

1. Personal Information

First Name	Mike
Last Name	Cummings
Affiliation	Medical Director of the British Medical Acupuncture Society Honorary Clinical Specialist at the Royal London Hospital for Integrated Medicine
Country	UK
Department	BMAS London Teaching Clinic
Degree (Ph.D. / M.D.)	MB ChB DipMedAc
E-Mail	london@thebmas.com

2. Curriculum Vitae

♦ Educational Background & Experience

Year	Affiliation	Position
1982 to 1987	Leeds University, UK	Medicine
1989 to 1996	Royal Air Force, UK	GDMO
1997 to present	British Medical Acupuncture Society	Director of Education
1999 to present	Acupuncture in Medicine	Editor / Associate Editor
2001 to present	British Medical Acupuncture Society	Medical Director

♦ Publications

No.	Contents
1	Cummings TM, White AR. Needling therapies in the management of myofascial trigger point pain: a systematic review. <i>Arch Phys Med Rehabil</i> 2001;82(7):986-92. doi:10.1053/apmr.2001.24023
2	Cummings, M. Modellvorhaben Akupunktur. <i>Acupunct Med</i> 2009;27(1):26-30. doi:10.1136/aim.2008.000281
3	Filshie J, White A, Cummings M. <i>Medical Acupuncture – A Western Scientific Approach</i> . 2 nd edition. London: Elsevier; 2016.
4	White A, Cummings M, Filshie J. <i>An Introduction to Western Medical Acupuncture</i> . 2nd ed. London: Elsevier 2018.
5	Cummings M. Acupuncture for Chronic Spontaneous Urticaria. <i>Ann Intern Med</i> . 2023;176(12):1674-1675. doi:10.7326/M23-2713

3. Abstract

Lecture Title	The Future of Acupuncture in Modern Healthcare – A Global Perspective
<p>What is the future of acupuncture and other traditional medical practices within modern healthcare?</p> <p>Those of us who advocate for acupuncture in the West want to see appropriate provision, as would be indicated by the evidence to date. In the East, the home of acupuncture as a part of traditional medical practice, provision is much more universal, and recent large-scale observational research hints at the potential for a major impact on public health. But even here, in the home of acupuncture, it is only used by a minority of the population.</p> <p>In this presentation I will present the relationship between the Western medical and traditional East Asian perspectives and illustrate how they can learn and develop from each other. I will describe how the successful reductionist approach in modern science risks missing some of the pearls hidden within the esoteric traditions, but also how it can aid further mechanistic and clinical research and help us develop optimal protocols that can be incorporated within industrialized medicine.</p> <p>We all need to work together so that therapeutic approaches that are derived from the mechanistic evaluation of acupuncture traditions are not divorced from those traditions and subsequently mislabeled as modern novel interventions.</p> <p>However, one of the biggest challenges for traditional practice is how to start to shed those elements that must be wrong, and still preserve the therapeutic essence of the practice, whilst making the most of the breakthroughs of reductionist science.</p>	