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AMERICAN BOARD OF ORIENTAL REPRODUCTIVE MEDICINE

CLINICAL PEARLS - JULY 2016



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The advertisement features the brand name 'conceivable' in a blue and black font, with a blue circle around the 'o'. Below it is the tagline 'Made for the modern practice.' and a purple button with the website 'Shop.Conceivable.com'. To the right, there are four glass bottles of different sizes and colors (brown, blue, and black) representing the products.



High Quality Affordable Fertility Care,
It's That Simple...

HQA
HIGH QUALITY AFFORDABLE
FERTILITY CENTERS

Dr. Paul Magarelli

Free Consult 877 475-BABY (2229)

The advertisement includes the slogan 'High Quality Affordable Fertility Care, It's That Simple...' at the top. Below it is the HQA logo, which consists of a stylized 'HQA' in a circle. To the right of the logo is a photograph of a smiling baby. At the bottom, it lists 'Dr. Paul Magarelli' and 'Free Consult 877 475-BABY (2229)'.

Diane Cridennda L.Ac., FABORM

Pre-eclampsia and Breech Baby

Seven years ago I got a call from my pregnant daughter Amber, distraught and sobbing. She was late second trimester and had been diagnosed with pre-eclampsia. They told her that if her BP, protein in her urine and extreme edema (she looked like someone had blown her up with a bicycle pump) wasn't resolved they may have to take the baby early. I jumped on a plane to Nova Scotia with needles in hand and began to work with her. She in fact HATES needles but knew she had to do something.

I started working with her food choices, lots of eggs, good fats and got rid of sugars, grains and even limited her fruit. She truly had a pretty good diet, good protein, lots of veggies, but too many starchy ones and craved fruit. She cooked most of her meals at home for her family but indulged in ice cream and gave into cravings.

I gave her two treatments per day. I used back Shu points in the morning UB 17, 18, 19, 20, 23. She rested on her left side and would sleep.

Afternoon session consisted of front points rotating through various point. Du 20, yin tang, LI 11, Sp 9, 3, 4, P6, SJ5 St 36, 40 Lu 7.

On the third day of these treatments as I removed the needles she would leak a large drop of fluid at the needle site. I saw this when I volunteered at hospice.

She went to her Ob every other day for labs and urine test, BP etc. After 4 days of treatment her OB told her to "keep doing what you are doing. She stabilized. She carried

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Brady one week past her due date and had a fairly uncomplicated delivery. She did have to be induced but responded well to a mild stimulus.

That was my first experience with Pre-eclampsia. Recently another case of pre-eclampsia was referred to me by one of the midwives. Sarah was 33 years old, 30 weeks pregnant. She had become pregnant using Paraguard copper IUD. Adrenal fatigue four years ago. Naturopathic helped her greatly.

Symptoms included:

- Numbness in both hands
- Stiff swollen feet and joints
- Protein in her urine
- Elevated blood pressure
- Blocked ears, dizziness
- Problems maintaining her balance
- Leg cramps
- LBP on and off
- Nausea
- Fatigue
- Severe edema
- Stuffy, mucous sinuses, post nasal drip
- SOB
- Depression new, job, couldn't run now, and unplanned pregnancy
- Gas bloating, foggy brain, worried about the baby
- Scanty urination during the day, even though she was drinking copious amounts of water
 - Extremely frequent urine at night

She had been following Dr. Brewer's™s pregnancy diet.
(Study on Salt and Pregnancy)

Dr. Brewer info. Great article on salt and why salt restriction can worsen edema.

DOS: LQS, Spleen qi xu with dampness. Liver blood xu, LQS, Kidney qi xu with some Lu qi xu

Tongue: Pale, lavender hue, moist moderate yellow coat with no coat in center.

Pulse: rolling rapid 110 BPM

Treatment Plan: Keep carbs around 50 per day spread out. Eat lots of eggs. Cook with coconut oil, use butter and coconut oil frequently, bone broth with butter and salt daily. Good amount of protein. No herbs prescribed at this time. Acupuncture twice a week.

Progress: By the fourth treatment, most of her symptoms greatly improved, increased urine during the day, clothes fitting better, no numbness in hands, BP, protein in urine diminished. 80% improvement. Now had constipation prescribed 500 mg magnesium citrate in capsule form PRN.

At 33 weeks BP was improved although still some days were slightly elevated. Baby girl was breech, dilated 1 cm. During tx used moxa UB 67, at times needle moxa and patient and hubby did moxa 15-20 minutes bilaterally twice per day. Sent her to Spinning Babies web site.

35.5 week visit. Midwife sent her to hospital with BP 164/104 in her office. Hospital BP were 122/64, 130/77. Edema was greatly improved. She was still working at this point; she works in the OR doing neuro-monitoring during spine surgery. I recommend she see if she can take some time off. She did.

Next visit 36.5 weeks; midwife reports labs, BP and protein in urine greatly improved, does not want her to go past 39 weeks. Baby had not dropped.

37.5 weeks; BP 116/78 Midwife told her they will induce at 39 weeks. Having some strong Braxton Hicks.

38 weeks; baby's head engaged. Some nausea, low back pain.

37 weeks; having contractions on and off, she is not sure but thinks she lost mucous plug. Lots of sex, pineapple and primrose oil daily.

39 weeks, midwife reports that amniotic fluid had greatly diminished. She lost mucous plug. Sent for induction the next day.

Acupuncture points: rotated through various points.
Pc 6, St 36, 40, Liv 3 Kd 7 Sp 9,3 Du 20, Yin tang

UB 14, 20, 23 Du 4 UB 17, 18

At 33 weeks, Moxa needle UB 67 Kd 3, Lu7 P6 plus back shu points

37 weeks UB 17, 18, 20,22, 23, Du 4 Lu 7, KD6 or 7, PC 6 Sp 9,4 St 40

39 weeks Ren 4 (Deborah Betts technique, thread very shallow towards pubic bone) (she has lost mucous plug by now) low amniotic fluid reported. UB 23, 20 Yaoyan, UB 32,33 fairly deep, UB 23 Du 4. Front points LI 4, SP 6, GB21, Pc6, LI4, St 40, Sp 6 Huo Bao (Dr Tung point needled then placed ear tack for her to wear home).

Auricular points rotated through HBP, KD, SP, SP, Sympathetic, Shen

I treated her one-week post-partum. Preeclampsia still active, although she tried to follow dietary plan in hospital you are quite aware of the food served, there, all carbs and sugar. She digressed. The picture of her legs are before and after acupuncture one-week post-partum.

Delivery went well, just long, back labor and in the end had epidural. 19 hours of active labor. She said she was almost comatose after deliver so "wiped out" that she could not nurse the baby for a couple of days. I am certain she had dysglycemia during that time. I suspect hospital food!

She is doing well not and baby Lilia is beautiful.

She came one week post-partum and was doing much better.



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