

**Professor Lixing Lao**  
**Vivian Taam Wong Professorship in Integrative Medicine**  
**Director, School of Chinese Medicine, The University of Hong Kong**



**CONTACT INFORMATION**

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**ACADEMIC QUALIFICATIONS**

2005 – Present     Diplomat in Oriental Medicine, National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM), Provider #: ACHB426-097  
1998 – Present     Diplomat in Chinese Herbology, National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM) Provider #: ACHB426-097  
1990 – Present     Diplomat in Acupuncture, National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM) Provider #: ACHB426-097  
1987 – 1992        Ph.D. Physiology, University of Maryland at Baltimore, Baltimore, Maryland  
1978 – 1983        M.B. Traditional Chinese Medicine and Acupuncture, Shanghai University of Traditional Chinese Medicine, Shanghai, China

**POSITIONS HELD**

2011 - 2013        President, Virginia University of Oriental Medicine, Fairfax, VA, USA  
2008 - Present     Adjunct Faculty, Doctoral Program, American College of Traditional Chinese Medicine, San Francisco, CA, USA  
2007 - 2013        Professor, Center for Integrative Medicine, Department of Family and Community Medicine, University of Maryland School of Medicine, Baltimore, MD., USA  
2003 - 2007        Co-President, Society for Acupuncture Research (SAR)  
2000 - 2007        Associate Professor, Center for Integrative Medicine, University of Maryland School of Medicine, Baltimore, MD., USA  
2000 – 2013        Director, Traditional Chinese Medicine Research Program, Center for Integrative Medicine, University of Maryland School of Medicine, Baltimore, MD., USA  
1998 - 2000        Clinic Director, Complementary Medicine Program, Kernan Hospital, Baltimore, MD., USA  
1998 - 2000        Assistant Professor, Complementary Medicine Program, Department of Family Medicine, University of Maryland School of Medicine, Baltimore, MD., USA  
1999                Acting Academic Dean, Maryland Institute of Traditional Chinese Medicine (MITCM), Bethesda, MD., USA  
1994 – 2001        Clinic Director, MITCM Clinic, Maryland Institute of Traditional Chinese Medicine. Bethesda, MD., USA  
1994 - 1999        Board Member, State of Maryland Board of Acupuncture  
1994 - 1998        Research Assistant Professor, Complementary Medicine Program, Department of Family Medicine, University of Maryland, Baltimore, MD., USA  
1992 - 1994        Research Assistant Professor, Department of Anesthesiology, University of Maryland at Baltimore, MD., USA  
1992                Research Associate, Department of Anesthesiology, University of Maryland at Baltimore

- 1988 - 1992 Graduate Research Assistant, Department of Physiology, Dental School, University of Maryland at Baltimore, MD., USA
- 1983 - 1986 Teaching Faculty, Department of Acupuncture, Shanghai College of Traditional Chinese Medicine, Shanghai, P. R. China.

### **Guest Professor**

- 2013 - Adjunct Professor, Center for Integrative Medicine, Department of Family and Community Medicine, University of Maryland School of Medicine, Baltimore, MD., USA
- 2011 - Guest Professor, Beijing University of Chinese Medicine, Beijing, China.
- 2011 - Oversea Distinguish Professor, Beijing University of Chinese Medicine, Beijing, China (awarded by the Department of Education, PRC,)
- 2002 - Guest Professor, Shanghai University of Traditional Chinese Medicine, Shanghai, P. R. China.

