



THE REDWOOD CLINIC

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BIOGRAPHICAL SKETCH OF JAY SORDEAN

Medical Background: Jay Sordean is a Licensed Acupuncturist (L.Ac.), Oriental Medical Doctor (O.M.D.), Certified Traditional Naturopath (C.T.N.), Qualified Medical Examiner (Q.M.E.), homeopath, and herbalist. Originally from Indiana, Dr. Sordean began his study of medicine at an early age; in 1971 he began his focus on Oriental Medical studies with the practice of Tai Qi Chuan, Shiatsu, and dedicated study of Japanese. His formal training in acupuncture and herbology began in 1973 during his first trip to Japan and has continued thereafter with study in Taiwan, Hong Kong, Japan, and other areas of Asia, Europe, the United States, and Canada. He was also a senior information analyst for the National Cancer Institute for five years, where he was responsible for translating documents on Western treatments of cancer from the Japanese medical literature. His training in Homeopathy began in the late 70's and includes residential clinical study in Calcutta, India and Practitioner of Classical Homeopathy status from the Dynamis School of Advanced Homeopathic Studies in England. Between July 2004 - February 2005, Dr. Sordean was the in-house acupuncturist for the Kaiser Occupational Health Department in Oakland, CA.

Consumer Advocacy: In supporting the wider acceptance of acupuncture in mainstream medicine, Dr. Sordean has served on the Board of Directors of the California Acupuncture Association. In addition, he represented the C.A.A. in legislative hearings and meetings with other leaders in the medical community. He also served as the California Regional Representative to the Oriental Medicine and Chiropractic Quality Management Committee of Landmark HealthCare, a leading acupuncture and chiropractic IPA and HMO which is working to get acupuncture integrated into all HMOs, PPOs, and other third party plans.

In addition, he was also a founding member of the Body-Mind Wellness Institute, promoting an integration of a variety of alternative approaches to health and healing. At the national level, Dr. Sordean has been active in making acupuncture practice safer and more accessible to the public. Furthermore, he is nationally certified by the National Commission for the Certification of Acupuncturists as a diplomate and a Diplomate of the National Board of Acupuncture Orthopedics. In 2005, he achieved a Medical Provider Certification in the First Line Therapy program, which puts patients on the path to optimal health and ideal body composition through a combination of balanced eating, exercise, reduction of stress, appropriate testing, and effective supplementation.

*Less than 1% of the acupuncturists in California have achieved
this level of advanced training.*

Public Service: Dr. Jay Sordean has been a resident and active participant in Northern California affairs since his move here in 1983 from Philadelphia. He is a participating member of the Berkeley and Richmond Chambers of Commerce and has given educational lectures to Rotary, Kiwanis, Optimist, Soroptimist, Curves, YMCA, hospitals, yoga centers, senior citizens, police, and other service groups. *Should you want a special presentation for your group or workplace, please call the office.* In addition, he supports groups promoting health, peace, social justice, and meeting human needs, such as Physicians for Social Responsibility and the People's Life Fund. Having been fortunate enough to be able to travel to many countries around the world, Jay effectively uses his multicultural skills to promote health and understanding in this culturally diverse community.

Patient Satisfaction: Clients find that Dr. Sordean's warmth, sensitivity, and experience are valuable assets to help meet their individual needs, whether in treating acute illness, chronic disease, work or personal injury, infant and pediatric conditions, or for life-long health promotion and disease prevention. Clients also appreciate his ability to communicate effectively with their primary care physicians and his dedication to advocate a holistic and preventative approach treatment.

Breadth of Knowledge: As former Director of Programs for the Japanese-American Acupuncture Foundation, he was instrumental in bringing the top Japanese Acupuncture and Herbal Masters to California in the 1980s to help improve the level of acupuncture and herbal medicine practiced here. Because of his extensive studies and fluency in Japanese, he is in a unique position to treat patients by implementing the refined techniques which are taught and known to very few. Dr. Sordean represents a new type of family practitioner, as he is able to treat a diverse range of health-related issues. In addition, other acupuncturists refer patients to him because he is known to have specialty training in pediatrics, immunology, orthopedic and neurological acupuncture, homeopathy, as well as herbology.

