Polycystic Ovarian Syndrome

The benefit of individualized treatment
Traditional Chinese Medicine

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Polycystic Ovarian Syndrome

Affects 5 to 10% of women of reproductive age

Leading cause of infertility

2003 Rotterdam Medical Consensus
1) Absent or delayed ovulation
2) Excess androgen activity
3) Polycystic ovaries by ultrasound

But...
“Ovarian cysts do not make a disease!”
Dr. Jerilynn C. Prior
Polycystic Ovarian Syndrome
Heterogeneous condition

Reproductive (infertility, hyperandrogenism, pregnancy complications),
Dermatological (Acne, hirsutism, and hair loss)
Metabolic (Obesity, insulin resistance, impaired glucose tolerance, type 2 diabetes
Metabolic syndromes, cardiovascular risk)
Psychological (increased anxiety, depression, and worsened quality of life)

"Treatment options need to be tailored to the clinical manifestation"
BMC Med. 2010; 8: 41

Polycystic Ovarian Syndrome
(not a disease)

Syndrome: the association of several clinically recognizable features, signs, symptoms, phenomena, or characteristics that occur together.

Chinese Medicine treats syndromes

PCOS - TCM
Each puzzle piece has unique characteristics

Acne
Blocked menses
Qi & Blood Stasis
Blood heat
Fire toxin

Obesity
Qi & Blood Stasis
Kidney Deficiency
Blood deficiency
Cold damp-congesting

Treatment depends on pattern differentiation
PCOS - TCM

Depression
Hirsutism
Acne
Alopecia
Irregular Menses

Stagnation below creates symptoms above

Diet
Lack of exercise
Constitution & genetics
Stress

PCOS Treatment

Relieve stagnation

Reduce symptoms

Strengthen to avoid future stagnation

Customized to the individual

Obesity Infertility

“Lifestyle management should be used as the primary therapy in overweight and obese women with PCOS.”


“Lifestyle modification through exercise and sensible eating patterns can lead to improved reproductive function.”

J Clin Endocrinol Metab. 1999 Apr;84(4):1470-4

30 mins 3 to 4 days per week
Low glycemic index diet
Stress + Relaxation

"Stress reduces conception probabilities across the fertile window...

...evidence in support of relaxation."

Fertility and Sterility. 2010 Jul;30.

Acupuncture

Repeated electrical acupuncture treatments induce regular ovulations in more than one third of the women with PCOS.


Herbal Medicine

Clinical study on effect of Bushen Huayu Qutan Recipe in treating PCOS

After 6 months of treatment, obesity, hirsutism, acne, serum levels of testosterone, fasting serum insulin and a glucose challenge test, were all improved.

BHQR could not only significantly relieve the symptoms and signs of patients with PCOS, but could also regulate the ovarian function.

PCOS: Why TCM can help

Diagnosis + Treatment
Reflect the individual’s own signs and symptoms

Chinese Medicine treats syndromes

Chinese Medicine treats the Whole

PCOS- Why TCM can help
"TCM offers extensive examples for future drug design, whereby several active ingredients in one prescription are aimed at numerous targets and work together to provide therapeutic benefit."
British Journal of Pharmacology, December, 2006

Case study 1
32 year old
Nulligravida

- Primary infertility
- TTC: 2 years
- Mild hirsutism
- Feels cold
- Cycling: 1 to 2 x/year
- Dark red flow w/ clots
- T-pale purplish body
- P: deep & thready

Testing
- U/S: cystic ovaries

Kidney Yang Deficiency
Blood Vacuity
Qi and Blood stasis
PCOS- Case study 1

Dr. - Spleen Qi and Kidney Yang Deficiency with Blood deficiency and stasis

Huang Qi 30
Bai Zhu 10
Chuang Xiong 6
Dang Gui 10
Bai Shao 10
Chai Hu 10
Xian Mao 10
Yin yang Hao 10
Gui Zhi 3
Hong Hua 10
Tao Ren 10
Gan Cao 6

Lifestyle: Adopted a low G.I. diet. Stopped drinking coke!

Result at end of 5 months:
- Menstrual cycle regular at 28 to 31 days.
- Increased body temperature.
- Menstrual flow smooth- no clots, brighter red colour.
- pregnant!

*Hong Hua, Tao Ren were removed as cycle improved

PCOS- Case study 2

37 year old, G1-A1

S/S
- Spleen Qi and Blood Stasis
- Blood heat
- Fire toxin

Testing
- HSG- left tube blocked

Lifestyle: Adopted a low G.I. diet.