### **CLINICAL EXPERIENCE**

- 1998 - 2000 Clinic Director, Kernan Hospital, Complementary Medicine program, University of Maryland School of Medicine, Baltimore, MD., USA
- 1992 - 2013 Clinician, Center for Integrative Medicine, Department of Family and Community Medicine, University of Maryland School of Medicine, Baltimore, MD., USA
- 1988 - Licensed Acupuncturist, Maryland Board of Acupuncture
- 1983 - 1986 Residency: Shanghai University of Traditional Chinese Medicine, Shu-Guang Hospital, Shanghai, China
- 1982 - 1983 Internship: Shanghai University of Traditional Chinese Medicine, Shanghai, China

### **RESEARCH INTEREST**

As a principal investigator and co-investigator, Professor Lao was awarded grants on over 20 clinical trials and pre-clinical studies in acupuncture and Chinese herbal medicine by the National Institutes of Health (NIH) and Department of Defense (DOD), USA. He is particularly interested in conducting translational research that bridges basic science, clinical trials, and "real world" acupuncture clinical practice. He established the laboratory of TCM research in UMB from 1999 to 2013 to conduct basic science studies on acupuncture and Chinese herbal medicine and led a lab research team. Widely recognized for his unique contributions to acupuncture/TCM research methodology, he has been invited to give lectures extensively in this field. He has been actively published over 140 peer-reviewed scientific papers and over 10 book chapters.

### **PUBLICATIONS**

- 1) Franklin R.B., Lao L., Costello L.C. Evidence for two aspartate transport systems in prostate epithelial cells. *The Prostate* 1990;16(2):137-45
- 2) Costello L.C., Lao L., Franklin R. Citrate modulation of high-affinity aspartate transport in prostate epithelial cells. *Cell Mol Biol* (Noisy-le-grand). 1993 Jul;39(5):515-24. Erratum in: *Cell Mol Biol* (Noisy-le-grand) 1993 Sep;39(6):701
- 3) **Lao L.,** Franklin, R.B., Costello, L.C. A high-affinity L-aspartate transporter in prostate epithelial cells that is regulated by Testosterone. *The Prostate* 1993;22:53-63
- 4) **Lao L.,** Bergman, S., Anderson, R., Langenberg, P., Wong, R.H., and Berman, B. The effect of acupuncture on post-operative oral surgery pain: A pilot study. *Acupuncture in Medicine* 1994;12(1): 13-17
- 5) Berman, B., Singh, B.K., **Lao, L.,** Singh, B., Ferentz, K., Hartnoll, S. Primary care physicians'

attitudes towards complementary medicine. *J. American Board of Family Physicians* 1995;8(5): 361-366