Further information: Other questions you may have can be answered by calling Dr. Sordean at The Redwood Clinic at 510-849-1176. Comprehensive evaluation and treatment is available by appointment.

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HEALTH REPORT

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VOLUME 9

ISSUE 15

ACUPUNCTURE IS FINALLY ACCEPTED AS AN EFFECTIVE TREATMENT FOR ARTHRITIS BY MEDICAL COMMUNITY

The Annals of Internal Medicine recently published a landmark study that has validated Acupuncture as an effective therapy.

According to the National Institutes of Health, this study was the "largest, longest and most rigorous study of Acupuncture ever conducted." Investigators further stated that Acupuncture is now considered a 'new' addition to therapies for degenerative osteoarthritis."

Results showed that Acupuncture relieved the pain and improved function in patients who suffer with arthritis of the knee.

570 patients, ages 50 and older, participated in the study. All patients had arthritis in one or both knees.

Patients were randomly assigned to three groups: 190 patients received 23 Acupuncture sessions, 191 patients received 23 sessions of sham Acupuncture, and 189 patients took six two-hour education courses. All patients continued receiving care from primary physicians.

Researchers found that patients who received 23 sessions of Acupuncture over a six-month period reported a 40% improvement in knee function and a 40% reduction in pain by the end of the fourteenth week.

According to Dr. Brian M. Berman, director of the Center for integrative medicine at the University of Maryland's School of Medicine, "Conventional medicine doesn't have all the answers."

He noted that the drugs don't always provide adequate pain relief and that many drugs have undesirable side effects.

"We need to have more 'poly-therapies,' not just one magic bullet." said Berman, who also served as lead investigator for the study.

Acupuncture involves the insertion of needles at various points on the body. These points, according to Chinese practitioners, connect to pathways called Meridians, which conduct energy, or Qi. Chinese practitioners believe that Acupuncture works by improving the flow of Qi throughout the body.

SOURCE: *Annals of Internal Medicine*, December 21, 2004; *Web MD Health*, www.my.webmd.com, December 20, 2004; *Indianapolis Star*, www.indystar.com, December 26, 2004; *Atlanta Journal-Constitution*, December 21, 2004.

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HEALTH REPORT

VOLUME 9

ISSUE 125

NEW STUDY RECOGNIZES ACUPUNCTURE AS EFFECTIVE TREATMENT FOR PAIN OF OSTEOARTHRITIS

A landmark study published in *The Annals of Internal Medicine* and funded by the National Institutes of Health has finally provided objective proof that Acupuncture provides real hope and help for those suffering from osteoarthritis.

The study team enrolled 570 patients aged 50 or older with osteoarthritis of the knee. Participants were randomly assigned to receive one of three treatments: Acupuncture, sham acupuncture, or participation in a control group that followed the Arthritis Foundation's self-help course for managing their condition.

On joining the study, patients' pain and knee function were assessed using standard arthritis research survey instruments and standard measurement tools. Patients' progress was assessed at 4, 8, 14, and 26 weeks. By week 8, participants receiving Acupuncture were showing a significant increase in function and by week 14 a significant decrease in pain, compared with the sham and control groups. These results held through week 26. **Overall, those who received Acupuncture had a 40% decrease in pain and a nearly 40% improvement in function compared to baseline assessments.**

"For the first time, a clinical trial with sufficient rigor, size, and duration has shown that Acupuncture reduces the pain and functional impairment of osteoarthritis of the knee," said National Center for Complementary and Alternative Medicine Director Stephen E. Straus, D.C. "These results also indicate that Acupuncture can serve as an effective addition to a standard regimen of care and improve quality of life for knee osteoarthritis sufferers.

