

# Case Study: Adelaide M-W.

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# Patient Information

Adelaide is a retired dancer who lost her husband and home approximately 9 months ago. She currently lives with her son, daughter-in-law and grandson.

Ethnicity: Caucasian

Age: 89

Blood pressure: 130/80

Pulse: 62

Temperature: 97.2

Height: 5'3"

Weight: 130 lbs.

# Chief Complaint

- Chief complaint is right-sided weakness post TIA (Liver Wind) with occasional slurred speech and intermittent voice breaks.
- TIA occurred October 2009
- Currently being treated with physical, occupational, and speech therapies
- Has not had acupuncture

# Subjective

- Spirit: Cheerful & joking but answers all questions appropriately
- Complexion: Pale with slight flush over cheeks and forehead.
- Posture/ Stance: Slightly Kyphotic, walks with walker, drags right foot slightly.
- Audio-olfactory exam: Slurred, slow speech, slight urine smell noted.
- Social history: Never smoked, alcohol consumption more than occasional, first husband physically and mentally abusive.

# Medications & Supplements

- Glimerperide: Diabetes
- Amlodipine: Hypertension
- Hysaar: Hypertension
- Clonidine: Hypertension
- Simvastin: Cholesterol
- Plaavix: Anticoagulant
- Aspirin: Anticoagulant
- Cerefolin: Memory
- Aricept: Memory
- Ropinirole: Restless Leg Syndrome
- Mirtazapine: Agitation
- Supplements:
  - Calcium + Vitamin D:  
Osteoporosis, Arthritis
  - Co-Q10: Heart,  
Hypertension

# 10 Questions / Medical History

- Hot/Cold: Cold over all extremities
- Perspiration: Never
- Head/Body: Occasional headaches (does not have a pattern), dizziness (sporadic), right-sided weakness, fine motor to right hand poor – unable to grasp and write well, some difficulty swallowing, states right side of mouth drooped but almost resolved, drags right foot – walks with walker. Denies any pain.  
PMH: brain aneurysm, TIA's (mini strokes), osteoarthritis.

# 10 Questions (con't)

- Chest/Abdomen: Denies chest pain, passes gas frequently. Abdomen is soft and non-tender.

PMH: Hypertensive for 50+ years, atrial fibrillation (arrhythmia), Epigastric pain (GERD) past 25 years (does not have currently)

- Appetite/Thirst: Eats small, frequent meals, craves sweets, ice cream, dairy products, drinks decaf coffee, water, diabetic - WHAT ABOUT ALCOHOL???

PMH: Diabetic past 2 years

- Vision/Hearing: Wears glasses, dry eyes for many years (uses eye drops), hard of hearing (especially when there is background noise), no tinnitus

PMH: Chronic Blepharitis (infection under the eyelid) – has had for 3+ years, cataracts (were removed)

# 10 Questions (con't)

- Urine/Stools: Urine color is Yellow-Clear, experiences stress urinary incontinence, has frequent urinary infections, wears diapers, has constipation (uses stool softener)
- Sleep: Has experienced sleep apnea and restless leg syndrome for most of life; sleeps 2-3 hours/night, snores, and talks a lot in sleep. Naps often during the day. Uses alcohol to sleep.
- Constitution, mental, emotional: Poor energy, depression and anxiety



# Pulse & Tongue

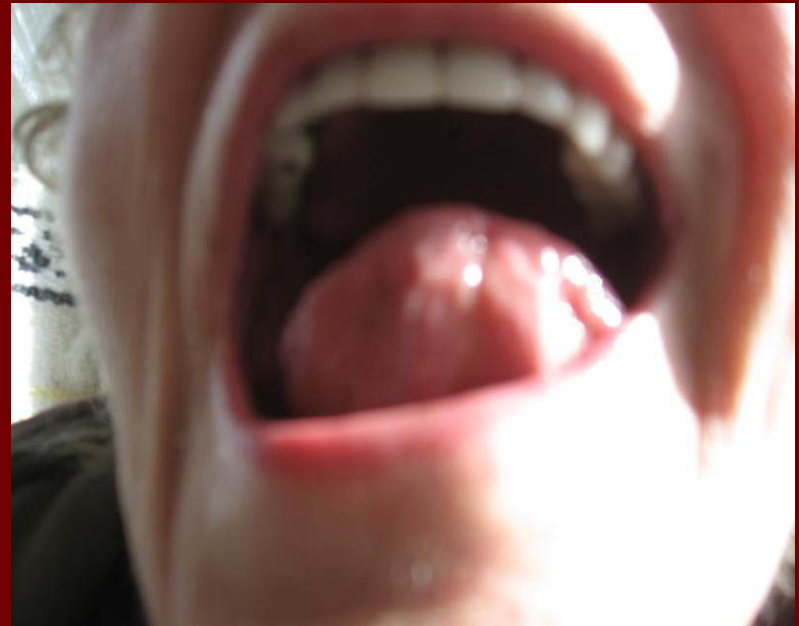
## ■ Pulse

- left – full, surging and wiry throughout
- right – full, surging, wiry, slippery

