



顏質燦醫生  
Dr. Chit-Chan Gunn

## 融會中西醫之道 化解常人痛之苦

慢性痛症是一種困擾全球數億人的常見病症，有人更把它比喻為“不死的癌症”。幸好醫學界有一位全球知名的“止痛專家”——在加拿大行醫已經半個多世紀的顏質燦醫生。他早在1970年代發明了一種結合中西醫學兩者所長，既安全、又見效，且無須用藥或高昂醫療設備的治療新技術“肌肉內刺激法”（IMS）。經過30多年成功採用此療法為無數病人緩解痛苦，如今年屆84的顏醫生，仍然致力把其獨特的療法帶進新領域，以至地球每一個角落。

顏質燦醫生是痛症研究及治療學會（位於溫哥華）的創會主席，並任美國西雅圖華盛頓州大學多學科痛症研究中心的教授，也是一位廣受尊崇的卑詩華裔，曾於2006年獲《卑詩年鑒》選為“100位最具影響力的卑詩人”之一。更連年獲“章”；於2001年獲頒卑詩省勳章後，2002年“更上一層樓”，獲頒加拿大勳章。過去華裔獲此勳章者屈指可數。

加拿大針灸基金會也曾經授予顏醫生嘉獎，他由此獲得“克利福德·G·伍爾夫講師”名銜。這名譽每年只頒發一次，給予對針灸臨床應用科學有重大貢獻的人。他又曾獲另類醫療法國際獎和康復傑出獎等。這種種榮譽，當然離不開他對治療痛症作出的貢獻。

本身為西醫的顏醫生，從40多年前開始結合中西醫學兩者的長處，對慢性痛症進行研究和臨床治療，摸索出一整套獨特的神經針灸學——“肌肉內刺激法”（IMS），將針灸與現代有關慢性疼痛、機能失常神經、解剖學之間的醫療知識結合起來，成功地治理慢性痛症，堪稱加國在此領域的先驅人物。

幾十年來，無論通過臨床還是著述，他一直孜孜不倦地尋覓中醫與西醫的最佳結合點，以期互相加以驗證。他所發明的療法，也成為現今在中國廣為所用的“套管針灸法”。他更致力把療法推廣至世界各地，以及培養下一代的治療人員，多年來足跡遍天下，到處講學及宣揚，於救治病人之餘，也把其醫道發揚光大。

在美滿成就的背後，顏醫生亦體驗過面對困難和障礙的苦與樂，正如他最愛引用的一句格言：“一分耕耘，一分收穫（No pain, no gain）”，豈不貼切不過地道出他的“脫苦”之道？

#### 系出名門 走出不一樣的路

1931年生於馬來西亞的顏質燦醫生，是祖籍福建的第四代華裔。顏家是當地望族，其父顏麗德是知名科學家，曾任馬來西亞駐澳大利亞大使。

由於生於戰時，顏醫生坦言他兒時並沒有甚麼夢想，眼見戰爭帶來的人間疾苦，他只希望重見和平的日子，而他自小對自然科學有濃厚興趣，於是循著興趣走，1950年入讀劍橋大學，並於1955年畢業於劍橋大學醫學院。其後，他回到馬來西亞執業，並曾擔任兒科醫生。

他坦言，良好的背景和劍橋的訓練無疑為他的前途打好了根基，也加添他在人前的說服力。然而，他還是要憑一己的努力跨過難阻，尤其當他遇上意想不到的轉變和挑戰。

1966年，顏醫生與家人一起移居溫哥華，原因是面對馬來西亞當時不穩的政治局勢，不少當地人都選上移民路。在他眼

中，加拿大是一個友善的國家，於是既來之則安之，卻想不到會接觸到另一種人間常見的疾苦。

1967年，他受聘於卑詩勞工賠償局，擔任駐診醫生，每天接觸到患上千奇百怪痛症的病人。最令他費解的是，很多痛症都並非因為受傷所致，而一般傳統療法亦往往未見成效，那個年代，醫生對慢性痛症的診斷和治療都沒有明確的思路，雖然對慢性疼痛症的治療方法很多，可還有許多不盡人意的地方，病人要到處求醫以作解救。