"More than 20 million Americans have osteoarthritis. This disease is one of the most frequent causes of physical disability among adults," said Stephen I. Katz, M.D., Ph.D., National Institute of Arthritis and Musculoskeletal and Skin Diseases Director. "Thus, seeking an effective means of decreasing osteoarthritis pain and increasing function is of critical importance."

SOURCE: <http://nccam.nih.gov/news/2004/acu-osteo/pressrelease.htm>

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Health After 50®

Taking Control of: Arthritis...Heart Health...Memory...Vision...Diabetes...Cancer...Hypertension...Depression...Nutrition...Osteoporosis...Prostate Health...



LONGEVITY FACTS

► The U.S. Preventive Services Task Force recommends that men between the ages of 65 and 75 who are or have been smokers get an ultrasound to check for abdominal aortic aneurysm (AAA). Asymptomatic, AAA occurs in 4% to 8% of older men; 1 in 3 ruptures, and few people make it to the hospital in time for life-saving surgery. If detected early, surgery can repair the aorta and prevent rupture. If AAA is not found, repeat screening isn't necessary. Screening is not recommended in women, who have a very low risk of fatal AAA.

► A recent analysis suggests that chronic pain may lead to hypertension. Researchers found 39% of 300 patients with chronic pain had hypertension compared with only 21% of 300 patients without pain. Also troubling were findings that high blood pressure in people with chronic pain may make pain more acute. Not only should no one have to suffer chronic pain, but this study makes it clear that treatment is about more than pain relief.

► Foot and ankle pain is the latest concern to be added to the growing list of weight-related problems. A recent survey by the American Orthopaedic Foot and Ankle Society found that 41% of nearly 6,000 respondents gained weight before their pain began—some only 10 lbs. Experts say it's important to know that what might feel at first like a sprained ankle may in fact be an overstressed tendon. Comfortable shoes are essential, and using bracing or arch supports as soon as pain begins can relieve pain and help prevent further damage. Of course, maintaining a healthy weight helps most.

Acupuncture Points to Pain Relief

Many patients with osteoarthritis (OA) of the knee continue to experience significant ongoing pain despite medical therapy and other recommended lifestyle changes. So it comes as welcome news that recent research indicates that the ancient Chinese technique of acupuncture can provide additional relief when coupled with traditional therapies.

HOW DOES ACUPUNCTURE WORK?

Acupuncture, the practice of stimulating specific anatomical points on the body to improve health and well-being, originated in China more than 2,000 years ago. Traditional Chinese medicine views the body as a balance of two opposing forces, *yin* and *yang*, and believes that disease is due to an internal imbalance of these forces that disrupts the normal flow of vital energy, called *qi* (pronounced "chi"), in the body.

Acupuncture is thought to restore health by promoting the orderly flow of *qi* along 20 body channels, or meridians, that are connected by more than 2,000 acupuncture points. Specific points are thought to be related to particular organs, body structures, and systems. During treatment, a trained practitioner uses hair-thin, metallic needles to penetrate these points on the body. The needles are sometimes manipulated by hand or by electrical stimulation.

Western medicine views acupuncture somewhat differently, believing that acupuncture may help ease pain by promoting the release of endor-

phins, which are natural pain-relieving chemicals in the brain that resemble morphine. Some recent studies support this view of acupuncture, finding that naloxone, a drug that antagonizes the actions of morphine, also blocks the pain-relieving effects of acupuncture. In addition, acupuncture may alter the release of neurotransmitters (chemical substances that transmit nerve impulses) affecting other body functions, such as immune reactions, blood pressure, blood flow, and body temperature.

There is already some evidence suggesting that acupuncture is effective in relieving dental pain and the nausea and vomiting associated with surgery, chemotherapy, and the morning sickness of pregnancy. Many Americans have tried this alternative treatment, with more than 2 million people receiving acupuncture in 2002.

