



### IN THIS ISSUE

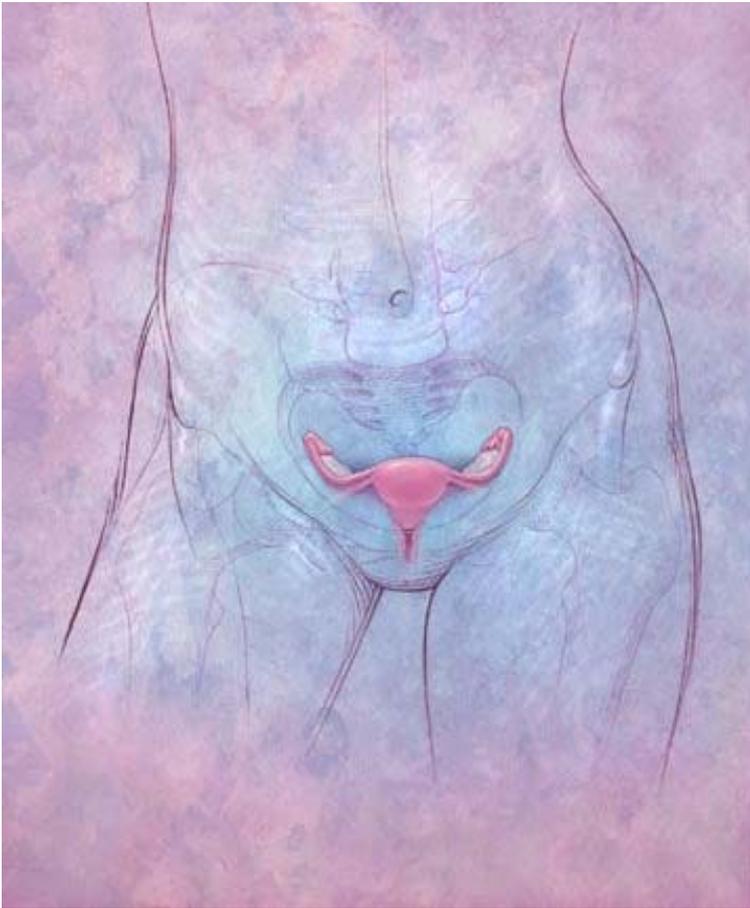
1. This months news
- 2 Current evidence on Acupuncture on Polycystic Ovarian Syndrome
3. Events Calendar for April 2010
4. Professor Li Shi-Zhen's clinical experiences on LI4

### This month in the news..

Welcome to the April Issue of the Acupuncture.com.au monthly newsletter.

If you wish to contribute a story or article about Acupuncture or Traditional Chinese Medicine please contact the Acupuncture.com.au team through the web.

## 20/03/2010 —Current evidence of Acupuncture on Polycystic Ovarian syndrome.



**Objective.** This paper aims to provide a literature review on evaluating the efficacy of acupuncture therapy in the treatment of polycystic ovarian syndrome (PCOS) by reviewing clinical trials; randomised and non-randomised and observational studies on PCOS. The paper will also determine the possible mechanism of acupuncture treatment in PCOS, limitations of recruited studies and suggest further improvements in future studies.

**Design.** A comprehensive literature search was conducted through the databases Medline, PubMed, EMBASE, Cochrane, AMED (Allied and Complementary Medicine), NCCAM (The National Centre for Complementary and Alternative Medicine) to identify relevant monographs.

**Results.** Four studies were recruited. Several studies showed that acupuncture significantly increases beta-endorphin levels for periods up to 24 h and may have regulatory effect on FSH, LH and androgen. beta-endorphin increased levels secondary to acupuncture affects the hypothalamic-pituitary-adrenal (HPA) axis through promoting the release of ACTH through stimulation of its precursor pro-opiomelanocortin synthesis. **Inclusion criteria.** All available acupuncture studies on human subjects with PCOS from June 1970 to June 2009.

## 20/03/2010 — Current evidence of Acupuncture on Polycystic Ovarian syndrome.

Exclusion criteria. Studies not meeting the inclusion criteria, published in languages other than English or animal studies.

Conclusion. Acupuncture is a safe and effective treatment to PCOS as the adverse effects of pharmacologic interventions are not expected by women with PCOS. Acupuncture therapy may have a role in PCOS by: increasing of blood flow to the ovaries, reducing of ovarian volume and the number of ovarian cysts, controlling hyperglycaemia through increasing insulin sensitivity and decreasing blood glucose and insulin levels, reducing cortisol levels and assisting in weight loss and anorexia. However, well-designed, randomised controlled trials are needed to elucidate the true effect of acupuncture on PCOS.

