

PONG DING YUEN SEMINAR SERIES

ON INTEGRATIVE MEDICINE (2019)

Part I: Seminar on “Oncology Acupuncture: Convergence of Tradition, Science, and Patient”

by **Dr Jun James Mao, MD, MSCE**, *Chief of Integrative Medicine*
Service Laurance S. Rockefeller Chair in Integrative Medicine, Memorial Sloan Kettering Cancer Center, New York City, USA



Part II: Open Floor Discussion

Chaired by **Professor Lixing LAO**, *Professor and Director, Vivian Taam Wong Professorship in Integrative Medicine, School of Chinese Medicine, The University of Hong Kong*

Date: January 8, 2019 (Tuesday)
Time: 4:30pm – 6:00pm
Venue: G/F, Room G-05, The HKJC Bldg for Interdisciplinary Research,
5 Sassoon Road, Pokfulam (HKJC S3)
Language: English
CME Credits: * 1.5 CME points (CME-PP0012-SEM1814)

Abstract

Cancer patients experience substantial symptom burden such as pain, fatigue, hot flashes, insomnia, and psychological distress. These symptoms are complex and often cannot be adequately treated by medications alone. Acupuncture, a therapy originated from Traditional Chinese Medicine, is a popular Integrative Medicine approach among cancer patients. Evidence-based medicine focuses on integrating research evidence together with clinical experience, patients' beliefs and values to optimize clinical care delivery.

In this talk, Dr. Mao will present an evidence-based medicine framework to discuss how best acupuncture can be integrated into oncology care. Using hot flashes and aromatase inhibitor-related arthralgia (joint pain) in women with breast cancer as an example, he will first review the epidemiology and current conventional treatment approaches to symptom control in breast cancer survivors. Then he will present research that explores how women with breast cancer make decisions about incorporating acupuncture into survivorship care with specific focus on their health beliefs. Next, he will discuss the evidence from recent clinical trials on the safety, efficacy and effectiveness of acupuncture for hot flashes and aromatase-inhibitor related arthralgia. Currently, the National Comprehensive Cancer Network Clinical Practice Guidelines in Oncology (USA) recommend the use of acupuncture for pain, fatigue, nausea/vomiting, palliative care, and survivorship care. We recently found that over 80% of U.S. academic comprehensive cancer centers recommend acupuncture for symptom management. Therefore, with rigorous research and thoughtful clinical innovation, oncology acupuncture is an emerging specialty that combines evidence-based medicine and patient-centered care to improve symptom control and clinical outcomes for cancer patients.

About the speaker

Dr. Mao is the Chief of the Integrative Medicine Service and the Laurance S. Rockefeller Chair in Integrative Medicine at Memorial Sloan Kettering Cancer Center. He is a board-certified family physician with added qualifications in hospice and palliative care. He is also an experienced and licensed acupuncturist who combines Western and Eastern approaches to manage pain and symptoms in cancer patients. Dr. Mao's program of research focuses on investigating the effects, mechanisms, and integration of Complementary and Integrative Medicine (CIM) for symptom management in cancer. He has advanced research training in clinical epidemiology and extensive experience conducting acupuncture, pain, and symptom science clinical trials, as well as health services research among cancer patients. Dr. Mao has received research support from the United States National Institute of Health, United States Department of Defense, Patient-Centered Outcomes Research Institute, and the American Cancer Society. He has published over 130 peer-reviewed research manuscripts. He is the immediate past president of the Society for Integrative Oncology (SIO) and president-elect of the Society for Acupuncture Research. His research findings have been included in American Society of Clinical Oncology, National Comprehensive Cancer Network, and SIO clinical guidelines for developing evidence-informed integrative oncology practices for standard cancer care.