OSTEOARTHRITIS-RELATED PAIN

OA, the wear-and-tear form of arthritis, is a very common problem. It afflicts an estimated 21 million Americans and about 10% of all people over age 55. The condition results from the breakdown of cartilage in

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ACUPUNCTURE'S PAIN RELIEF EQUAL TO PAINKILLING DRUGS

A team of scientists from two British universities carried out brain scans on patients while they underwent Acupuncture treatment. The scans showed differences in the brain's response to acupuncture needles compared with tests using dummy needles that did not puncture the skin.

Doctors found that the part of the brain that manages pain and the nervous system showed pain relief levels of as much as 15 per cent.

Dr. George Lewith, from the University of Southampton's Complementary Medicine Research Unit, said the improvement is "exactly the same size of effect you would get from...real painkillers for chronic pain. The evidence we now have is that acupuncture works very well on pain."

The 14 patients in the study were put through three tests in random order, while 'brain maps' were created using sophisticated scans at University College London. In one test, researchers used blunt needles that pricked the skin, but which the brain registered as the sensation of touch. Dummy needles, where the tip was pushed back once it touched the skin, were then used, and in the third test the patients underwent acupuncture treatment with real needles.

The acupuncture needles had two measurable effects on the patients' brains: as with the dummy needles, the brain released natural opiates in response to the expected effect of the needles.

But the scans showed that the real needles had an extra effect and stimulated another part of the brain called the ipsilateral insular. This improved pain relief of 10-15% was similar to the effect of taking conventional analgesic drugs.

SOURCE: http://www.nzherald.co.nz/index.cfm?c_id=5&ObjectID=10123440

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ACUPUNCTURE PROVIDES WELCOME RELIEF FROM KNEE PAIN

The *Journal of Traditional Chinese Medicine* published a study that showed the effectiveness of Acupuncture in treating swollen knees. Fifty patients were diagnosed with inflammation of the lubricating tissues of the knee, with a collection of fluids in adjacent tissues or joint cavities. These fifty patients were then administered Acupuncture treatment.

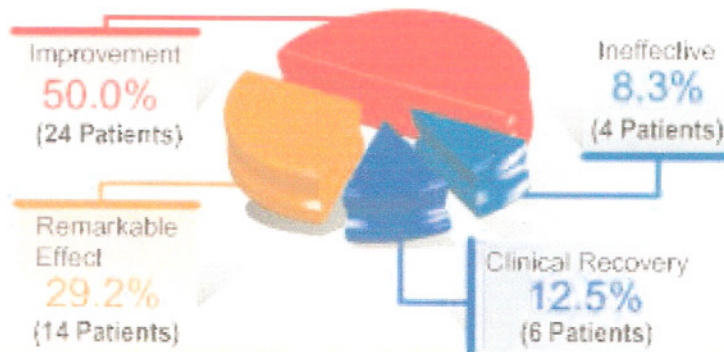
Acupuncture proved its effectiveness by creating improvements in every patient. Thirty-six percent of the patients reported a "marked improvement," and a full 60% of patients reported that they were cured. Remarkable results and completely drug-free!

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Acupuncture and Massage for Arthritis Patients

In a recent study, 48 patients with rheumatoid arthritis received a combination of acupuncture and massage therapy for pain relief. An overwhelming majority of patients (91.7%) said the treatment was effective in relieving the symptoms of their conditions.

Results of Treatment with Acupuncture and Massage Therapy



SOURCE: Hong B. Xiaoliang Y. Treatment of rheumatoid arthritis by warmed needling and massage. *Shanghai Journal of Acupuncture and Massage*, 1999; 1:33, 34.

