



TOBB ETU HOSPITAL

WHAT IS TRADITIONAL AND COMPLEMENTARY MEDICINE (TCM) ?

TCM



"Traditional and complementary medicine" is the whole of knowledge, skills and practices, which are used in diagnosing, curing or treating diseases, as well as in the prevention of diseases and maintaining good health, based on theories, beliefs and experiences which are specific to different cultures, and the medical mechanism of which sometimes cannot be explained in today's conditions. They are supportive and complementary methods of Western medicine. In our country, TCM applications have been carried out by approximately 5800 certified physicians in 1540 units with the approval of the Ministry of Health since 2014.

In our hospital; Ozonotherapy, Cupping Therapy (Hijama), Hirudotherapy (Leech), Acupuncture applications are applied by a certified specialist physician in appropriate and hygienic conditions for our patients as complementary and supportive in the specified indications.

ACUPUNCTURE:

Acupuncture is a highly effective, scientific treatment method that has been used in the treatment of many diseases for thousands of years.

Acupuncture is used as complementary and supportive in the treatment of the following conditions in our hospital:

Mechanical pains of the musculoskeletal system,

Joint pains,

Migraine, tension-type and non-organic headaches,

Neuropathic pains,

Muscle spasm, herniated disc, acute conservative and chronic low back pain,

Functional gastrointestinal system disorders, constipation, motility disorders,

Allergic rhinitis (including hay fever),

Sleep disorder not due to organic cause,

Full compliance with the diet for the patient diagnosed with exogenous obesity,

Itching due to allergies, eczema and dry skin,

Anxiety during quitting smoking,

Anxiety.

CUPPING THERAPY (HIJAMA):

It is the process of removing heavy metals and toxic substances that harm the body under the skin by increasing blood circulation in the applied area, by creating superficial skin scratches, with special vacuum cups.

Since the wet cup application is a blood-related process, it removes the toxic substances and heavy metals in the blood that harm us due to the toxins in the blood and the drugs we have used, and removes the heavy metals from the body without any danger.

Cupping therapy (Hijama) is used as a complementary and supportive treatment for the treatment of the following conditions in our hospital:

- * Strengthening and regulating the immune system in patients without an organic disease.
- * Fibromyalgia syndrome
- * Chronic pain of rheumatic diseases, limitation of joint movement, morning stiffness, fatigue
- * Mechanical pains of the musculoskeletal system
- * Knee pain (osteoarthritis etc.)
- * Non-organic headaches such as migraine and tension-type headache
- * Non-organic sleep disorders, chronic fatigue syndrome
- * Conditions of the digestive system such as nausea, vomiting, constipation
- * Patients who will come to hijama treatment should not be very hungry and should eat something three hours before coming to the treatment. He should not eat anything in the last three hours, but he can consume liquid food (water) except caffeinated drinks.
- * Animal source foods usually slow down the blood circulation rate. For this reason, animal source foods should not be taken at least 24 hours before the application.
- * Patients should not eat anything, drink water or sherbet, and not smoke for two hours after hijama.
- * According to Islamic medicine, it is recommended to do it on odd days in the second half of the Hijri months (such as 15,17,19,21,23,25,27), but not on Wednesdays and Mondays. However, if hijama treatment is to be done for treatment purposes for any ailment, it should be done as soon as possible regardless of the season or month since it is a necessity. In this regard, only weekdays (Monday-Tuesday-Thursday) can be considered.
- * Hijama should be done once a week, once a month, once in a season, in the first and last springs, once a year or at least once in lifetime.



OZONOTHERAPY:

Ozone (O_3) is a sharp-smelling gas consisting of 3 oxygen atoms under the influence of UV rays in the stratosphere layer of the atmosphere. It was first described in 1840 and has been used for disinfection (water purification, bad smell, etc.) since the 1860s. With Nicola Tesla's discovery of the ozone generator in 1900, its use in medicine began in 1902 with the treatment of anemia, cancer, diabetes, influenza and morphine poisoning.

Ozone therapy is used as complementary and supportive in the treatment of the following conditions in our hospital:

Accelerating cell regeneration, lowering blood sugar, providing oxygenation and nutrition of tissues

Strengthening and regulating the immune system,

In the treatment of wounds and infections (especially diabetic wounds),

Spine and musculoskeletal system movement and dysfunction,

Acute and chronic pain syndromes of the spine and bone joint system,

Joint stiffness and degeneration,

Migraines, tension-type headaches,

Rehabilitation after surgery,

Coordination and psychomotor dysfunctions in children,

Psychosomatic syndromes, anxiety, depression,

For supportive purposes in chronic neurological diseases (Alzheimer, MS),

Chronic fatigue syndrome, sleep disorders,

Venous insufficiency and vascular diseases,

Functional disorders of the digestive system, urinary system, urogenital, respiratory and circulatory systems.



MESOTHERAPY:

It is a medical procedure first introduced and applied by Dr. Michel Pistor for aesthetic and pain treatment purposes in 1952. Mesotherapy is used worldwide in the treatment of skin rejuvenation, anti-aging, regional slimming, cellulite, stretch marks, spots, scars, hair treatment, acute and chronic pain, sports injuries, various skin diseases.

Mesotherapy is used as complementary and supportive in the treatment of the following conditions in our hospital:

- Trigeminal neuralgia, cervico-brachial neuralgias,
- Pain, stiffness, swelling and limitation of movement after joint degeneration,
- Pain, redness, limitation of movement, hydrolipodystrophies-non-inflammatory cellulitis of connective tissue pathology,
- Pain, redness and limitation of movement in acute and chronic soft tissue strains,
- Myofascial pain syndrome,
- Migraine headaches,
- Supportive in edema due to microcirculatory disorder,
- Strengthening and regulating the immune system,
- Soft tissue sports injuries,
- Cosmetic applications for skin regeneration and revitalization.



HIRUDOTHERAPY (Leech Therapy):

It is a complementary and supportive treatment application method using medical leeches. In addition to absorbing and treating the dirty blood in the body, leeches mainly create their effect thanks to more than 100 bioactive enzyme secretions given to the body while the blood is being sucked. In this secretion, there are many beneficial substances such as pain reliever, anti-inflammatory, strengthening the body's defense system (antioxidant) and regulating blood circulation.

Hirudotherapy (Leech Therapy) is used as complementary and supportive in the treatment of the following conditions in our hospital:

- Degenerative joint diseases (osteoarthritis),
- Pain in lower extremity varicose vein diseases,
- To reduce pain in diseases such as lateral epicondylitis,
- Venous insufficiency after flap surgery, venous insufficiency after replantation and revascularization.