**Country:** Australia, **Institute:** Faculty of Medicine, South Western Sydney Clinical School, University of New South Wales, Sydney, Australia. **Author(s):** Lim CE, Wong WS. **Journal:** Gynecol Endocrinol. 2010 Mar 16. **Pubmed ID:** 20230329

## Events Calendar for April 2010

**01**

### **Shanghai China - Acupuncture advanced course in China**

When: 8.30 - 15.30, Where: 402

Contact: helen trump on 00862085630680 or [info@alliedgateway.cn](mailto:info@alliedgateway.cn)

**10**

### **Brunswick - Jap Acupuncture for Thyroid Problems**

When: 9.00am - 5.00pm, Where: 103 Evans Street

Contact: Australian Shiatsu College on (03) 9387 1161 or [info@australianshiatsucollege.com.au](mailto:info@australianshiatsucollege.com.au)

**17**

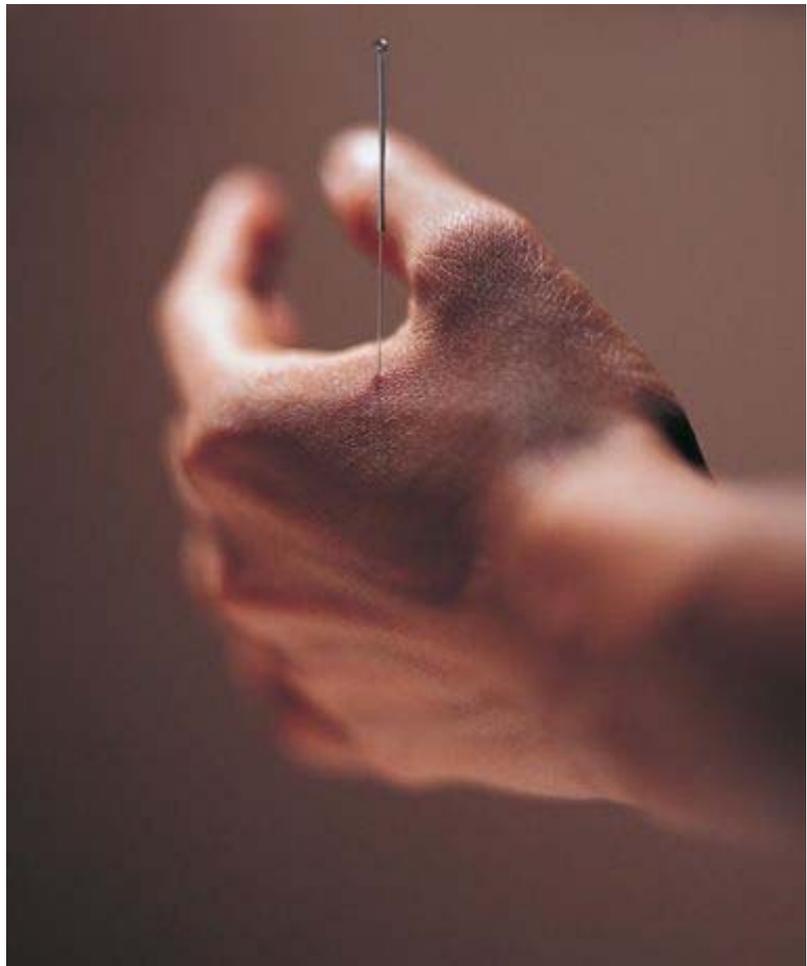
### **Southport, Gold Coast - Japanese Sôtai Alignment Therapy**

When: 9.00am - 5.00pm, Where: Endeavor College of Natural Health 105 Scarborough Street

## 28/03/2010 — Professor Li Shi-zhen's clinical experiences on compatibility application of LI4.

The present paper introduces professor LI Shi-zhen's clinical experiences on compatibility application of Hegu (LI 4). Hegu (LI 4) is mostly used to treat acute pyreticosis, exterior syndrome of exogenous diseases, mind diseases and deficiency of vital energy.

Acupuncture at this acupoint by using reducing method can dispel wind to relieve exterior syndrome, clear away heat to disperse lung. Powerful stimulation by needle can dredge stagnant meridian, open orifice to activate spirit.



Acupuncture at this acupoint by using reinforcing method can invigorate qi to strengthen superficies and replenish qi to prevent collapse. Based on this method, reinforcing Zusanli (ST 36) and Baihui (GV 20) can strengthen middle energizer to nourish qi, which show the same benefits as Buzhong Yiqi Decoction; reinforcing Sanyinjiao (SP 6) can nourish both qi and blood, which show the same benefits as Decoction of Eight Ingredients; reducing Neiting (ST 44) can clear away evil heat of qifen in yangming meridians, which show the same benefits as Baihu Decoction.

**Pubmed ID:** PMID: 20214075 **Institute:** Department of Acupuncture and Massage, Nanyang Higher Medical Training School, Nanyang 473061, China.  
**Journal:** Zhongguo Zhen Jiu. 2010 Feb;30(2):152-4.