## ■ Tongue

- red color
- thick, dry yellow coat in lower jiao
- light to no coat in upper and middle jiao
- body is full and thick, no teeth marks
- horizontal/vertical cracks over whole tongue
- medium sublinguals

# Tongue Pictures



# Palpatory Findings

- Mu/Shu:

Hara: negative findings

- Tendinomuscular/Cutaneous Regions:

Finger deformity with arthritic nodules,  
slightly kyphotic, drags right foot  
slightly

# Assessment

## Working Diagnosis & Treatment Principle

Root:

Liver Yang Rising with Internal Wind and Kidney  
Yin/Yang Deficiency

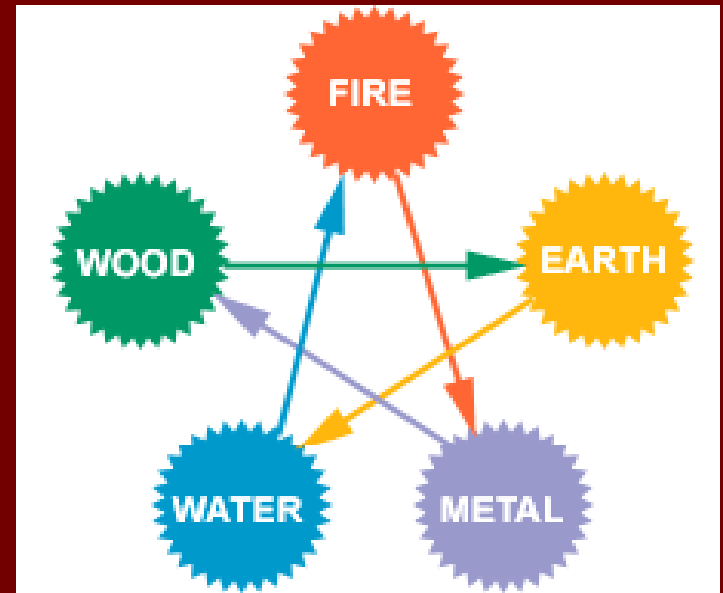
Branch:

Spleen Qi Deficiency and Spleen Failing to Hold Urine  
Lung Qi Deficiency  
Phlegm Misting the Heart  
Liver Invading Spleen/Stomach

# Kidney Imbalance

Metal fails to generate water  
and water fails to control fire

According to the patient history,  
she was living in an abusive  
marriage for almost 20 years with  
fear for her own safety and safety  
of her children.

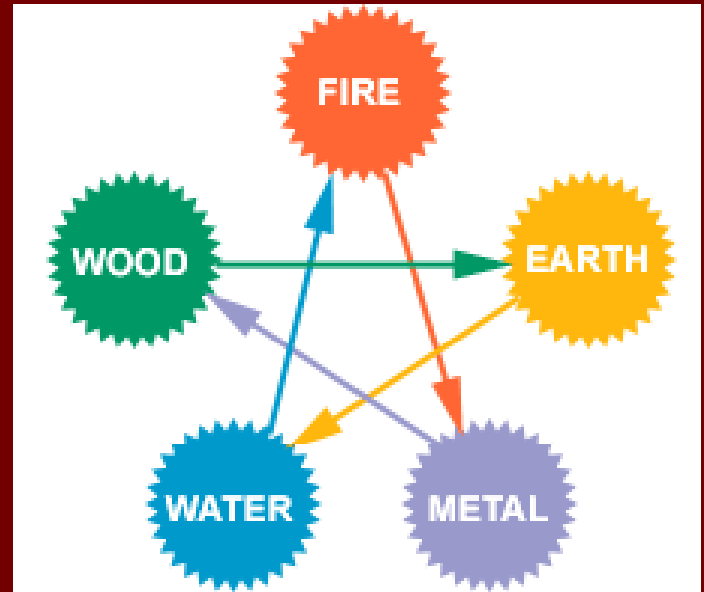


- This caused weakness of the Kidney meridian (the emotion of fear, hearing loss is related to the Kidney)
- Yang provides Fire for Spleen and strength for Heart
- Untreated Kidney imbalance leads to Loiver Yang Rising and Liver Attacking Spleen and Stomach
- Also, Kidney imbalances lead to the formaiton of Heat in the Heart and Small Intestin meridians.