- 6) Berman, B., **Lao, L.**, Greene, M., Anderson, R., Wong, R., Langenberg, P., Hochberg, M. Efficacy of traditional Chinese acupuncture in the treatment of symptomatic knee osteoarthritis: A pilot study. *Osteoarthritis and Cartilage* 1995;3:139-142
- 7) **Lao, L.**, Bergman, S., Langenberg, P., Wong, R.L., Berman, B.M. Efficacy of Chinese acupuncture on postoperative oral surgery pain. *Oral Surgery, Oral Medicine, Oral Pathology* 1995;79(4): 423-428
- 8) **Lao, L.**, Wong, R.H., Berman, B., Wynn, R.L. Electroacupuncture reduces morphine-induced emesis in ferrets. *J. Alternative and Complementary Medicine*, 1995;1(3): 257-261
- 9) **Lao, L.** Acupuncture techniques and devices. *J. Alternative and Complementary Medicine*. 1996;2(1): 23-25
- 10) **Lao, L.** Safety issues in acupuncture. *J. Alternative and Complementary Medicine*. 1996;2(1): 27-31
- 11) Wong, R.H., **Lao, L.**, Berman, B.M., Carter, A., Wynn, R.L. Biphasic emetic response of cyclophosphamide in the ferret. *Pharmacology and Biochemistry Behavior*. 1997: 58(1): 179-182
- 12) Tulder, M.W. van, Cherkin, D.C., Berman, B., **Lao, L.**, Koes, B.W. The effectiveness of acupuncture in the treatment of low back pain. *SPINE*. 1999: 24(11): 1113-23
- 13) Tulder, M.W. van, Cherkin, D.C., Berman, B., **Lao, L.**, Koes, B.W. The effectiveness of acupuncture in the treatment of low back pain. IN *The Cochrane Collaboration Library*, Issue 2, 1999. Oxford: Update Software
- 14) **Lao, L.**, Bergman, S., Hamilton, G., Langenberg, P., Berman, B. Evaluation of acupuncture for pain control after oral surgery. *Archives of Otolaryngology: Head and Neck Surgery*. 1999: 125(5): 567-572
- 15) Berman, B., Singh, B., **Lao, L.**, Hochberg, M., Langenberg, P., Li, H., Hadhazy, V. A randomized trial of acupuncture as an adjunctive therapy in osteoarthritis of the knee. *British Journal of Rheumatology* 1999: 38:346-354
- 16) **Lao, L.**, Zhang, G., Wei, F., Berman, B. M., Ren, K. Effect of electroacupuncture on hyperalgesia and Fos protein expression in rats with persistent inflammation – a new animal model. *Clinical Acupuncture and Oriental Medicine*. 1999/2000: 1(2): 112-114
- 17) Ezzo, J., Berman, B., Hadhazy, V.A., Jadad, A.R., **Lao, L.**, Singh, B.B. Is acupuncture effective for the treatment of chronic pain? A systematic review. *Pain*. 2000: 86 (3): 217-225
- 18) Ezzo, J., Hadhazy, V.A., Birch S., **Lao, L.**, Kaplan G., Hochberg M., Berman, B. Acupuncture for osteoarthritis of the knee -- A systematic review. *Arthritis & Rheumatism*. 2001: 44(4): 819-825
- 19) **Lao, L.**, Zhang, G., Wei, F., Berman, B. M., Ren, K. Electro-acupuncture attenuates behavioral hyperalgesia and selectively reduces spinal Fos protein expression in rats with persistent inflammation. *Journal of Pain*. 2001: 2(2): 111-117
- 20) Singh, B.B., Berman, B.M., Hadhazy, V., Baretta, J., **Lao, L.**, Zarow, F.M., Hochberg, M. Clinical decisions in the use of acupuncture as an adjunctive therapy for osteoarthritis of the knee. *Alternative Therapies*. 2001;7(4): 58-65
- 21) Stuerzlinger, V., Wang, J., **Lao, L.** Is Chinese Herbal Medicine Safe?—A review of recent case reports. *Akupunktur*. 2001: 2: 90-95 (In Germany, English Abstract)
- 22) Sherman, K., **Lao, L.**, MacPerson, H., Lewith, G., Hopwood, V., Kawakita K. Matching acupuncture clinical study designs to research questions. *Clinical Acupuncture and Oriental Medicine* 2002: 3:12-15
- 23) MacPerson, H., Sherman, K., Hammerschlag, R., Birch S., **Lao, L.**, Zaslowski C. The clinical evaluation of traditional East Asian systems of medicine. *Clinical Acupuncture and Oriental Medicine*. 2002: 3:16-19
- 24) **Lao, L.**, Sherman, K., Bovey, M. The role of acupuncture schools and individual practitioners in acupuncture research. *Clinical Acupuncture and Oriental Medicine*. 2002: 3:32-38
- 25) Zhang, G., Bausell, B., **Lao, L.**, Handwerger, B., Berman, B. Assessing the consistency of TCM

