

Summary of TCM in Geriatrics

TCM geriatrics encompasses the etiologies and pathologies, with their diagnosis, treatment and prevention of diseases associated with elderly patients, and also their related problems in society. It is also a very important component incorporating anti-aging principles such as monitoring of the aging process in order to achieve longevity and better health.

Although it is known to everybody that as Kidney-Jing declines in aging, the clinical approach to the treatment of the elderly has largely been based on tonifying the Kidneys. Modern diseases of the elderly accounting for 90% of its mortality (cancer, heart disease and stroke), are characterized by fullness. This means that quite a number of the elderly people do not die of Kidney deficiency, but they do die of Internal Wind, Phlegm and Blood stasis. Thus TCM geriatrics has its own features in the etiologies and pathologies, diagnosis, treatment and prevention of diseases associated with elderly patients.

This course will cover the following topics for the elderly, like:

- **Cough**
- **Memory diminishing**
- **Insomnia and somnolence**
- **Dizziness**
- **Depression**
- **Diarrhea**
- **Constipations**
- **Urine and stool incontinence**
- **Edema**
- **Bone degenerations**
- **Tremor**

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Auteur van verschillende TCM boeken: “The treatment of pain with Chinese herbs and acupuncture”, “Bi syndromes”, “Management of Postoperative pain with acupuncture”, “Sport medicine in TCM”, en meer.

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