# Liver Imbalance

Water fails to generate Wood and  
Wood fails to control Earth

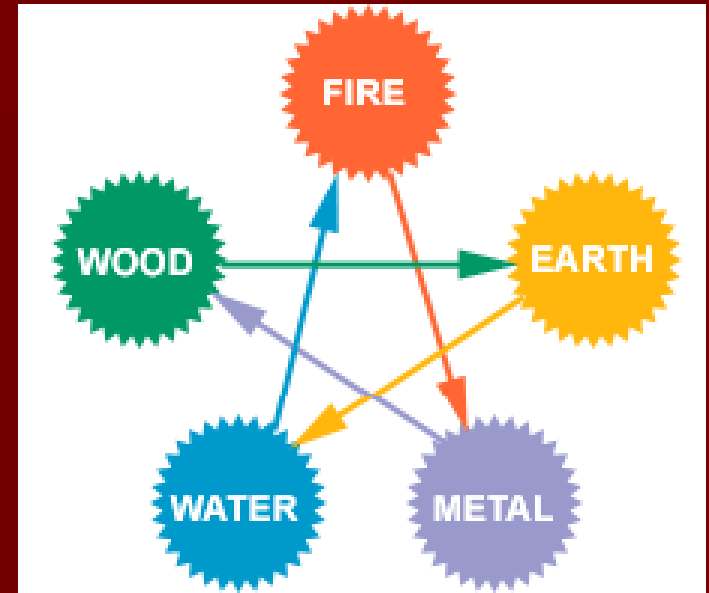
Liver & Gallbladder meridians were  
already weak and imbalanced and  
created Liver Yang Rising  
(Hypertension) and Liver Attacking  
Spleen and Stomach (GERD, eye  
problems, restless leg syndrome)



- At the same time she had formation of Internal Wind (Stroke)
- Patient also full of anger (emotion related to Liver) that was not expressed (socially unacceptable behavior for Southern lady)
- Starts to drink alcohol on regular basis (socially acceptable behavior becomes an addiction)

# Heart Imbalance

Wood fails to generate Fire,  
Fire fails to control Metal

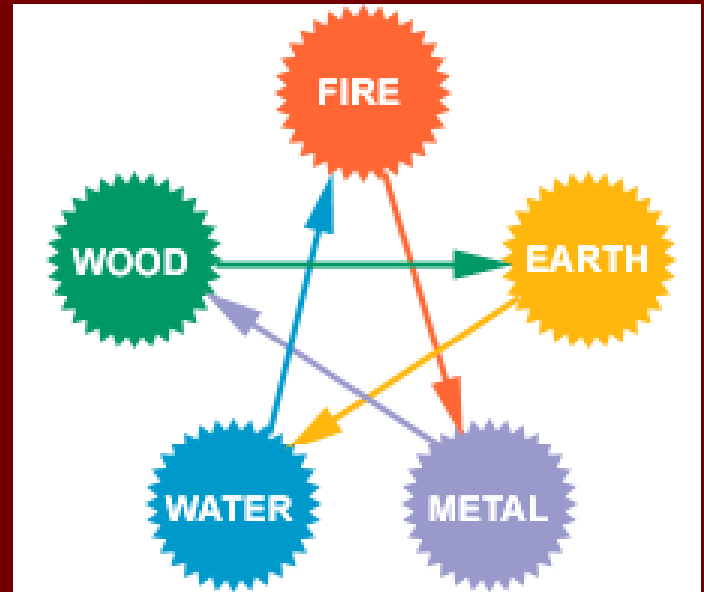


- Heart and Small Intestine meridians were imbalanced from Wood failing to generate Fire (emotions of anxiety/depression are related to Heart meridian)
- This leads to the formation of Damp and Phlegm in these meridians and causes constipation, dizziness, arrhythmias, and insomnia