- diagnosis *Alternative Therapies*. 2003; 9(1): 66-71
- 26) **Lao, L.**, Hamilton, G., Fu, J., Berman, B. Is acupuncture safe? A systematic review of case reports *Alternative Therapies*. 2003; 9(1): 72-83
  - 27) **Lao, L.**, Zhang, G., Wong, R., Carter, A., Wynn, R. Berman, B. The effect of electroacupuncture as an adjunct on cyclophosphamide-induced emesis in ferrets *Pharmacology Biochemistry and Behavior*. 2003; 74(3): 691-699
  - 28) Meng, C.F., Wang, D., Ngeow, J., **Lao, L.**, Peterson, M., Paget, S. Acupuncture for chronic low back pain in older patients: a randomized, controlled trial. *Rheumatology (Oxford)*. 2003 Dec;42(12):1508-17
  - 29) Wang, H., Wang, Q., Srivastava, R.K., Gong, S., **Lao, L.**, Fondell, J.D., and Wang, J. Effects of total glycosides from baishouwu, on human breast and prostate cancer cell proliferation. *Alternative Therapies*. 2003; 9(5):62-66
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  - 32) Zhang, G., Bausell, B., **Lao, L.**, Lee, WL, Handwerger, B., Berman, B. The variability of TCM pattern diagnosis and herbal prescription on rheumatoid arthritis patients. *Alternative Therapies*. 2004; 10(1): 58-63
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  - 40) Berman, B., **Lao, L.**, Langenberg, P., Lee, WL, Gilpin AMK, Hochberg, M. Effectiveness of Acupuncture as Adjunctive Therapy in Osteoarthritis of the Knee: A Randomized, Controlled Trial. *Ann Intern Med*. 2004;141:901-910
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- 44) Furlan, A.D., Tulder, M., Cherkin, D., Tsukayama, H., **Lao, L.**, Koes, B., Berman, B. Acupuncture and dry-needling for low back pain: an updated systematic review within the framework of the Cochrane Collaboration. *Spine*. 2005 Apr 15;30(8):944-63
- 45) Fan, A.Y., **Lao, L.**, Zhang, R-X., Wang, L-B., Lee, D. Y-W., Ma, Z-Z., Zhang, W-Y., Berman B. Effects of an Acetone Extract of *Boswellia carterii* Birdw. (Burseraceae) Gum Resin on Rats with Persistent Inflammation. *Journal of Alternative and Complementary Medicine* 2005 Apr;11(2):323-31
- 46) Zhang, R.-X., Wang, L., Wang, X., Ren, K., Berman, B.M., **Lao, L.** Electroacupuncture combined with mk-801 prolongs anti-hyperalgesia in rats with peripheral inflammation. *Pharmacology, Biochemistry and Behavior*, 2005;81:146-151
- 47) Zhang, R.-X., Liu, B., **Lao, L.**, Qiao, J.T., Ruda, M.A. Spinal preprodynorphin mRNA expression in neonatal rats following peripheral inflammation. *Brain Res.*, 2005:1038:238-242
- 48) Liu, B., Zhang, R.-X., Wang, L., Ren, K., Qiao, J.T., Berman, B. M., **Lao, L.** Effects of pertussis toxin on electroacupuncture-produced anti-hyperalgesia in inflamed Rats. *Brain Res.*, 2005:1044:87-92
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- 50) Zhang, R.-X., Qiao, J.T., Wang, L., Liu, B., Ren, K., Berman, B.M., **Lao, L.** Electroacupuncture Suppresses Spinal Expression of Neurokinin-1 Receptors Induced by Persistent Inflammation in Rats. *Neuroscience Letters* 2005:384(3):339-43
- 51) Fan, A.Y., **Lao, L.**, Zhang, R-X., Zhou, A.N., Wang, L-B., Moudgil, K.D., Lee, D. Y-W., Ma, Z-Z., Zhang, W-Y., Berman, B. Effects of an acetone extract of *Boswellia carterii* Birdw. (Burseraceae) gum resin on adjuvant-induced arthritis in lewis rats. *Journal of Ethnopharmacology*. 2005: 101(1-3): 104-109
- 52) Zhang, G.G., Lee, W., Bausell, B., **Lao, L.**, Handwerker, B., Berman, B. Variability in the traditional Chinese Medicine (TCM) diagnoses and herbal prescriptions provided by three TCM practitioners for 40 patients with rheumatoid arthritis. *Journal of Alternative and Complementary Medicine*. 2005:11(3):415-421
- 53) Zhang GG, Yu C, Lee W, **Lao L**, Ren K, Berman BM. Involvement of peripheral opioid mechanisms in electroacupuncture analgesia. *Explore (NY)*. 2005 Sep;1(5):365-71.
- 54) Ezzo, J.M., Vickers, A.J., Richardson, M.A., Allen, C., Dibble, S.L., Issell, B.F., **Lao, L.**, Pearl, M., Ramirez, G., Roscoe, J.A., Shen, J., Shivnan, J.C., Streitberger, K., Treish, I., Zhang, G. Acupuncture-Point Stimulation for Chemotherapy-Induced Nausea and Vomiting. *Journal of Clinical Oncology*. 2005;23(28):7188-98
- 55) Zhang, R.-X., Liu, B., Wang, L., Ren, K., Qiao, J.T., Berman, B.M., **Lao, L.** Spinal glial activation in a new rat model of bone cancer pain produced by prostate cancer cell inoculation of the tibia. *Pain*. 2005: 118(1-2): 125-136
- 56) Zhao, B., Wang, X., Lin, Z., Liu, R., **Lao, L.** A Novel Sham Moxibustion Device: A Randomized, Placebo-controlled Trial. *Complementary Therapies in Medicine*. 2006:14:53-60
- 57) Shen, X., Ding, G., Wei, J., Zhao, L., Zhou, Y., Deng, H., **Lao, L.** An Infrared Radiation Study of the Biophysical Characteristics of Traditional Moxibustion. *Complementary Therapies in Medicine*, 2006:14(3):213-219
- 58) **Lao, L.**, Fan, A.Y., Zhang, R-X., Zhou, A.N., Ma, Z-Z., Lee, D. Y-W., Ren, K., Berman B. Anti-hyperalgesic and anti-inflammatory effects of the modified Chinese herbal formula *Huo Luo Xiao Ling Dan* (HLXL) in Rats. *American Journal of Chinese Medicine*. 2006:34(5):833-844
- 59) Lim B, Manheimer E, **Lao L**, Ziea E, Wisniewski J, Liu J, Berman B Acupuncture for treatment of irritable bowel syndrome. *Cochrane Database Syst Rev*. 2006 Oct 18;(4):CD005111.
- 60) **Lao L** .Acupuncture practice, past and present: is it safe and effective? *J Soc Integr Oncol*. 2006 Winter; 4(1):13-5.

