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# A · B · O · R · M

AMERICAN BOARD OF ORIENTAL REPRODUCTIVE MEDICINE



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**April 2011**

### President's Message

Dear ABORM Fellows and Colleagues -

It is with great pride and a sense of achievement that we congratulate the most recent class of newly certified ABORM Fellows who successfully passed the ABORM Board Certification Examination this March in Austin, Texas, this last March 2011.

We also had a terrific time at the Southwest Symposium, which is put on each year by AOMA School of Integrative Medicine. They really know how to have a great time in Austin and there was a fantastic track of integrative fertility-related courses taught by ABORM Fellows Chris Axelrad (Male Factor), Sadhna Singh (Recurrent Pregnancy Loss) and Diane Cridennda (PCOS). The western component of each of the above courses was taught by our own Superman - Dr. Paul Magarelli, Ph.D. M.D. - who is a long-time Advisor to the ABORM.

Thirty-one Fertility Specialists have joined our community of practitioners from as far away as British Columbia, Alberta, and Ontario to our first Practitioner in Arkansas. With this year's class of Fellows, the ABORM community has grown to almost 200 Board Certified Practitioners.

In other news, I would like you all to join me in welcoming Deborah Snyder as the newly elected ABORM Vice President, and Diane Cridennda as the newly elected ABORM Secretary. Deborah will be assuming the responsibilities for all things related to ABORM CEU's, and Diane is in charge of the Quarterly ABORM Newsletter that you are now reading.

Also, this last year saw the introduction and growth of another amazing educational resource offered by our ABORM Fellows up in Vancouver, Canada. As if [Chinese Medicine Tools.com](http://ChineseMedicineTools.com), and [Pro D Seminars](http://ProD.Seminars) weren't already enough, Lorne Brown and his Colleagues introduced [Medigogy.com](http://Medigogy.com) this year, and it has become the go-to resource for free online content/webinars related to Reproductive Medicine/Infertility and

Book Reviews

Research

Diane Cridennda and  
Dr. Magarelli's  
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other TCM topics. Go to the Archives section of Medigogy.com and check out the incredible library of information that has been accumulated in just this year, and check out the Medigogy Calendar for upcoming scheduled webinars. Best of all, this information is all free.

In more news, our ABORM Advisor Dr. Paul Magarelli, M.D., Ph.D., and ABORM Fellow Chris Axelrad, L.Ac. (FABORM) have each put together amazing courses related to Infertility, and both are available online via Pro D Seminars.

Dr. Magarelli's course is entitled, "[Western Reproductive Endocrinology: The Complete Course](#)" and it includes 12 hours of lecture and notes related to Reproductive Endocrinology/Infertility (REI). If you ever wanted to have a thorough review of the REI, including page references to ABORM Reference texts, this is the course for you.

Likewise, Chris Axelrad's course, "[The Treatment of Male Infertility: An Integrative TCM Approach](#)" offers some of the most advanced, yet useful, information related to the clinical assessment and management of Male Factor infertility.

### **ABORM Exam being offered at AAAOM Symposium Chicago**

I am also pleased to announce that the 2012 ABORM Examination will be held in Conjunction with the [2012 AAAOM Symposium](#) in Chicago, Illinois. As usual we expect a terrific lineup of fertility-related workshops to be offered, and we hope that many of you will take the opportunity to join us in Chicago to encourage those sitting for the 2012 ABORM Examination, and to catch up and get inspired by your ABORM Community of Fellows. Go to the [ABORM Website](#) for all the details.

### **Textbook on Research is added to ABORM Categories of Competency**

In other news related to the ABORM Examination, the Board of Directors voted unanimously at the recent Board Meeting to add Research Methodology, Terminology and Concepts to the ABORM Categories of Competency for testing on the ABORM Examination. The ABORM recommended Text for this Category of Competency is "Acupuncture Research: Strategies for Developing and Evidence Base" by Hugh MacPherson et al (Churchill Livingstone Elsevier). This text is essential for any ABORM Fellow interested in Research. The ABORM also encourages ABORM Fellows to join the [Society for Acupuncture Research](#) as professional affiliates.