SOURCE: http://www.acupuncturetoday.com/graphs/feb_06graph.html

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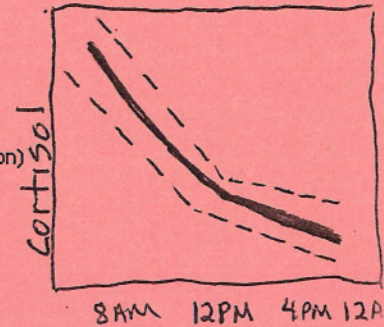
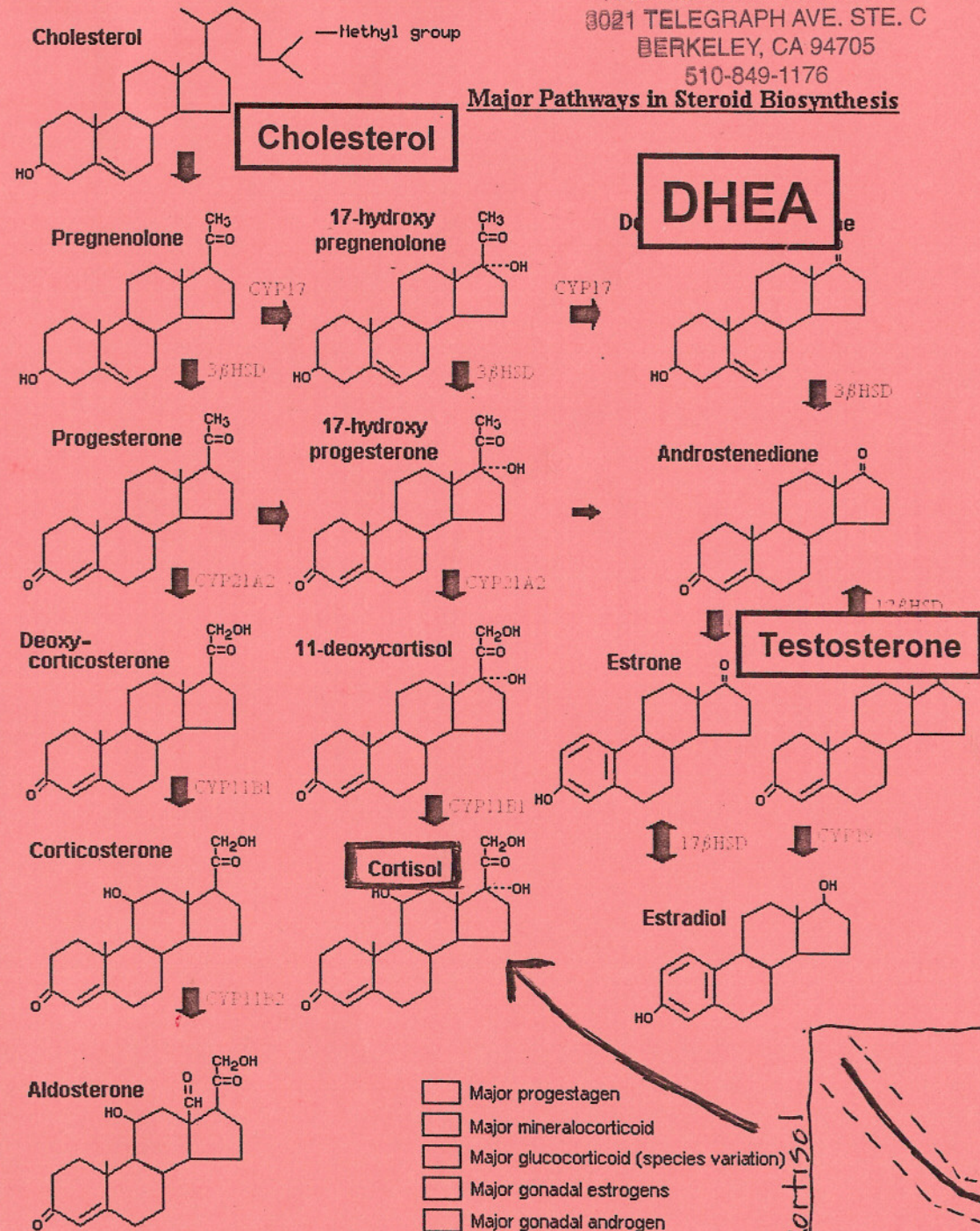
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Major Pathways in Steroid Biosynthesis



Cholesterol

Pregnenolone

All steroids

Pregnenolone (from cholesterol) itself is not a hormone, but is the immediate precursor for the synthesis of all of the steroid hormones.

