

Acupuncture in the treatment of Headache and Facial Pain including Temporomandibular Joint Syndrome and ENT Disorders

Headache and facial pain are common complaints characterized by a lifetime prevalence of greater than 90%.

They can have numerous etiologies that are important for the clinician to consider. Diagnosis is primarily based on history and physical examination. Based on these findings further diagnostic may be necessary. Differential diagnosis follows the classification published by the International Headache Society (IHS).

Once a diagnosis is made, the clinician has to decide whether acupuncture may be an option for treatment based on the available evidence, experience and patients' needs (evidence based medicine).

There is convincing evidence from systematic reviews that acupuncture reduces frequency in migraine and tension type. Randomised controlled trials show some evidence of acupuncture in the treatment of temporomandibular joint syndrome (TMJ), myofascial pain in the head and neck region and ENT disorders.

Therefore, acupuncture can offer an evidence based approach in the treatment of these patients.

In clinical practice it is advisable to combine traditional acupuncture knowledge with modern technics like triggerpoint acupuncture and microsystem acupuncture. This pragmatic approach allows to differentiate patients complaints according to Traditional Chinese Medicine leading to a specific point prescription. In addition, effects can be improved by the treatment of myofascial triggerpoints (e.g. M. masseter, M. temporalis) and the use of microsystem points (e.g. ear) for immediate effects.

Topics of the seminar will be

- Overview of differential diagnosis of headache and facial pain
- Scientific evidence of acupuncture
- Diagnosis according to TCM
- development of therapeutical concepts
- practical application of needle techniques
- demonstration and exercises
- case reports
- integration in western medicine

In this seminar, basic knowledge in acupuncture is helpful for better understanding and for the implementation into daily practice. Acupuncture specialists will hopefully be stimulated by new insights. For preparation it can be helpful to study section 3, chapter 26 in the textbook "Myofascial Trigger Points: Comprehensive Diagnosis and Treatment" by Churchill Livingstone, 2013.

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Dominik Irnich, MD, is head of the Interdisciplinary Pain Centre at the University of Munich. Since 2016 he is president of the German Medical acupuncture association (DÄGfA). From 2010 to 2016 he was head of the educational center of the German Medical acupuncture association (DÄGfA). In this function he was in charge of about 500 full day courses in Acupuncture, TCM and Related Technics each year.

He has passed his post doctoral lecture qualification (Habilitation) at the University of Munich on the issue acupuncture (appellation "Privatdozent PD" equal assistant professor).

Dr. Irnich is a renowned expert of acupuncture research and invited lecturer on acupuncture at different universities in Germany, Europe and USA (e.g. Berlin, Frankfurt, London, Harvard Boston, Melbourne, Tokyo). He was responsible conductor of a research grant from the German Ministry of Education and Research on acupuncture. He is laureate of different renowned awards.

Dr Irnich is practicing daily acupuncture. He has undergone TCM education in China (Beijing WHO Collaborating Centre of Traditional Chinese Medicine) and Germany (DÄGfA)

He is member of the faculty at different institutions (e.g. Structural Acupuncture Course, Harvard Medical School), (co-)editor of scientific journals and member of national and international research groups (e.g. Acupuncture Trialist Cooperation). His fields of research include basic science research (physiology of peripheral nociception including acupuncture) and clinical research on Acupuncture and Pain (research methodology, clinical effectiveness). Since 1996 he published 85 scientific papers as principal author or co-author. The latest come out is the English version of his successful "Leitfaden Triggerpunkte" by Elsevier. It is a comprehensive manual on trigger point called: "Myofascial Trigger Points: Comprehensive Diagnosis and Treatment" by Churchill Livingstone.