

J01 Acupuncture for Nausea

January 2009

Intro: For more than 4-thousand years, the Chinese have used acupuncture to treat many ailments. Pain, stress, depression even addiction. Today, many doctors continue that practice because, for many people, it works. Let's go to Mayo Clinic where a neurosurgeon is using acupuncture to help people who suffer from nausea and vomiting after many types of operations.

Video

Total running time 1:34

CG :19 to :26

Gaylon Jones

Had esophagus cancer

Audio

GAYLON JONES KNEW THAT GETTING HIS STRENGTH BACK AFTER SURGERY FOR CANCER OF THE ESOPHAGUS WOULD BE TOUGH.

“YOU THEN BEGIN THE PROCESS OF REBUILDING.”

BUT HE WAS NOT PREPARED FOR THE INTENSE NAUSEA AND VOMITING THAT DEVELOPED AFTER THE OPERATION.

“MILD TO EXTREME NAUSEA. EVEN DRY HEAVING. BASICALLY I WAS NAUSEATED FROM THE FIRST THING IN THE MORNING TO LATE

CG :27 to :32
Standup
Vivien Williams
Reporting

AT NIGHT, AND IT WAS
COMPLETELY DEBILITATING. I
STRUGGLED TO KEEP MY WEIGHT
UP.”

GAYLON’S LIFE WAS BEING
CONTROLLED BY THE NAUSEA.
NEITHER DIET NOR MEDICATIONS
COULD STOP IT. THAT’S WHEN HE
TURNED TO A NEUROSURGEON AT
MAYO CLINIC WHO, IN ADDITION TO
SURGERY, ALSO PRACTICES THE
ANCIENT CHINESE ART OF
ACUPUNCTURE

VO: Shots of Dr. Reimer in China

DR. RONALD REIMER TRAVELED
TO CHINA TO STUDY
ACUPUNCTURE. HE DESCRIBES IT
AS WORKING IN THIS FASHION:
NEEDLES IN THE SKIN STIMULATE
PATHWAYS THAT TRAVEL
THROUGH MERIDIANS AND
PERIPHERAL NERVES TO THE
SPINAL CORD AND BRAIN. THIS IS
ALSO OFTEN COUPLED WITH LOW

To animation

FREQUENCY ELECTRICAL
STIMULATION. THIS CAUSES
ENDORPHIN LEVELS TO RISE AND
OTHER CHEMICALS TO CHANGE,
UNBLOCKING TRAPPED ENERGY
AND RESTORING IT'S FLOW.

CG 1:10 to 1:16

Ronald Reimer, M.D.

Mayo Clinic Neurosurgeon

“IT IS A SCIENCE THAT IS TRYING
TO REBALANCE THE FLOW OF QI,
OR ENERGY IN THE BODY.”

ACUPUNCTURE RECEIVED THE
NAUSEA FOR GAYLON.

“I WENT FROM PROBABLY 12
HOURS A DAY OF NAUSEA, FROM
MILD TO EXTREME, TO MAYBE TWO
TO THREE HOURS A DAY. IT WAS
LIFE CHANGING.”

FOR MEDICAL EDGE, I'M VIVIEN
WILLIAMS

Anchor tag:

Gaylon started out having two acupuncture sessions a week. Now he has one every month or so. He is working out with a trainer and has regained the weight he lost after surgery. Dr. Reimer says results vary, but most patients can expect relief from symptoms soon after treatment starts. For more information about acupuncture, visit our website at...**[STATIONS: Per the licensing agreement, please provide a link from your station's website to <http://www.mayoclinic.org> or voice tag "mayoclinic.org" for more information.]**