

INTERNATIONAL TRADITIONAL CHINESE MEDICINE (TCM) & MEDICAL ACUPUNCTURE CONFERENCE IN LITHUANIA

17 October 2026
Aula Parva, Vilnius University
Vilnius, Lithuania

Organizers: Confucius Institute at Vilnius University and VU Faculty of Medicine
Conference language: English

SCIENTIFIC PROGRAMME

08:30-09:00	Registration
09:00-09:10	Opening & Welcome Vilnius University Confucius Institute

09:10-10:05 | Dr. Ian Appleyard, PhD

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Interpreting systematic reviews of acupuncture: resolving a paradox

45-minute presentation + 10-minute Q&A

Abstract

High-quality research demonstrates that acupuncture is superior to usual care for chronic pain. However, there is only a small difference when it is compared to placebo. This has led to controversy regarding how the results should be interpreted and to the so-called paradox of acupuncture research. This presentation takes a close look at how results were interpreted in the NICE clinical guidelines for osteoarthritis, where misunderstandings about acupuncture, inappropriate placebo controls, and different assessment criteria resulted in a recommendation not to use acupuncture. In the interest of patients, a more nuanced approach is required.

10:05-11:00 | Dr. Beverley de Valois, PhD, LicAc FBACc MBLS

acuandscarwork@gmail.com

Acupuncture and Cancer Survivorship

45-minute presentation + 10-minute Q&A

Abstract

This talk will introduce the concept of cancer survivorship. It will address the issues faced by people with and beyond diagnosis and treatment, and discuss how acupuncture can be used in supportive care to address emotional and physical symptoms and support resilience. The evidence for acupuncture in integrative oncology will also be presented.

11:00-11:20	COFFEE BREAK
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11:20-12:15 | Dr. Federico Campos, MD, MSc

f.campos.md@gmail.com

Medical Acupuncture in Mental Health

45-minute presentation + 10-minute Q&A

Abstract

This talk will explore the mechanisms through which medical acupuncture may influence mental health. It will review the current evidence and clinical applications of acupuncture as an adjunctive intervention for common mental health conditions, such as anxiety and depression. Practical considerations for integrating acupuncture safely into clinical care will also be discussed.

12:15-13:15

LUNCH BREAK

13:15-13:50 | Dr. Mindaugas Liškauskas, MD

liskausko.gc@gmail.com

Acupuncture and Infertility: An Integrative Approach to Western Pathophysiology, Traditional Chinese Medicine, and Clinical Evidence

30-minute presentation + 5-minute Q&A

Abstract

This lecture will explore infertility from both Western biomedical and Traditional Chinese Medicine perspectives, focusing on the role of acupuncture as a complementary approach to conventional fertility care. Current clinical evidence and proposed physiological mechanisms will be discussed alongside key TCM concepts and acupuncture strategies used in reproductive health.

13:50-14:25 | Dr. Dainius Butvilas, PhD

dainius.butvilas@gmail.com

The Unlimited Limits of Acupuncture? Reflecting on the Experience of Treating 10,000 Cases

30-minute presentation + 5-minute Q&A

Abstract

Drawing on more than 20 years of clinical experience treating patients with a wide range of conditions, Dr Butvilas will discuss the strengths and limitations of acupuncture as a therapeutic modality, as well as its clinical indications and contraindications.

14:25-14:40

COFFEE BREAK

14:40-15:10 | Dr. Nadja Gircis Satyro, MD

acupuncture.vilnius@gmail.com

Medical Acupuncture in Lithuania: Building Bridges Between Science, Clinical Practice and International Collaboration

30-minute presentation

Abstract

This presentation will provide an overview of the development of medical acupuncture in Lithuania, focusing on education, regulation and clinical practice. It will explore opportunities for integrating evidence-based medical acupuncture into multidisciplinary, patient-centred healthcare and rehabilitation, while highlighting the importance of international collaboration for its future development.

15:10-15:55	Round-Table Discussion & Audience Q&A From Evidence to Integration: The Future of Medical Acupuncture
15:55-16:05	Closing Remarks Dr. Nadja Gircis Satyro

Conference duration: 09:00-16:05