# Spleen Imbalance

Fire fails to generate Earth and  
Earth fails to control Water

Spleen/Stomach meridians were  
imbalanced from previous  
pathology

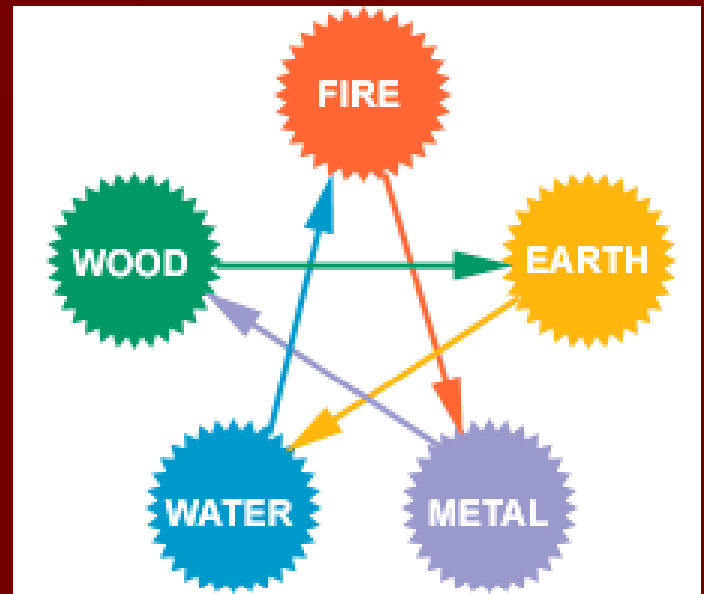


- Diet that was rich with dairy (cheese, milk, ice cream) forming Damp (Diabetes)
- Excessive drinking of alcohol damages the Spleen and since alcohol is hot in nature, it caused the “cooking” of Damp and formed Phlegm
- Also, Spleen Qi Deficiency caused failure of Qi to hold the organs and resulted in urinary incontinence



# Lung Imbalance

Earth fails to generate Metal,  
Metal fails to control Wood



- Lung / Large Intestine meridians were imbalanced and caused Lung Qi Xu
- Shallow breathing, difficulty speaking, and compromised immune system are the result of Lung Qi Xu

# Plan – Root Treatment

Treatment Principle:

Tonify Kidney Yang and Yin, Descend Liver Yang

GB 39 - Influential Point of Marrow (Brain and Bone) in elderly

Du 20 - Four seas point, Sea of Marrow (Brain and Kidney, cognitive, and central nervous system disorders)

Sishencong – Cognitive and central nervous system

SJ 5, GB 41 - Dai Mai - connect upper and lower parts of body

SI3, UB62 - Yang Qiao - Gait disorders (eversion of gait)

# Plan – Root Treatment con't

PC 6, SP 4 – Yin Wei Mai (stagnation in Heart, chest, throat, anterior trunk, Spleen Qi deficiency, Shen disorders especially involving will and self control, phlegm conditions)

ST 36, GB 34 – Freecourse Liver Channel

KD 3 - Tonify and nourish Kidney

LV 13 - Tonify Liver and Spleen - Influential point of Zang organs

REN 4 - Intersection point of LV, KD, SP, for all Kidney issues

# Plan – Symptomatic Treatment

## Treatment Principle:

Tonify Spleen and Lung Qi, Disperse Phlegm,  
Support Spleen to Hold Urine

HT 7, Ren 17 - Sea of Qi for LU and HT patterns,  
HT 7 for osteoarthritis

Blurring of vision – Liver points

LV 3 - Hypertension, Restless Leg Syndrome

LU 9 - Yuan Source, Influential Point of Vessels - for  
disorders of pulse and arrhythmias

# Symptomatic Treatment con't

Points for symptoms already included in Root Treatment Plan:

GB 41 - Hearing loss, Blepharitis - disorders of eyes

KD 3 - Osteoarthritis

ST 36 - Type II Diabetes, Flatulance, Hypertension

SJ 5 - Constipation

GB 34 - Restless Leg Syndrome

Sishencong - Insomnia

REN 4 - Urinary Incontinence

Alternate right and left points after 4 weeks of treatment

Offer herb supplements to tonify Kidney

# Post Treatment Care Recommendations

- Education on diet, breathing exercises and Tai Chi

# Clinical Issues or Concerns

Why would this case be interesting to health care professionals?

Strokes are one of the leading causes of death and the leading cause of debilitating disease in this country. As the population gets older and lives longer, we will have to care for more people with this illness and its devastating disabilities that impact the whole body's energetic balance.