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## Why are Diabetic Patients Still Having Hyperglycemia despite Diet Regulation, Antiglycemic Medication and Insulin?

**Introduction:** Diabetes and its complications were responsible for 8.8% of deaths worldwide in 2017. Many of those deaths could be avoided. Western medicine manages the disease with lifestyle changes and medication. Purpose: The purpose of this study is to demonstrate how in Traditional Chinese Medicine, all diseases are associated with the Yin and Yang imbalances, including diabetes. Although Western medicine and Traditional Chinese medicine (TCM) share the diabetes treatment goals of reducing symptoms and preventing complications, their approaches to conceptualizing, diagnosing, and treating the disease are very different. Methods: The methods used in this study were two case reports and bibliographic researches of TCM's medical literature and Five Elements Theory on the pathophysiology of energy imbalances in diabetes, which lead to the manifestation of the clinical symptoms. The treatment results, looking from the energy point of view, treat the individual as a whole; not only treating the disease but the entire body, as recommends Hippocrates, the father of Medicine. Results: After rebalancing the body's energy, taking awareness and precaution about internal (emotional) triggers, dietary factors and external (climatic) triggers, the symptoms' improvement is noticeable. Conclusion: Concluding, when looking at patients as a whole, from the point of view of Yin and Yang energy and Five Elements Theory, we can analyze aspects of the diet normally recommended and the use of hypoglycemic medication and/or insulin, and have a greater balance of hyperglycemic diabetic patients, treating them according to the energy point of view with dietary recommendation, acupuncture, etc.

**Keywords:** Diabetes; Energy; Diet; Traditional Chinese medicine.

### Biography:

Huang Wei Ling, born in Taiwan, raised and graduated in medicine in Brazil, specialist in infectious and parasitic diseases, a General Practitioner and Parenteral and Enteral Medical Nutrition Therapist. Once in charge of the Hospital Infection Control Service of the City of Franca's General Hospital, she was responsible for the control of all prescribed antimicrobial medication and received an award for the best paper presented at the Brazilian Hospital Infection Control Congress in 1998. Since 1997, she has been presenting her work worldwide, working with the approach and treatment of all diseases of all systems of the human body in a holistic way, with treatment guided through the teachings of Traditional Chinese Medicine and Hippocrates.