

Case Report of Self-Acupuncture and 2-4 mg Dexamethasone for Chronic Leukemia in Order to Achieve No Pain, Good Sleep and Quality Life

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The patient of this case report is the author himself who is a 96-years-old medical doctor. I was diagnosed and am writing this report on the basis of two following articles:

1. Liao, C. C.; Chen, H.J. et al. (2018). The effectiveness of traditional Chinese medicine in treating patients with leukemia. Evidence-based Complementary and Alternative Medicine, 2016. <https://www.hindawi.com/journals/2016/8394850>
2. Chung, S. J. (2020). Extracellular RNA (ex RNA) is product of meridian that heals disease and sustains health. American Research Journal of Humanities and Social Science (in process) (see the following manuscript of this article).

The article 1 is primarily based on Chinese herbal medicine. I indeed postulate that acupuncture is applicable to treat patients with leukemia similarly to Chinese herbal medicine in this my personal medical research.

I apply electrical stimuli to two acupoints, Zusanli ST36 and Xuchai SP10 in this study, employ Leawell Acupuncture Pen.

My manuscript (2020) of "Extracellular RNA":

Extracellular RNA is also named exosome that is enclosed in a minute sac, nanoparticle in human bodies. It seems to be involved in nearly all biological processes. The main function of exosome is to enter cells, tissues or systemically passing the blood stream, to deliver genetic information that they carry (Askinase, y 2020).

Nanoparticles may provide a means to deliver new therapies. However, the source of exosomes, extracellular RNA (ex RNA) is undetermined (Tosar, 2020). The author postulates that extracellular RNA (ex RNA) are products of the meridian in human bodies. The meridian is the third circulatory system in addition to blood and lymph circulatory systems of the human body (Kim, 1963; Soh, 2009).

Kim (1963) and Soh (2009) are reported molecules, nucleic acids and other many particles have a slow speed of motion, 0.3 ± 0.1 mm/second in the meridian. This finding strongly suggests that these particles in the meridian are in vesicles, nanoparticles of extracellular particles.

My medical treatments suppressed and alleviated my decades-long left foot pain, let patient have good sleep and a quality life.

I was diagnosed as having a acute leukemia with a prognosis of 3-months survival in a medical center emergency room on the basis of blood test with an abnormally high number of monocytes, and subsequently diagnosed as having chronic leukemia (chronic myelomonocytic leukemia, CMML) based on bone marrow biopsy in the special medical center. The leukemia specialist told me that there were no medical treatments for me. My attending physician similarly told me and recommended me to become a patient of the Alive Hospice. I now, as an Alive Hospice patient, am taking self-acupuncture practically every day and 2 -4 mg dexamethasone daily for my chronic leukemia, This treatment gives me no pain, let me have good sleep and quality life. It might be suggested that daily self-acupuncture and increased daily dose of dexamethasone for

acute leukemia although there seem to be no reports in the literature, to my knowledge, that describe this suggestion.

The medical treatment suppressed and alleviated my decades-long left foot pain. I am indeed thankful to medical doctors and nurses who treat me.

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- (4) Hardin, C.; Heuser, J. and Stahl, P. (1983). Receptor-mediated endocytosis of transferrin and recycling of transferrin receptor in rat reticulocytes. The Journal of Cell Biology, 97, 329-339.

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