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**Lizu Xiao**

Guangdong Medical College, China

The differences of chronic pain management between eastern and western medicine

The thoughts of Eastern Medicine:

- Oriental or Chinese medicine (CM), philosophy
- From thousands of years experiences and following the way of inductive method
- The concept of a small universe living in a large universe
- The duality concept of yin and yang
- Considering health as a balanced state versus disease as an unbalanced state
- The therapeutic concept in CM—the normalization or reestablishment of balance of the body function
- The eastern approach is preferring to adapt to the environment
- The concept of preventive medicine
- "General not feel any pain, pain is unreasonable.
- The emphasis is from the "within" to strengthen the enormous defensive and adaptive powers of one's body
- May accommodate physical or mental stress
- Working slowly and appearing to be less effective
- If successful, result is a balanced comfortable body and a happy person

The thoughts of Western Medicine:

- WM is Science and following the way of hypothetical deduction
- The western approach clearly divides the health from the disease
- WM tends to change the environment
- Artificial organs or tools used to replace the damaged organs or tissues
- Synthetic hormones or vitamins used for impaired bodily functions
- Anti-biotics, anti-inflammatory, anti-convulsant, anti-depression

Because of the different perspectives between Eastern Medicine and Western Medicine, the solutions are different. What are the differences? Listening to the lecture.

Biography

Lizu Xiao is Chief pain physician and Deputy Director for the Department of Pain Management of Shenzhen Nanshan Hospital in Guangdong, China. Member of International Association for the Study of Pain (IASP) and National Committee of Chinese Association for the Study of Pain (CASP) from 2013. Editor of the Chinese Pain Medicine Journal, and a professor & mentor of Guangdong Medical College. Visiting Scholar of the Stanford University from 2009 to 2010.

nsyyjoe@live.cn