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A Case Report: A Combination of Traditional Chinese Medicine and Western Medicine Treats Central Retinal Vein Occlusion

病例报告：中西医治疗视网膜中央静脉阻塞症一例报告

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Keywords: Retinal Vein (视网膜静脉), Occlusion (阻塞), Acupuncture (针刺), Herb (草药), Combination (复合)

Objectives:
A 54 year old Asian woman had been getting treatment for blurry vision in her left eye for four years. After losing sight in her left eye in 2011, an ophthalmologist performed a Tracking Laser Tomography exam and diagnosed her with central retinal vein occlusion. The patient had been getting an intravitreal injection of an angiogenesis inhibitor, Bevacizumab (Avastin®), as treatment. However, for the past four years, the effectiveness of the injection has decreased from an interval of 12 weeks to 11, then 10, and then 9 weeks. In October 2015, the patient came to my clinic to obtain a combination of Traditional Chinese Medicine and Western medicine for her disorder.

Methods:
A combination of acupuncture and herbal treatments were done.
Acupuncture: EX-HN 1 (Sishencong); BL 1 (Jingming), BL 2 (Cuanzhu), EX-HN 4 (Yuyao), EX-HN 5 (Taiyang), ST 2 (Sibai) only on left side; LI 4 (Hegu), LR 3 (Taichong), SP 6 (Sanyinjiao), SP 9 (Yinlingquan), ST 36 (Zusanli) on both side; about once a week.
Herbs: Tao Hong Si Wu Tang, Jia Jian (Tao Ren, Hong Hua, Chuan Xiong, Dang Gui, Bai Shao, Dan Shen, Huang Qi, Tian Ma, Gou Teng, Shi Jue Ming, taken by mouth, twice daily.

Results:
After acupuncture and herbal treatments, Tracking Laser Tomography exams have not shown reoccurring retinal edema. In addition, the interval between Bevacizumab intravitreal injections have been extended from 9 weeks to 10 weeks.

Discussion/Conclusion:
A combination of Traditional Chinese Medicine, such as acupuncture and herbs, to eliminate blood stasis, and Western medicine, which inhibits new blood vessel growth, can improve central retinal vein occlusion.

目的
患者女性，45 岁，视力下降，眼底视物不清，治疗已四年。2011 年因左眼视物不清就医，跟踪激光断层扫描，诊断为视网膜中央静脉阻塞症。使用血管内皮生长因子抑制剂“贝伐单抗”（阿瓦斯汀）针剂进行玻璃体腔内注射四年。但是玻璃体内注射的间隔周期逐渐缩短，从最初的 12 周逐渐下降为 11，10，直到目前 9 周。患者决定寻求中西医结合治疗方法，2015 年 10 月来本诊所就诊。

方法
执行针刺与草药相结合的方法。

针刺：四神聪(EX-HN 1); 以下穴位仅用左侧，睛明(BL 1)、攒竹(BL 2)、鱼腰(EX-HN 4)、太阳(EX-HN 5)、四白(ST 2); 以下穴位使用双侧，合谷(LI 4)、太冲(LR 3)、三阴交(SP 6)、阴陵泉(SP 9)、足三里(ST 36)、约一周一次。

草药：桃红四物汤加减：桃仁、红花、川芎、当归、白芍、丹参、黄芪、天麻、钩藤、石决明。口服每日两次。

结果
针刺与草药治疗后，跟踪激光断层扫描显示眼底视网膜水肿出现时间延长，阿瓦斯汀的注射时间由每 9 周注射一次变为每 10 周注射一次。

讨论/结论
使用穴位针刺、活血化瘀草药、与血管内皮生长因子抑制剂复合治疗视网膜中央静脉阻塞症可能更为有效。