



## **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 primary 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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