

THE USE OF ACUPUNCTURE TO AID IN LUMBAR PUNCTURE IN A PATIENT WITH DEMENTIA AND CHRONIC LUMBAR PAIN: A CASE REPORT

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Abstract

It is estimated that up to 84% of adults experience low back pain at some point in their lives. With population aging, neurodegenerative diseases, such as dementias, are becoming more and more prevalent. Alzheimer's disease still is the most frequent cause of dementia, ranging, on average, from 60-80% of cases in literature, but there are other secondary causes of dementia. Chronic pain in the elderly has increased in the United States and worldwide with population aging. Acupuncture is an oriental medicine method that has been gaining more attention and notoriety in modern medicine in recent years, with clinical trials and systematic reviews already showing its effectiveness in chronic low back pain. Here, we describe a case report of a hospitalized elderly patient with multiple comorbidities, chronic low back pain and dementia, which, due to comorbidities and medication intolerance, it was decided to start acupuncture sessions aiming pain control in order to perform the examination of cerebrospinal fluid by lumbar puncture and to define the best therapeutic strategy.

Biography

Breno Milbratz graduated from the Acupuncture residency program in the largest hospital complex in Latin America. During his graduation, he had a specific training in pain medicine, enabling him to treat painful pathologies and to perform minimally invasive procedures for pain management. He has a scientific paper published at the Medical Acupuncture international journal and recently started a postgraduate program in lifestyle medicine, an area of health that studies the impact of lifestyle habits on the development of chronic illnesses, with the aim of preventing such illnesses. Currently, he treats outpatients in the public health system of Brazil with acupuncture and Chinese herbal medicine and hospitalized patients with acute or chronic pain in private hospitals in São Paulo.

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