

1 A MEMORIAL

2 REQUESTING THE VETERANS' SERVICES DEPARTMENT TO STUDY THE  
3 EFFICACY OF USING ACUPUNCTURE TO TREAT POST-TRAUMATIC STRESS  
4 DISORDER AND PAIN IN VETERANS.

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6 WHEREAS, members of the United States armed forces serve  
7 their country with honor and courage; and

8 WHEREAS, the United States is currently engaged in two  
9 wars that are very different from past wars, and military  
10 personnel are involved not just in ground combat actions but  
11 in extremely hazardous security duty; and

12 WHEREAS, the constant need for hypervigilance against  
13 possible terrorist actions and the uncertainty of knowing  
14 whether someone is a terrorist or a civilian means that our  
15 soldiers today, like our soldiers in Vietnam, are paying an  
16 enormous mental and psychological price to serve their  
17 country; and

18 WHEREAS, one such price is post-traumatic stress  
19 disorder, a debilitating and disruptive condition that too  
20 often leads to broken relationships, psychiatric breakdown  
21 and suicide; and

22 WHEREAS, the few studies that have been conducted on the  
23 use of acupuncture to treat post-traumatic stress disorder  
24 symptoms, including anxiety, insomnia and depression, as well  
25 as pain, indicate that acupuncture is a viable treatment

1 modality, and this year the United States air force will  
2 begin to use battlefield acupuncture to help wounded and  
3 stressed soldiers; and

4 WHEREAS, the United States army hospital, Walter Reed  
5 army medical center, conducted a study on the use of  
6 acupuncture and found that "[a]cupuncture, which has few  
7 known side effects, holds promise as an effective treatment  
8 option for PTSD. Acupuncture has been shown to improve  
9 well-being and has been successfully used to treat stress,  
10 anxiety and pain conditions."; and

11 WHEREAS, acupuncture is a simple, low-cost procedure  
12 that offers immediate and effective results and that works  
13 harmoniously with other more conventional modalities, such as  
14 counseling and medication; and

15 WHEREAS, the veterans project began as a free pilot  
16 clinic conducted by New Mexico-licensed acupuncturists in  
17 Albuquerque in 2006 to provide acupuncture to New Mexico  
18 veterans suffering from post-traumatic stress disorder and  
19 pain; and

20 WHEREAS, veterans in the project are reporting less  
21 insomnia and fewer nightmares, improved mental clarity, less  
22 anxiety and a reduction in stress;

23 NOW, THEREFORE, BE IT RESOLVED BY THE SENATE OF THE  
24 STATE OF NEW MEXICO that the veterans' services department be  
25 requested to conduct a local study of the efficacy of using

1 acupuncture to treat post-traumatic stress disorder and pain  
2 in New Mexico veterans; and

3 BE IT FURTHER RESOLVED that the study consider the  
4 relationship between acupuncture treatment and a reduced need  
5 for medication and whether the use of low-cost acupuncture  
6 clinics eases the strain on mainstream medical facilities;  
7 and

8 BE IT FURTHER RESOLVED that the department cooperate  
9 with local New Mexico-licensed acupuncturists who have worked  
10 extensively with veterans suffering from post-traumatic  
11 stress disorder and pain; and

12 BE IT FURTHER RESOLVED that the department seek the  
13 assistance and cooperation of the veterans hospital in  
14 Albuquerque in conducting the study; and

15 BE IT FURTHER RESOLVED that a copy of this memorial be  
16 transmitted to the secretary of veterans' services. \_\_\_\_\_

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