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This month in the newsletter..

Welcome to the Acupuncture.com.au Newsletter for April.

We are looking for contributors! Whether you are a student, practitioner or professional we require people to help promote Acupuncture through our newsletter. A small article, a small story.. Your views on Acupuncture?

If you are interested in this opportunity please contact us through the website or by clicking [here](#).

Events Calendar for April 2009

02

Melbourne - Women's Health the childbearing years

Contact: China Books on 1800 448 855

06

Shanghai - 1-month Acupuncture Introductory

When: 8.30am - 4.30pm, Where: 1732 Lupin

Contact: Dimati Lylon on 00862085630680 or
info@mystudyinchina.com

This is a multi-day event ending on the 01/05

07

Sydney - Women's Health The ChildBearing Years

Contact: China Books on 02 9280 1885

13

Hangzhou - Hangzhou International TCM Seminars

When: 8.00am - 5.00pm,

Contact: Wade James on 1800 888 198 or info@sitcms.com
<http://sitcms.com/>

This is a multi-day event ending on the 16/04



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Moxibustion for treating menopausal hot flashes: A randomized clinical trial.



OBJECTIVE::

A hot flash is a general postmenopausal symptom experienced by approximately 75% of climacteric women. Women often turn to complementary and alternative medicines to relieve hot flashes. Moxibustion is one such medication. The aim of this study was to evaluate the effect of moxibustion on hot flashes in perimenopausal and postmenopausal women.

Moxibustion for treating menopausal hot flashes: A randomized clinical trial.

METHODS::

Fifty-one participants were randomly assigned into three groups, namely, moxibustion 1, moxibustion 2, and waiting list (control). The moxibustion groups received 14 sessions of moxibustion treatment for 4 weeks at acupuncture points. Our protocol was supported by evidence from clinical experts (Moxa 1) or published literature (Moxa 2), and we followed all participants for an additional 2 weeks after the end of the study. Our primary outcome measures were frequency and severity of hot flashes. Secondary outcome parameters included quality of life (Menopausal-Specific Quality of Life Scale) and Menopause Rating Scale.

RESULTS::

Fifty-one women participated in our study. By week 4, the difference in severity and frequency of hot flashes had become statistically significant between the treatment groups and the control participants. In addition, there was a statistically significant difference in Menopausal-Specific Quality of Life Scale scores between treatment group 2 and the other groups.

CONCLUSIONS::

Our results suggest that moxibustion reduces both the frequency and severity of menopausal hot flashes as compared with those in control participants. We would recommend further studies with larger samples and possibly including placebo controls.

Country::

Korea

Institute::

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Park JE, Lee MS, Jung S, Kim A, Kang K, Choi J, Park J, Choi SM.

Journal::

Menopause. 2009 Mar 13.