- 61) Ezzo JM, Richardson MA, Vickers A, Allen C, Dibble SL, Issell BF, **Lao L**, Pearl M, Ramirez G, Roscoe J, Shen J, Shivnan JC, Streitberger K, Treish I, Zhang G. Acupuncture-point stimulation for chemotherapy-induced nausea or vomiting. *Cochrane Database Syst Rev*. 2006 Apr 19;(2):CD002285
- 62) Langevin HM, Hammerschlag R, **Lao L**, Napadow V, Schnyer RN, Sherman KJ. Controversies in acupuncture research: selection of controls and outcome measures in acupuncture clinical trials. *J Altern Complement Med*. 2006 Dec;12(10):943-53.
- 63) Manheimer E, Lim B, **Lao L**, Berman B. Acupuncture for knee osteoarthritis - a randomised trial using a novel sham. *Acupunct Med*. 2006 Dec;24 Suppl:S7-14
- 64) Li A, **Lao L**, Wang Y, Zhang H, Ren K, Berman B, Zhang R-X, Interleukin-1ra inhibits Fos expression and hyperalgesia in rats. *Neuroreport*. 2007;18(5): 495-498
- 65) Ren TH, Wu J, Yew D, Ziea E, **Lao L**, Leung WK, Berman B, Hu PJ, Sung JJ. Effects of neonatal maternal separation on neurochemical and sensory response to colonic distension in a rat model of irritable bowel syndrome. *Am J Physiol Gastrointest Liver Physiol*. 2007 Mar;292(3):G849-56.
- 66) Manheimer, E., Linde, K, **Lao L**, Bouter, LM, Berman, BM. Meta-analysis: Acupuncture for osteoarthritis of the knee. *Ann Intern Med*. 2007;146:868-877.
- 67) Li A, Zhang, R-X, Wang Y, Zhang, H., Ren, K., Berman, BM, Tan, M, **Lao, L**. Corticosterone mediates electroacupuncture-produced anti-edema in a rat model of inflammation. *BMC Complementary and Alternative Medicine*. 2007: 7:27
- 68) Zhang R-X, Li A, Liu B, Wang L, Ren K, Qiao J-T, Berman BM, **Lao L**. Electroacupuncture attenuates bone cancer pain and inhibits spinal interleukin-1 $\beta$  expression in a rat model. *Anesthesia & Analgesia*. 2007;105(5): 1482-8
- 69) Li A, Wang Y, Xin J, **Lao L**, Ren K, Berman BM, Zhang RX. Electroacupuncture suppresses hyperalgesia and spinal Fos expression by activating the descending inhibitory system. *Brain Res*. 2007;1186:171-179
- 70) Xu L, **Lao L**, Ge A, Yu S, Li J, Mansky PJ. Chinese herbal medicine for cancer pain. *Integrative cancer therapies*. 2007 Sep;6(3):208-34.
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- 73) Zhang R.-X., Li A, Liu B, Wang L, Xin J, Ren K, Qiao J, Berman BM, **Lao L**. Electroacupuncture attenuates bone cancer-induced hyperalgesia and inhibits spinal preprodynorphin expression in a rat model. *European Journal of Pain*, 2008 12:870-878.
- 74) Shen X, Zhao L, Ding G, Tan M, Gao J, Wang L, **Lao L** Effect of combined laser acupuncture on knee osteoarthritis: a pilot study. *Lasers Med Sci*. 2008 Jan 5 [Epub ahead of print]
- 75) Chan SK, Zhao M, **Lao L**, Fong H, Che CT Magnolol and Honokiol Account for the Anti-Spasmodic Effect of *Magnolia officinalis* in Isolated Guinea Pig Ileum. *Planta Medica*. 2008; 74: 381-384
- 76) Li A, **Lao L**, Wang Y, Xin J, Ren K, Berman BM, Tan, M, Zhang RX. Electroacupuncture activates corticotrophin-releasing hormone-containing neurons in the paraventricular nucleus of the hypothalamus to alleviate edema in a rat model of inflammation. *BMC Complementary and Alternative Medicine*, 2008: 8:20
- 77) Zhang, G.G., Singh, B., Lee, W., Handwerker, B., **Lao, L.**, Berman, B. Improvement of agreement in TCM diagnosis among TCM practitioners for persons with the conventional diagnosis of rheumatoid arthritis: effect of training. *Journal of Alternative and Complementary Medicine*. 2008;14(4):381-386
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## 研究領域

