

performed acupuncture on the ward for inpatients differs from outpatient settings, due to general conditions of patients, environment and short therapeutic intervals. Additionally, acupuncture for children is generally not covered by German health insurance. Therefore, it took longer to establish and implement this method in daily patient care. The main challenges, obstacles but above all benefits for patients, parents and care providers will be summarized and important steps to embed it in the long term will be presented. The description of this process will hopefully encourage other hospitals to integrate acupuncture service into their daily practice as well.

<https://doi.org/10.1016/j.jams.2018.08.051>

S11 - Symposium 11

Thyroid Diseases - Importance of Nutrition and Chinese Dietetics

U. Siedentopp

German Medical Acupuncture Association (Deutsche Ärztegesellschaft für Akupunktur, DÄGfA), Germany

Abstract

Thyroid diseases such as goiter, hypothyroidism and hyperthyroidism are now widespread diseases due to increasing prevalence. Chronic iodine deficiency is considered the main cause of endocrine organ dysfunction. Iodine is also antiseptic, antioxidant, immunostimulant, detoxifying and regulates cell growth and cerebral maturation in fetuses and newborns.

The diagnosis includes specific laboratory data of thyroid hormones, autoantibodies and the excretion of iodine in urine. Food protocols and a standardized dietary history serve to determine individual eating habits.

Chinese medicine knows various syndromes in connection with thyroid diseases. The syndromes are classified according to their relation to the meridians, Zang-Fu organs and five elements, Ba-gait and pathogenic factors. Qi stagnation, Qi deficiency of the spleen, heart and liver yin deficiency and renal yang deficiency as well as liver fire, moisture and mucus occur. TCM dietetics is primarily based on the qualitative aspects of food such as temperature, taste and organ procurement. Depending on the different syndromes, different individual recommendations are given for hot, warm, neutral, cool or cold dishes with salty, acidic, bitter, sweet or spicy taste. Foods that are suitable and specifically effective for syndromes are generally considered to be a mild therapeutic agent. In this way, a syndrome-oriented Chinese diet supports drug therapy. For struma prophylaxis the daily iodine intake should be 200 µg. Sea fish, algae and iodized table salt are important sources of iodine. In Hashimoto-thyroiditis, antibody formation can be reduced by targeted selenium substitution. There is currently no clear scientific evidence for the effectiveness of a gluten-free diet in Hashimoto's thyroiditis.

Patients with thyroid diseases benefit from integrative nutrition therapy based on modern nutritional science and Chinese dietetics.

<https://doi.org/10.1016/j.jams.2018.08.052>

S12 - Symposium 12

Anemia—Induced Erythropoiesis in Organ Surface Primo Vascular System in Rats

P.D. Ryu, Y. Shen, C.J. Lim, S.Y. Lee

College of Veterinary Medicine, Seoul National University, South Korea

Abstract

The primo vascular system (PVS) is a novel circulatory system that has been claimed as the anatomical structure of the acupuncture meridians in early 1960s. The PVS, composed of primo-nodes (PNs) and primo-vessels (PVs), is identified from various animal tissues including the surface of abdominal organ. Previously, we reported that the organ surface PVS (osPVS) tissues are enlarged in the rat model of heart failure and the number of erythrocytes and reticulocytes are significantly increased. These results suggest that an extramedullary erythropoiesis (EMH) occurs in the osPVS of the heart failure rats. However, it is not yet known why such EMH occurs in the osPVS of the heart failure rats. Here, we hypothesized that the EMH in the osPVS is due to the anemic conditions accompanying the heart failure. For this experiment, anemia was induced by injection of phenylhydrazine (PHZ, 40 mg/kg/day, i.p) for 2 days. At day 3 post PHZ injection, the RBC, hematocrit, and hemoglobin were decreased, whereas the reticulocytes, WBC, and MCH were also elevated. All the parameters were trend to recover to normal levels at day 10 post PHZ injection. At day 3 post PHZ injection, the typical milky-colored and semi-transparent osPVS tissue was collected from the surface of internal organs in the peritoneal cavity of rats under a stereomicroscope. The number of sample per rat ($p < 0.01$) and the mean size of the PN (estimated by the area of photo pictures) are significantly increased, respectively ($p < 0.05$). In addition, the proportion of osPVS number containing red chromophore was also greater in anemic rats at day 3 ($p < 0.001$), and recovered to the control level at day 10 post PHZ