於是，顏醫生開始對疼痛的根源尋根究底；與此同時，他開始對中國針灸療法感興趣，認為箇中理論和實踐蘊含著緩解疼痛的奧妙。

經過多方鑽研，他終於找到答案：發現造成肌肉和骨骼疼痛的根本原因，是由於“神經性疾病”引致其所支配的肌肉敏感和縮短，而使肌肉放鬆，正是治療的重點。

由此，他亦創始了“肌肉內刺激法”（IMS），借用中國傳統針灸的技術，配合西醫的機能失常神經和解剖學，進行診斷及治療。在診斷方面，西方的影像學及生物化學的應用，能提高診斷的準確性。而治療方面，則使用傳統的針灸針放入活塞型套管裏應用，成為一種新型治療工具，對局部肌肉進行刺激和鬆解，通過神經的傳導，調節內臟或病變區域的機體功能，達到治療的目的。

#### 妙手仁心 發揚光大

這種集中西大成的療法，在1970年代正式面世，即使沒有馬上被醫學界接受和承認，或是引來不少懷疑和阻力，顏醫生

卻深信，只要療法見效，能真正救助病人脫離痛苦，終有一天會獲得肯定。

顏醫生回想當年面對的阻力來自不同方面，皆因這療法被視為“不中不西”；在西醫眼中，採用中醫理論和針灸法未免難成氣候，而中醫對採用西醫的診斷法亦有所保留，此外，顏醫生作為一位華裔，也面對著少數族裔要打入“主流”的障礙。

儘管被視為“另類”療法，這標籤卻沒有使顏醫生感到挫敗，反而堅持繼續臨床試驗和研究，深信努力耕耘，終有收穫。

1980年，顏醫生在溫哥華成立“顏氏痛症診療中心”，專門治理痛症，慕名求醫的人，來自世界各地。他的療法和成果又獲得世界痛症學會肯定，於1991年亦被美國西雅圖華盛頓州大學多學科痛症研究中心聘為教授。

1995年，他創立位於溫哥華的痛症研究及治療學會；又於1998年 成為世界痛症學會的總監兼顧問。

2011年，他和太太向卑詩大學捐贈了一百萬元，作為設立IMS培訓計劃，資助研究生及本科生進行研究。最近，又捐出五百萬元，資助卑詩大學籌建“顏氏中心”（Chan-Gunn Pavillion），作為運動醫學及創傷治療的研究和教學工作，並且快將落成。

顏醫生在加拿大救死扶傷，治病救人，不僅盡獻一份功德，而且致力宣傳和講解科學理念，普及醫療知識，以此作為生活取向。他認為好的醫療方法並不應該成為私人的禁藥，而

應該讓其他醫生都能夠掌握，這樣才會有利於廣大的病患者。

多年來，他經常到世界各地講學，提高各地對此療法的認識，並且把肌肉內刺激法帶到地球每一個角落。近年來，此療法在歐洲及東南亞和韓國發展迅速，成為各大醫院疼痛科、康復科、骨傷科、針推科等治療疼痛的常用方法。

他的著述，已收入西醫界通用的Bonica醫學手冊，他撰寫的教材還被譯成德、韓、日等國文字，被各國醫學院廣為採用，中文版《慢性疼痛症的顏氏治療法》亦已面世。

顏醫生十分重視訓練新一代的治療醫師，也知道這是不容易的事；他又慨嘆現今的西醫生都不會觸摸病人，就連解剖學也不再是必修的醫療學科。

他坦言，時至今日，阻力和挑戰依然在，不過他表示，一如既往，只要相信自己，努力取得有目共睹的成果，支持和肯定自然會隨之而來。

現時顏醫生的生活，依然花在教學、看病和研究，不過，他也是個講求生活藝術的人，對於養生、保健，以至中國藝術品，都有談不完的話，而且曾一度收藏藝術二百多件珍寶；於1970年代，他亦曾擔任加拿大亞洲藝術協會的創會理事，推廣亞洲藝術。

與他一席話，如同上了一次醫學、養生和人生課堂，領會到健康和藝術品一樣，都是無價的珍寶。



與太太  
With Mrs. Gunn



站在佛家“慈雲”字畫前  
Poses in front of Buddhist “Kind Clouds” slogan



以法國尼斯為主題的個人油畫作品  
Own oil painting of Nice, France



欣賞新加坡藝術家Chen Wen His作品  
Admiring Singapore artist Chen Wen His' work



欣賞新加坡藝術家Soo Peng作品  
Admiring painting by Singapore artist Soo Peng



溫哥華太陽報  
Photo by Mark Van Manen, Vancouver Sun



研究古代中國象牙醫學模型  
Studying antique Chinese ivory medical model.



