

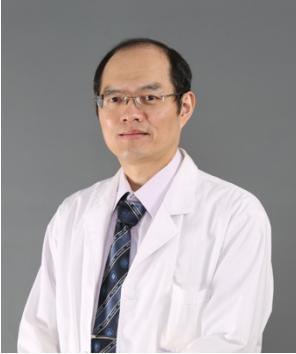
2025 臺中榮民總醫院院慶國際醫學研討會

TCVGH International Medical Conference

AI in Medicine

Future of Healthcare by AI



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|  | 姓名 | 周啟庠 |
| | 職稱 | 科主任 |
| | 科別／系所 | 神經肌病科/神經醫學中心 |
| | 機構／單位／學院 | 臺中榮民總醫院 |
| | E-Mail | bryanchouysvh@gmail.com |
| Professional Career | 1.臺中榮民總醫院 神經肌病科 科主任 2.臺中榮民總醫院 神經內科 主治醫師 3.國立中興大學 學士後醫學系 兼任助理教授 | |
| Speech Title | Revolutionary Laser Acu-puncture Therapy: A New Frontier in Chronic migraine | |
| <p>Abstract (200 words)</p> <p>Chronic migraine (CM) is a leading cause of neurological disability worldwide, yet conventional preventive pharmacotherapies often achieve limited success, hindered by adverse effects, waning efficacy, and poor adherence. Laser acupuncture (LA), a non-invasive technique employing low-level photonic stimulation of traditional acupoints, represents an innovative therapeutic strategy that integrates the wisdom of traditional Chinese medicine with modern biomedical advances. A recent single-blind randomized controlled trial conducted at Taichung Veterans General Hospital enrolled 60 CM patients with unsatisfactory pharmacological outcomes. Participants receiving 810 nm LA demonstrated significant reductions in monthly migraine days and acute medication use compared to sham controls, with progressive benefits sustained over 12 weeks. Secondary outcomes, including reductions in headache severity, disability scores, and headache duration, further underscored the therapeutic impact. Crucially, no serious adverse events were observed, supporting LA's favorable safety and tolerability profile. Mechanistic insights suggest LA may enhance matrix metalloproteinase-2 (MMP-2) activity, facilitating degradation of calcitonin gene-related peptide (CGRP), while simultaneously promoting the restoration of qi flow within traditional acupuncture theory. These results position LA as a revolutionary frontier in CM management, offering a safe and effective complement to existing treatments. Larger, multicenter studies are warranted to validate long-term efficacy and establish its role in routine migraine care.</p> | | |