### **Membership Renewal Reminder**

As always, in the spirit of collaboration and communication with our western trained fertility specialists such as Reproductive Endocrinologists, Reproductive Urologists, Embryologists, Nurses, Therapists and others, the ABORM recommends becoming a professional member of one or both of the following Fertility Societies:

[American Society for Reproductive Medicine](#); or the [Pacific Coast Reproductive Society](#). Membership in either or both of these Societies pays huge returns to you as a Fellow for a very small investment.

Joining ASRM gives you access to their flagship journal **Fertility and Sterility** that is the world's leading resource for research related to reproductive disorders and infertility. It also provides you with discounted members rates for attending the ASRM Annual Meeting held every year in October. This is without a doubt one of the most exciting meetings to attend if you are a fertility specialist.

Joining PCRS gives you discounted membership rates for attending the PCRS annual meeting held every year in sunny, Palm Springs, California in April. This is the more casual and fun version of the ASRM annual meeting, where you will have a tremendous choice of presentations and courses to attend, while at the same time enjoying the pool, and play time for you and your family.

### **Fellowship opportunities being pursued for TCM study in China**

Finally, I wanted to let each of you know that the ABORM is very close to fulfilling one of the long term goals of the Organization, that of establishing Fellowship opportunities for study at TCM Reproductive Medicine Centers and Hospitals in China. We have started conversations with a couple of different resources and hope to be able to provide more concrete details on these developments in the very near future. Check the ABORM Website for details later this year.

### **Other ABORM business related to your status as Fellows:**

**1. 2009 Certified ABORM Fellows must renew their ABORM Membership by April 30th, 2011; and both 2008 and 2010 ABORM Fellows must renew their ABORM Membership by April 30th, 2012.**

The Requirements are as follows:

**A)** 20 ABORM-Approved CEU's in the subject of Reproductive Medicine. NOTE: CEU's submitted must be ABORM approved courses (see aborm website for list) - unless they are CME's from either the Pacific Coast Reproductive Society annual meeting or the American Society for Reproductive Medicine annual meeting. You must submit CEU or CME Course Certificate with your payment for renewal of ABORM Membership.

**B)** ABORM Renewal Fees: \$200.00. Checks should be made payable to the ABORM, or you can pay by Visa or Mastercard.

Click on the following link to download the [Membership Renewal Form](#):

(CEU's submitted without payment will not be processed).

Renewals that are late by more 30 days, will be assessed a late fee of \$25.00. Renewals that are late by more than 90 days (have not been

received by July 30th, 2011) will result in lapsed membership, and the practitioner will need to re-apply to take the ABORM Certification Exam to renew their membership.

I realize that this notification may seem premature, but I know how busy all of you are with life and practice, so planning ahead to get your CEU's is always a prudent thing.

## **2. Please Join the ABORM Practitioner Discussion Groups:**

Go to the [ABORM website](#) and click on the links to join both the ABORM Practitioner Discussion Group and the ABORM Group Email list. You should join both of these lists by clicking on the Resources button on the home page for the drop-down menu that will take you to these sections

The ABORM Practitioner Discussion Group will allow any ABORM Fellow to post a question, idea, suggestion, abstract, case study, or any other area pertinent to the field of Oriental Reproductive Medicine, to the rest of the ABORM members. We have so many exceptional practitioners among us that we must tap in to the riches of knowledge and experience in our midst.

The ABORM Group Email list allows us to protect the environment, and alert you of any ABORM business via email, instead of the postal service. You are strongly recommended to join this list as it is the primary method that the ABORM will use to update you on items pertinent to you membership such as Membership Renewal reminders and Newsletters and press releases.

## **3. Please update your [ABORM-website listings](#) frequently:**

Fellows should regularly go to the ABORM Certified Practitioners page on the ABORM Website and check your practitioner listing to confirm that it is correct for your contact information, email and websites. If there is a discrepancy, please email us via the contact page on the ABORM website with the correct information. It is your responsibility as a Fellow to keep us updated with your current contact information that we can correspond to you, and so that patients can find you.

Ray Rubio, DAOM, L. Ac. (FABORM)  
ABORM President

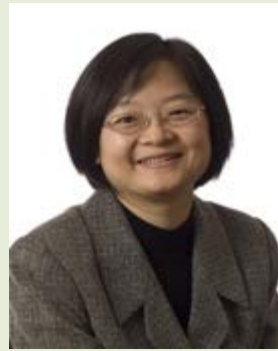
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### **Practitioner Spotlight**

**Zheng Zeng**  
**Faculty at AOMA**

I had the opportunity to sit in on Zheng Zeng's talk on treating

Pregnancy with TCM. She is a wonderful teacher and a warm human being. This is her story.