治療病人  
Treating patient with IMS



欣賞中國藝術家Choong Sun作品  
Standing by Chinese Artist Choong Sun's painting

## Dr. Chit-Chan Gunn

*Chronic pain is a common disorder which plagues hundreds of millions of people worldwide. Some people compare it to the “cancer that does not kill”. Dr. Chit-Chan Gunn, a world-renowned “pain expert” in the medical profession, has practiced medicine in Canada for over half a century. As early as the 1970s, he invented a safe and effective treatment method that does not use medication or expensive medical devices. “Intramuscular stimulation” (IMS) is based on a combination of Chinese and Western medicine. After more than 30 years of successful use of this therapy to relieve pain for many patients, the 84-year-old Dr. Gunn is committed to bringing IMS into every corner of the world.*

Dr. Chit-Chan Gunn is the Founding President of the Institute for the Study and Treatment of Pain (STOP) in Vancouver, and also Clinical Professor at the Multidisciplinary Pain Centre at the University of Washington in Seattle. Widely respected, he was selected to be one of the “100 most influential Chinese Canadians in BC” in the book “BC Almanac Book of British Columbians” in 2006. In 2001 he was awarded the Order of British Columbia, and, in 2002, he was awarded a Member of the Order of Canada. Only a handful of Chinese-Canadians have been so recognized in the past.

The Acupuncture Foundation of Canada awarded Dr. Gunn with the “Clifford. G. Woolf” Award in 1995. This honorary award is only given out once a year, and recognizes the person with the most significant contributions made in the clinical application of acupuncture. He also won awards in alternative and rehabilitative medicine. All these honors, of course, centre around the contribution he made to the treatment of pain.

Dr. Gunn was trained in western medicine, and as many as 40 years ago was already exploring the nature of chronic pain and researching Chinese

and Western medicine for its relief. He was able to develop a unique therapy - “intramuscular stimulation” (IMS), to treat neuropathic pain, pain that arises not from injury, but from dysfunctions of the nervous system. In this therapy, an acupuncture style needle is used to stimulate tightened muscles to relax them. While the therapy requires a knowledge of anatomy and neurophysiology, no drugs or expensive equipment is needed. He could be called a Canadian pioneer in the field of pain.

For decades, whether by clinical practice or writing, Dr. Gunn has worked tirelessly to find the best combination of Chinese and Western medicine, with a view to mutual validation. The therapy he invented has become widely used in China’s “Casing Acupuncture” today. He is also committed to extending his treatment method everywhere, and to developing the next generation of therapists. Aside from treating patients, he has gone around the world to give lectures and talks for many years to explain and spread his medical knowledge.

Behind his success, Dr. Gunn had experienced many difficulties and obstacles. For him this motto is most applicable: “No pain, no gain”. Perhaps it is the most appropriate summary of his story.

Chit-Chan Gunn was born in 1931 in Malaysia, the fourth generation of Chinese from the Fujian Province of China. The Gunns were a prominent family there, and his father Li Der Gunn was a well-known scientist, and once served as the Malaysian Ambassador to Australia.

Chit-Chan was born in wartime and he says that he did not have any childhood dreams because he grew up seeing human suffering around him as a result of the war. His only hope was to see peace. He was brought up to have a keen interest in the natural sciences. In 1950, he was admitted to Cambridge University, and graduated from its School of Medicine in 1955. He then returned to Malaysia to practice as a pediatrician.

He says frankly that his family background and his training at Cambridge undoubtedly lay an excellent foundation for his future, and it also made his work more convincing. However, he still had to rely on his own efforts to conquer the obstacles in his way, especially when he met unexpected changes and challenges.

In 1966, Chit-Chan and his family moved to Vancouver, when the political situation became unstable in Malaysia, and many locals elected to leave. In his eyes, Canada was a friendly country to settle down in, but he did not anticipate that he would encounter a different kind of suffering.

In 1967, he was employed as Clinic Physician at the Workers' Compensation Board of British Columbia, and he came into daily contact with patients suffering from various kinds of pains. The most puzzling was that many of these pains were not due to injuries, and general traditional therapies were often without success. At that time, doctors did not have a clear idea about the diagnosis and treatment of chronic pain, and many treatment methods were not satisfactory for chronic pain. Patients would often try to seek medical remedies elsewhere.

As a result, Dr. Gunn tried to get to the root causes of pain. At that time, he became interested in Chinese acupuncture and thought that there might be theoretical explanations and practical solutions within that practice of medicine which could alleviate pain.

