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CAN RECURRENT FURUNCULOSIS BE TREATED WITHOUT THE USE OF ANTIBIOTICS?

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Background: Furunculosis is a deep infection of the hair follicle leading to abscess formation with accumulation of pus and necrotic tissue. Furuncles appear as red, swollen, and tender nodules on hair-bearing parts of the body, and the most common infectious agent is *Staphylococcus aureus*, but other bacteria may also be causative. The management of recurrent furunculosis is problematic and may be disappointing. Simple incision and drainage may be sufficient in solitary lesions, but systemic antibiotic therapy may be required. *S. aureus* has the ability of developing resistance to different antibiotics. Traditional Chinese Medicine (TCM) believes furunculosis is mostly caused by invasion of dampness and heat. The treatment in TCM is intended to dissipate heat and detoxify the body.

Purpose: The purpose of this study is to demonstrate that recurrent furunculosis can be treated without the use of antibiotics.

Methods: Through the report of two clinical cases, both men, suffering from recurrent furunculosis, presented little improvement with the use of antibiotic therapy. Through earlier medicine theories, such as TCM, methods for energy balance of yin, yang, qi and blood were used, allied with apex ear bloodletting to withdrawal of internal heat, as well as dietary counseling.

Results: Both cases obtained a significant improvement with dietary counseling according to TCM and auricular acupuncture sessions associated with apex ear bloodletting to clear out the internal heat.

Conclusion: By reporting these two clinical cases, we can conclude that recurrent furunculosis can be treated without the use of antibiotics. For this goal, we must resort to earlier medicine theories like TCM to treat the root of the problem, not only the symptom.

Biography

Huang Wei Ling has graduated in Medicine in Brazil, specializing in infectious and parasitic diseases, a General Practitioner and Parenteral and Enteral Medical Nutrition Therapist. She was in charge of the Hospital Infection Control Service of the City of Franca's General Hospital, she was responsible for the control of all prescribed antimicrobial medication, and received an award for the best paper presented at the Brazilian Hospital Infection Control Congress in 1998. She was coordinator of both the Infection Control and the Nutritional Support Committee in Sao Joaquim Hospital in Franca, and also worked at the infectious Sexually Transmitted Disease Reference Center. She is the owner of the Medical Acupuncture and Pain Management Clinic, and since 1997 she has been presenting her work worldwide concerning the treatment of various diseases using techniques based on several medical traditions around the world.

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