作為課題主要負責人或合作負責人，勞力行博士自 1994 年來，連續成功申請到 20 餘項由美國國立衛生研究院(NIH)及美國國防部提供研究經費的有關針灸和中醫藥研究項目。發表學術 SCI 論文 140 餘篇，參與編寫專著 10 部。受邀在美國國內及國際學術會議和專題討論會上發表演講達 260 多次。勞博士負責主持多項急慢性痛症針灸臨床試驗，包括牙科術後疼痛，膝關節骨關節病慢性疼痛，癌症疼痛等。尤其是完成並發表在美國有影響醫學雜誌《內科醫學年鑒》(Annals of Internal Medicine)上的針灸治療膝關節骨關節病慢性疼痛的隨機雙盲的 III 期臨床研究引起了國際針灸和補充醫學界的關注。勞博士在他主持的實驗室裡領導針灸中醫藥研究組進行基礎研究，包括誘導痛覺過敏炎症動物模型以探討針灸中藥抗痛覺過敏和抗炎的機理。他的主要興趣是針灸臨床研究方法學。希望以嚴謹的科學設計來驗證中醫針灸的效用和機理。他尤其關注轉換醫學的研究，即如何使基礎研究成果能體現臨床意義，同時使臨床面臨的問題能從基礎研究得到解答。

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