

An Innovative Approach by Using Acupuncture for Improving the Urinary Symptoms of Patients with Ketamine Dependence

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要“K”掉你的膀胱

“K”ill Your Bladder

危险因素 (Risk factors)

- 吸烟 (吸烟导致癌症发生率增高)
- 小使便频率、血尿、
- 膀胱炎
- 长时间憋尿习惯、
- 膀胱位置高、

From use of hormone can cause bladder damage in bladder already with increased bladder and lead to damage

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Day 1: **electro-acupuncture** to 關元 (RN4), 中極 (RN3) (electro-acupuncture frequency of 1 - 6Hz with hot pack at lower back region, for 20 minutes)

Day 2: **electro-acupuncture** to **膀胱俞 (BL28)** (electro-acupuncture frequency of 1 - 6Hz with hot pack at abdominal region, for 20 minutes)

Outcome measures were taken before and after a total of 20 treatment sessions (Maximal urinary bladder capacity, Pelvic pain & Urgency/Frequency Score, Numeric Pain Rating Scale, Nocturia Frequency, Minimum and maximum duration between voids)

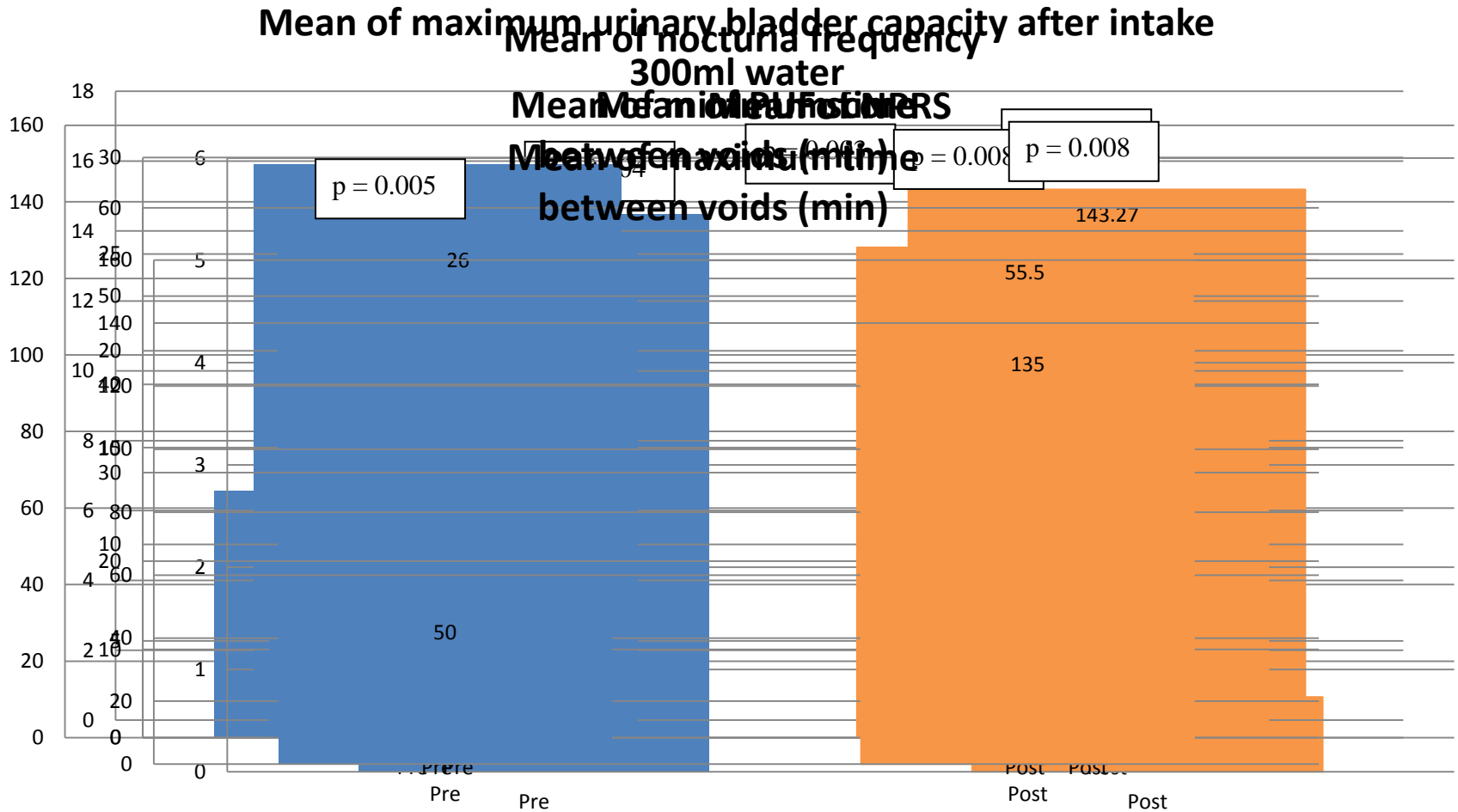
Results

Eleven clients (5 female and 6 male) completed the 4-week electro-acupuncture programme.

Mean age was 26.3 ± 3.39 years old.

Mean duration of ketamine abuse was 9.1 ± 2.0 years.

Results



Conclusion

Improvement was shown in the bladder capacity, pain, voiding pattern and disability associated with urinary tract complication of ketamine abuse.

Foundation for future study:

Electro-acupuncture might alleviate lower urinary tract symptoms in ketamine abusers.