

## *Moving the Field of Traditional Chinese Medicine Forward*

### **The Association**

Traditional Chinese Medicine Ontario (TCMO) represents the members of the regulated profession in Ontario.

We advocate on behalf of Registered Acupuncturists (R.Ac) and Registered Traditional Chinese Medicine Practitioners (R.TCMP) to government and policy makers, and we represent the voice of the profession to regulators and the public.

We are volunteer led and volunteer run.

We host educational events and meetings throughout the year, we offer extensive membership benefits and access to continuing education.

### **Modalities**

R.Acs and R.TCMPs assess, diagnose, and treat patients using TCM principles to promote wellness, prevent illness, and address the root causes of disease. Their practice is patient-centered, collaborative, ethical, and safe.

R.TCMPs are additionally qualified to offer Chinese herbal medicine as a standalone therapeutic system.

Acupuncture utilizes fine, single-use, sterile needles, to stimulate specific body points which are identified by anatomical and physiological standards.

In addition to acupuncture, treatments may include electrostimulation, cupping, moxibustion, photobiomodulation, gua sha, tui na massage, qi gong, and lifestyle and dietary support—always tailored to address both symptoms and root causes.

### **Regulation and Scope of Practice**

R.Acs and R.TCMPs are members of the regulatory College of Traditional Chinese Medicine Practitioners and Acupuncturists of Ontario (CTCMPAO).

Traditional Chinese Medicine is currently regulated in British Columbia, Alberta, Ontario, Quebec, Prince Edward Island and Newfoundland.

In BC, the profession includes a Doctor of TCM designation. In Ontario, the CTCMPAO is pursuing a regulatory change to allow the Doctor designation.

R.Acs and R.TCMPs receive significant, lengthy and detailed education in acupuncture and other TCM modalities.

### **Conditions and Practical Applications**

TCM offers holistic, non-pharmaceutical solutions to a wide range of conditions, illnesses and disease.

- stress, anxiety and depression
- digestion related concerns, including acid reflux, nausea, constipation and diarrhea
- mental health and addiction recovery support
- pregnancy related care in both the peripartum and postpartum phases
- chronic and acute pain management
- sleep related issues including insomnia
- multi-systemic conditions such as autoimmune diseases, neurological conditions, chronic fatigue and hormonal disorders
- support for seniors experiencing cognitive decline, memory issues and frailty
- stroke recovery
- complementary care to reduce side effects of conventional medications