

40 degrees of her peripheral vision back.

“Are you going to stick needles in my eyes?”

“No, no – of course not.”

I was speaking with a new client. Helen is 78 years old and suffering from retinitis pigmentosa (referred to as “RP”), a degenerative condition of the retina with subsequent vision loss.

Helen is an independent spirit with a full and rich life. She had come to me in quiet desperation. RP is associated with a systemic condition (not just eyes). People suffering from this condition usually lose their night vision first, then their peripheral vision, and then their central vision. This is a gradual and terrifying process. As of the beginning of 2018, there is no effective conventional medical treatment for RP.

Research conducted in China and Denmark has shown that acupuncture may be the only current treatment that provides any relief for those suffering from RP. New research being conducted in the United State supports the initial findings.

Point of View Acupuncture

Acupuncture Therapy in Wilmington, Delaware

The medical community agrees that acupuncture is NOT a cure – but it does provide some relief for the condition. Certain acupuncture methods frequently (but not always) yield positive results in regards to improved visual field and visual acuity.

The mechanism of relief is not fully understood, but researchers have measured an increase in the blood flow to the eyes when the appropriate acupuncture points are stimulated. This increased blood is believed to benefit many eye conditions – not just RP.

Most RP patients experience long-term stabilization in their condition, and many will see recovery in peripheral vision, better adaptability to dim light conditions, and enhanced night vision. Unfortunately, degenerative eye disease tends to cause a decline in vision of 3% to 10% per year. Just being able to stop the decline and stabilize vision is a success.

Helen is actually in a good situation. She noticed the condition early and sought medical treatment immediately. Also fortunately for her, her doctor was keeping current with the latest eye treatments. He recommended a licensed acupuncturist that specializes in treatment for eye issues. That is how she came to me.

I explained that we had a good chance of achieving positive results, maybe even regaining some functionality. Treatment varies per client, but generally Helen could expect two sessions per day, five days per week for 2 weeks. After 4 of these sessions over the course of a year, the

Point of View Acupuncture

Acupuncture Therapy in Wilmington, Delaware

treatment will have awakened any dormant nerve cells and possibly recovered some vision. Maintenance treatments are every 3 to 6 months.

Helen has been my patient now for 18 months. Though results of treatment vary widely, Helen has recovered 40 degrees of her peripheral vision.

About The Acupuncturist

Tricia Kramer, LAc, is a Licensed Acupuncturist in Delaware, Maryland, and Pennsylvania with certification in the treatment of eye diseases. She is Board Certified in Acupuncture by the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM).

Tricia received her Master's degree from The Traditional Acupuncture Institute (TAI) which is now called Maryland University of Integrative Health (MUIH), in Laurel, Maryland. This is the oldest accredited acupuncture school in the country. Upon completion, she was an Assistant Faculty Member at the school for 5 years and taught classes in Point Location. Additionally, she served on the Board of Directors for the Maryland Acupuncture Society for 8 years and was awarded a lifetime membership for her service. Tricia received her undergraduate degree in Special Education for Visual Impairment from Kutztown University, in Kutztown, Pennsylvania.

Tricia enjoys working with people of all ages and health challenges. She blends her Five Element and Traditional Chinese Medicine training to help acute and chronic imbalances of the body, mind and spirit. She additionally has specialized training in two systems that originated in Denmark, that help people with eye disease. Treatment is in the hands and the feet – never in the eyes.