food intolerances, but they are a lot less severe. The patient was continuing to eat cold/raw foods against our suggestions, and we noticed a pattern that the cold foods are affecting her mood and feeling of heaviness in the body. Stool is continuing to alternate between normal/formed and constipation.

Progress/Prognosis

Objective:

The patient's feet were still very purple while sitting down during the interview. Once she laid down on the treatment table, they turned back to her normal color. She wears flip flops each time she visits us at the clinic, and her feet are always very cold to the touch.

Her eyes were a bit watery and red.

During palpation, she still has tenderness on GB, BL and SI channels but they are much less severe.

Tongue: Puffy body with teeth marks; reddish pink color; thin/white/moist coating, cracks in the ST/SP region; no longer has tremor

Pulse: Wiry and superficial - bilateral

Progress/Prognosis

Impression:

Headaches on the right side (ICD-10: R51.9)

TCM Differentiation: Shao Yang disharmony with dampness accumulation; underlying Liver Qi Stagnation

Plan of Treatment:

Principle of treatment: Harmonize the Shao Yang; drain dampness; soothe Liver; move Qi and Blood

Acupuncture Points:

Si Shen Cong, Yin Tang, GB20, ST8, SP9, ST40, GB34, LR3, LU7, BL60

Supine; 25 minutes

External: Heat lamp on the abdomen

The patient will continue to return to the clinic once a week. We will be doing a reevaluation during the next visit.

Progress/Prognosis

Herbal Formula: (modified)

+ qi regulating herbs

+ invigorate blood herbs

Chai Hu (5g), Huang Qin (5g), Ban Xia (10g), Gan Cao (5g), Sheng Jiang (10g), Da Zao (10g), Xing Ren (10g), Hua Shi (5g), Dan Zhu Ye (10g), Yi Yi Ren (15g), Sha Ren (10g), Bo He (5g), Yuan Zhi (5g), Shi Chang Pu (5g), Bai Shao (10g), Zhi Shi (5g), Chuan Xiong (5g), Fu Ling (15g)

Thanks!

Do you have any questions?

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