<http://arb1.cvmb.colostate.edu/hbooks/pathphys/endocrine/basics/steroidogenesis.html>

STRESS & ARTHRITIS

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SURVEY

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Name _____ Age _____ Phone (Home) _____ (Work) _____

E-mail Address _____ Cellular Phone # _____

Address _____ City _____ State/Prov. _____ Zip/Postal _____

Occupation _____ # Hours per week currently working _____

Spouse Occupation _____ # Hours per week currently working _____

1 Check off any of the following symptoms you have experienced in the past 6 months:

- | | | | |
|--|--|---|---|
| <input type="checkbox"/> Pain/Restricted Motion/
Numbness | <input type="checkbox"/> Swelling in Joints | <input type="checkbox"/> Digestive Trouble | <input type="checkbox"/> Asthma |
| <input type="checkbox"/> Neck <input type="checkbox"/> Legs | <input type="checkbox"/> Knee Pain | <input type="checkbox"/> Constipation | <input type="checkbox"/> Menstrual Problems |
| <input type="checkbox"/> Shoulders <input type="checkbox"/> Arms | <input type="checkbox"/> Wrist/Hand Pain | <input type="checkbox"/> Diarrhea | <input type="checkbox"/> Ringing in Ears |
| <input type="checkbox"/> Low Back <input type="checkbox"/> Hands | <input type="checkbox"/> Headaches/Migraines | <input type="checkbox"/> Gas | <input type="checkbox"/> Nervousness |
| <input type="checkbox"/> Fatigue | <input type="checkbox"/> Irritability | <input type="checkbox"/> Bloating | <input type="checkbox"/> Dizziness |
| | <input type="checkbox"/> Insomnia/Sleep Problems | <input type="checkbox"/> Sinus Problems/Allergies | <input type="checkbox"/> Weight Trouble |

Which of the above bothers you the most? _____

How long have you been bothered by the condition? _____

Describe how it feels or affects you when it is at its worst. _____

2 Does this cause you to be: 3 Does this affect your work: 4 Does this affect your life:

- | | | |
|---|--|--|
| <input type="checkbox"/> Moody | <input type="checkbox"/> Decision Making | <input type="checkbox"/> Lose Patience with Spouse or Children |
| <input type="checkbox"/> Irritable | <input type="checkbox"/> Poor Attitude | <input type="checkbox"/> Restricted Household Duties |
| <input type="checkbox"/> Interrupt Sleep | <input type="checkbox"/> Decreased Productivity | <input type="checkbox"/> Hinders Ability to Exercise or Participate in Sports |
| <input type="checkbox"/> Restricted on Daily Activities | <input type="checkbox"/> Exhausted at End of Day | <input type="checkbox"/> Interferes with Ability to Participate in Hobbies or Other Desired Activities |
| | <input type="checkbox"/> Unable to Work Long Hours | |

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If you checked any of the above items, your organs are probably not functioning as well as they could, and your energy is probably not flowing as smoothly as it could be.

ACUPUNCTURE AND CHINESE HERBAL MEDICINE CAN HELP YOU because they gently and naturally treat the body to remove the stress and imbalance that CAUSE health problems.

WOULD YOU LIKE TO GET RID OF THE PROBLEM? YES NO

If your answer is Yes, there are several alternatives available to you. Please check the most appropriate for you:

- I would like to come to the Acupuncturist's office for an initial evaluation and consultation. There is NO CHARGE for this visit. This will allow me to find out if I can be helped by Acupuncture and Chinese Herbal Medicine without any financial barriers.
- I would like to come for further wellness classes.

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