

3<sup>rd</sup> International Conference on

# GYNECOLOGY AND OBSTETRICS

June 21 – 22 , 2019 | Osaka, Japan



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### How to treat urinary incontinence in women without surgery?

**Statement of the Problem:** Urinary incontinence is defined as the loss of bladder control. In Western medicine, the treatment is hard to achieve and the need of surgery is common. In Traditional Chinese Medicine, urinary incontinence is caused by Kidney Yang deficiency.

**Purpose:** To demonstrate it is possible to treat urinary incontinence, without the need of surgery.

**Methods:** A case report of 55-years-old female patient, with urinary incontinence for around 30 years. After three years of the birth of her third and last child, all delivered by vaginal births, the symptoms appeared when she would sneeze or cough and worsened, requiring diapers for performing different activities, mainly when she had contact with water in her feet. Her gynecologist recommended her for surgery, but she refused for a long time and

after years, she tried another treatment. She started auricular acupuncture and Chinese dietary therapy.

**Findings:** She had complete improvement of the symptoms in three sessions of acupuncture, associated with Chinese dietary therapy, not needing to use diapers or sanitary pads. After this improvement, she received measurement of the seven chakras, which appeared in the lowest level, and started the intake of homeopathy and crystal-based medications.

**Conclusion:** Based on this case report, we conclude that it is possible to treat urinary incontinence without surgery. To this aim, we need to see the patient as a whole, considering the energy imbalances, which were causing urinary incontinence, using Chinese Nutritional Therapy, acupuncture, moxibustion, homeopathy and crystal-based medications.

#### Biography

Huang Wei Ling has 27 years' experience on the clinical and private fields of traditional Chinese medicine practice, hospital infection control, general practice, parenteral and enteral medical nutrition, nowadays owner and practitioner of Franca's only Medical Acupuncture and Pain Management Clinic. Through 1995 to 2005, she was responsible for the control of all antimicrobial medication prescribed within Franca's General Hospital and in 1998 was awarded with best study presented at the Brazilian Hospital Infection Control Congress. Since 2007, she has been travelling worldwide attending conferences as special, keynote and general speaker in a variety of specialties, presenting her exclusive point of view through unique case studies from her experiences, traditional Chinese medicine literature and Hippocrates reasoning.

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