

Polycystic Ovarian Syndrome Conference

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The treatment of PCOS using traditional Chinese medicine

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Polycystic Ovarian Syndrome (PCOS) is the most common hormonal disorder affecting women of reproductive age. It is a complex condition affecting many aspects of health including metabolic syndrome and insulin resistance, anovulation and irregular menses, hirsutism and elevated androgen levels. Symptoms worsen over time and may affect women from PCOS have a negative impact on psychological wellbeing. Stresses have been associated with functional amenorrhea, which is a symptom of PCOS. Stress and anxiety have been found to suppress the ovarian and menstrual cycle. This talk will cover the patho-physiology of PCOS as it pertains to Traditional Chinese Medicine (TCM). It will include a discussion of applicable aspects of TCM theory and how it relates to western terminology. In addition, I will outline a treatment plan including acupuncture, diet, lifestyle, Chinese herbal medicine and supplements.

Biography

Julie Booker, EAMP, Dipl. OM, Dipl. Ac, Dipl.CH, FABORM practices in Seattle at Acupuncture Northwest and Associates, an integrative clinic specializing in reproductive health, fertility, gynecology and pregnancy care. She is a Fellow of the American Board of Oriental Reproductive Medicine (ABORM); a licensed and national board certified acupuncturist and Chinese herbalist. She received her Master's degree in Oriental Medicine from the Northwest Institute of Acupuncture and Oriental Medicine in 2003. She also completed post-graduate training in acupuncture and Chinese Herbology in gynecology. Her specialties include OB/GYN and women's health, infertility and assisted reproduction support. She treats patients using both acupuncture and Chinese herbal medicine in combination with a deep understanding of western medical conditions and protocols.

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