I decided to start my study of Acupuncture in 1986 even though I had the chance to attend one of the best Western medical schools in China. I changed my mind because of my mother's experience and decided to study Traditional Chinese Medicine instead. My mother had knee problems for years; it took her a long time to walk a short distance. Many doctors told her she needed knee replacements when she was in her late 30s. She refused surgery and took herbs and received acupuncture treatments. I watched her get better and better. She even learned to ride a bicycle when she was almost 50 years old.

I practiced and taught in Chengdu University of Traditional Chinese Medicine for 8 years following 8 years of full-time studies. When I was in China, due to culture reasons, most of the female patients felt uncomfortable discussing their female issues with a male practitioner. This naturally led me to receive more female patients in my practice. I moved to the U.S. in 2002 and became licensed to start my own practice in 2003. Again, most of my clients come to see me regarding women's issues.

I joined AOMA (Academy of Oriental Medicine at Austin) in 2002 when the school was looking for a full-time faculty member. I then became the Director of the Department of Acupuncture in 2007. I currently teach the Herbal Treatment of Disease (Gynecology) class and Acupuncture Points Energetics there. I enjoy teaching and believe teaching and learning promotes and enhances each other.

I met my husband in Chengdu; we were schoolmates during our postgraduate studies. We have two lovely children. My daughter is in the 4<sup>th</sup> grade and loves to play violin and chess. My son is 2 years old and a fan of cars. Most of the time after work, I spend my leisure time with my two children or cooking and reading Kung Fu novels.

When I learned about the ABORM and that it had been formed by leading professionals in Oriental Reproductive Medicine I thought it would be important for me to take the exam. I was impressed to learn that this group was formed on a voluntary basis with a resolve to meet patient and physician demands to demonstrate extensive knowledge of care in this field. I thought my patients would feel more confident that I am able to work with TCM as well as Western Medicine.

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I also thought it will help grow my practice. It was a good opportunity

to review reproductive medicine in English since I got my education in China.

Another very important reason I took the exam is that I want to show my students that if they want to specialize in fertility, there are courses with a professional board exam. This is also a good opportunity for them to study reproductive medicine.

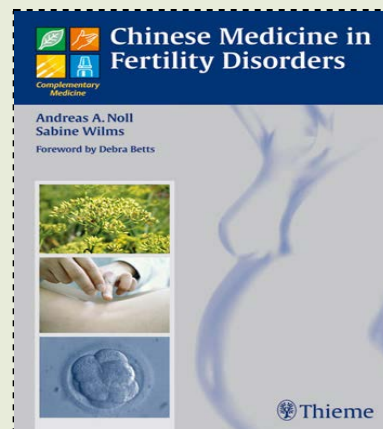
My practice at AOMA focuses on women's health; most come for fertility. I do have some referrals from Gynecology and OB doctors.

I have recently begun to work closely with a Western RE and have a lot of patients who get pregnant, each patient is different.

My favorite Clinic story is about a patient who had tried to get pregnant for more than one year. The first time I saw her, she complained that she was freezing cold. It was 95 degrees outside that day she drove to the Clinic and she couldn't tolerate having the air conditioner on in the car. She was under a lot of stress but her E2 and FSH were normal. I asked her to have her TSH, T3 and T4 tested. She was being treated by a gynecologist not an RE. I expected her thyroid to be hypo but it was hyper. While she was waiting for her 1st apt. with an RE (which took more than 2 months) I continued to treat her with acupuncture and herbs. She became pregnant before she had her first appointment with the RE. She continued several more weeks of treatments for morning sickness.

When her twin girls were 8 months old she brought them to my Clinic just to say "Hi". It was so wonderful to see these beautiful children.