Result at end of 4 months:
- Menstrual cycle regular at 28 days.
- Acne- 95% clear.
- Medium menstrual flow smooth w/ no clots
- pregnant!

PCOS- PLUS S/S

Sub-fertility
- TTC- 2 years
- Very greasy skin
- Headaches
- Strong Thirst
- Cycling- 24 to 32 days
- Sometimes just spotting
- Flow- Heavy or light, clotted
- P-Wiry and rapid

Testing
- HSG- left tube blocked

PCOS- Case study 2

De-Qi and Blood stasis with hot blood and fire toxin

Bei Hu Shu Shi 30
Tu Si Shi 10
Pi Gong Ying 20
Ye Ju Hua 10
Huang Qin 10
Zhi Zi 10
Xiang fu 10
Chai Hu 10
Bai Shao 10
Bai Zhu 10
Mu Dan Pi 10
Yi Yi Ren 30
Zhi Ke 10
Gan Cao

Lifestyle: Adopted a low G.I.

Result at end of 4 months:
- Menstrual cycle regular at 28 days.
- Medium menstrual flow smooth w/ no clots
- pregnant!
PCOS Case study 3
31 year old
G2-A1-T1
S/S
Pubic acne
Hirsutism
Fatigued
Irritable
Skinny
Testing
All normal

PCOS- Case study 3
De-Qi and Blood stasis with fire toxin and Blood deficiency
1) tx- First 4 months
Bai Hua She She Cao 30
Zi Hua Di Ding 24
Xu Chang Qing 9 (add at end)
Huang Qin 10
Zhi Zi 10
Hong Hua 12
Tao Ren 9
Chai Hu 9
Chi Shao 9
Dang Gui 9
Mu Dan Pi 9
Xiang fu 10
Yi Mu Cao 12
Gan Cao

2) tx- Last 2 months
Shen Hu Shi She Cao 30
Huang Qin 9
Chao Bai Zhu 9
Chen Pi 9
Gan Cao 6
Chai Hu 9
Dan Shen 30
Dang Gui 9
Mu Dan Pi 9
Mei Gui Hua 9

Lifestyle: Adopted a low G.I.
2.5 months later:
Skin stable, acne only slight
Menses returned
2nd menses came at 45 days
3rd menses came at 30 days
Each time saw cervical mucus
Stopped herbs and had contraception 3x per month to check in
Had 1 regular ovulatory cycle, without herbal medicine. Acne still clear.
Next cycle: pregnant!
7 month total treatment time

PCOS Case study 4
34 year old
Nulligravida
S/S
TTC: 3 years
Headaches
Frequent urination
Frequent clysis
Cycling: 1 to 2 x/year
Dark red painful flow w/ clots
T-Red tip, wet coat
P- Stagnant
Testing
U/S- cystic ovaries
Testing
Insulin resistant
Both Metformin and Clomid failed to produce ovulatory cycles. Not interested in IVF
PCOS - Case study 4

Dr.-Qi, Blood, and Phlegm stasis with hot blood, Fire toxin and Kidney Yang deficiency

<table>
<thead>
<tr>
<th>Category</th>
<th>Herbs</th>
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<tr>
<td>Bai Hua She She Cao</td>
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<td>Jiao Zao Ci</td>
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<td>Gan Cao</td>
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*E Zhu and San Leng were oscillated Hong Hua and Tao Ren

Lifestyle: Adopted a low G.I. and started the sun run training

Result:
- Hot sensation dissipated.
- Mood improved.
- A few weeks into treatment had first menses since three months after stopping Chlomid treatments.
- A few months later, had 1st cycle with no crucum.
- Lost about 25 pounds.
- Menses next came at 60 days, 15 days, 44 days... all of which were without crucum.
- Then stopped treatment...

Next cycle: pregnant

5 month total treatment time

PCOS

Case study 4

"After trying to get pregnant with metformin and chlomid for a couple of years I ended up with severe hot flashes, headaches, mood swings and No Baby!...

I followed the acubalance fertility diet (low G.I.), religiously drank my Chinese herbal tea, recorded my temperatures & symptoms, exercised and produced relaxation techniques and could see that in a few weeks my mood and overall health was much better...

After 5 months in treatment... I did 5 home pregnancy tests and still had to get the final confirmation with a blood test to believe it! I am today 31 weeks pregnant and healthy.

acubalance Wellness Centre
Both Langley and Vancouver locations

Dr. Trevor Erikson

www.acubalance.ca  www.skin.health-info.org