After much study, he finally found the answer: a root cause of pain in muscle and bones is due to "neurological dysfunction" caused by muscle sensitivity and shortened muscle. The focus of treatment is by relaxing the tightened muscle, relieving the pressure on the damaged nerves.

He developed the "intramuscular stimulation" (IMS) treatment,

borrowing from Chinese traditional acupuncture techniques, and applying the knowledge of Western medicine in malfunctioning nerves and human anatomy as well as using its discipline of making a correct diagnosis before treatment. Imaging and application of biochemistry improve the accuracy of diagnosis. The treatment is the application of acupuncture style needles with piston sleeves for local muscle stimulation. The needle releases and stimulates the muscle, and by nerve conduction, the body's internal organs are regulated, achieving therapeutic results.

This therapy, grounded upon both eastern and western methodologies, was launched in the 1970s. Although it was not immediately accepted and recognized by the medical profession, and even attracting a lot of suspicion and resistance, Dr. Gunn was convinced that as long as the therapy was effective, and could truly relieve the patient's pain, it would eventually be recognized one day.

When Dr. Gunn thinks back to the opposition he faced from different areas, he feels it is because this therapy was considered "neither Chinese nor Western". In the eyes of Western doctors, the use of traditional Chinese medicine and acupuncture poses a real problem. Traditional Chinese medicine practitioners also have reservations about western diagnostic methods. Moreover, Dr. Gunn, as a Chinese Canadian, had to face the kind of barriers minorities face whenever ethnic groups try to break into "mainstream".

Despite his therapy being regarded as "alternative" medicine, Dr. Gunn did not feel frustrated, but continued to insist on clinical trials and research. He was convinced that with hard work, he would finally succeed.

In 1980, Dr. Gunn established the "Gunn Pain Clinic" in Vancouver

for the treatment of pain. Patients came from all over the world for treatment. His therapy and work was recognized by the World Institute of Pain. In 1991 he was hired as Clinical Professor by the Multidisciplinary Pain Center at the University of Washington School of Medicine at Seattle.

In 1995, he founded the Institute for the Study and Treatment of Pain in Vancouver, a non-profit organization dedicated to research, treatment, training, and education in chronic pain. In 1998, he served as Director on the Advisory Board of Pain Specialists at the World Institute of Pain.

In 2011, Dr. Gunn and his wife donated one million dollars to the University of British Columbia (UBC) to create an IMS training program, an IMS research fund for graduate and undergraduate students, and an annual lecture focusing on IMS and pain caused by nerve damage. Earlier this year, they donated five million dollars to fund the building of Chan-Gunn Pavillion at UBC. When completed, it will be used as a sport and exercise medicine, research and patient care centre. IMS will be offered at the centre and as a drug-free treatment, it is preferred by Olympic and professional athletes.

Dr. Gunn has saved lives and helped many patients in Canada. He not only performs his duties as a doctor, but his goal in life is also to promote and explain the scientific concept of his therapy. He believes that effective medical practices should not be the exclusive domain of a few, but should be within the grasp of other doctors, so that all patients can benefit from them.

Over the years, he has often gone around the world to give lectures on intramuscular stimulation, to raise awareness about this therapy. In recent years, his methodology has been spreading rapidly in Europe, Southeast Asia and Korea. It has become a common approach in pain

treatment, rehabilitation, orthopedics, and acupuncture.

His writings have been accepted in the Bonica medical manual. The textbook that he wrote has also been translated into German, Korean, Japanese and other national languages, and is widely adopted by universities and hospitals in various countries. The Chinese version of "The Gunn Approach To The Treatment of Chronic Pain" has also been published.

Dr. Gunn attaches great importance to training the next generation of physicians, but he also knows it is not easy to do. He laments doctors nowadays do not touch their patients, and anatomy is not even a required medical discipline anymore.

He admits that resistance and challenges still remain today, but he is of the firm belief that if one believes in oneself, support and recognition will naturally follow the results of one's hard work.

Dr. Gunn is still spending his days teaching, doing research and providing clinical care. However, he also puts a lot of importance on the arts. He could talk endlessly about keeping healthy, keeping strong and on Chinese fine art objects. Once he had collected over 200 pieces of Chinese ceramic and porcelain pieces. In the 1970s, he served as a founding director and past president of Canadian Society for Asian Arts, which promotes the appreciation and understanding of the arts of Asia.

A discourse with Dr. Gunn is like taking in a classroom lecture in medicine, health and life. One gets to understand that one's health, just like the art objects he collects, is priceless.