## Book Review



### [Chinese Medicine in Fertility Disorders](#)

This book is written by nineteen authors who specialize in Fertility. It gives an overview of TCM therapies for fertility disorders. The main section provides in-depth discussion of specific fertility disorders and their management, including menstrual disorders, early menopause,

sexual disorders, male infertility, endometriosis, and polycystic ovary syndrome. It closes with a section on patient support, addressing issues such as the mind-body relationship and the impact of stress. This book includes:

- Case studies with real life examples of specific treatment approaches
- Perspectives from numerous Chinese medicine specialists
- Extensive quotations from classical texts in translation, one being Sun Simiao
- Supporting the couple in successful and failed fertility treatment
- Supporting pregnancy
- Case histories with Thermal Rythm Charts (aka BBT)
- Historical-cultural, an social perspectives on the issue of fertility in Chinese culture, modern and ancient

Chinese Medicine in Fertility Disorders is an invaluable resource for practitioners in complementary medicine, including acupuncturists and Chinese herbalists who wish to include fertility treatment in their practice, and a useful reference for all physicians who seek to expand their perspective on managing fertility issues.



#### Latest in Research out of Sweden

***Impact of electro-acupuncture and physical exercise on hyperandrogenism and oligo/amenorrhea in women with polycystic ovary syndrome; a randomized controlled trial.*** Elizabeth Jedel et al  
Published in Am J Physiol Endocrinol Metab 300:E37-E45, 2011

#### [Low-frequency electroacupuncture and physical exercise](#)

There were 50 women enrolled in this study who met the criteria for the diagnosis of PCOS. The women were randomized and matched for weight and BMI.

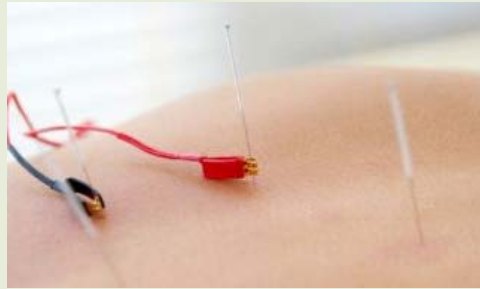
This study included three arms; n=21 in the **1)** EA (electro acupuncture), **2)** n=19 in the physical exercise group and **3)** n=10 in the no intervention group.

Results of this study demonstrated that 16 EA treatments over four months reduced the levels of testosterone in women with PCOS by 25 percent.

Stener-Victorin's team found that EA and exercise reduced elevated

levels of testosterone and regulated menstrual cycles. EA ultimately was superior to physical exercise alone.

Her theory is that women with PCOS have highly active sympathetic nervous systems, and that both acupuncture and regular exercise reduced levels of activity in this system.



### Ongoing research

Research by Diane Cridennda FABORM & Dr. Magarelli MD PhD advisory board member.

Diane and Paul published a study in *Fertility & Sterility* 2009 demonstrating that Cortisol and Prolactin (measured in blood) returned to normal fertile levels in the Acupuncture plus IVF group vs. IVF only group. Women in the Acupuncture group had more pregnancies, and more take home babies.

Their ongoing research is a randomized control, IRB approved study and will compare the follicular fluid in the Acupuncture + IVF group compared to IVF only patients. Follicular fluid will be tested for changes in Cortisol and Prolactin between the two groups.

They are asking the question; "Do the blood values of these two hormones relate and transfer to changes in the actual follicular fluid, and if so have we discovered one of the mechanisms of action whereby acupuncture improves outcomes in IVF cycles?" Stay tuned.





## Spring has Sprung

This is a good time to produce & transform Essence, Qi, blood, & body fluids;

Nourish Yang Qi to stimulate metabolism

This is also a great time of the year to do food/herbal liver cleanses

**Liver Qi is active & stronger** - soothe & regulate the liver function

Soothe liver Qi with the proper foods (pungent, sweet, cool or slightly warm)

**Green** is the color of the liver & of spring time so consume plentiful young plants, fresh greens, sprouts, & immature cereal grasses (if tendency is towards coldness lightly cook foods or steam at high temperatures for short periods of time)

Basil, fennel, marjoram, rosemary, caraway, dill, & bayleaf are pungent cooking spices desirable for spring.

Most complex carbohydrates such as grains, legumes, & seeds are sweet in flavor that increases with sprouting, are a good choice in spring.

### Helpful ideas to keep healthy in spring:

- B vitamins
- dry skin scrubs to exfoliate your skin
- eat fresh green leafy vegetables
- consume fruit high in vitamin C
- massage face & head every day

<http://www.aborm.org>

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