

February 2008 Newsletter

Welcome to the February edition of the Acupuncture.com.au newsletter. If you have any articles you wish to contribute to the newsletter for publication you can submit them via email to info@acupuncture.com.au

We hope you enjoy this edition of the newsletter.

Research: Clinical observation on effect of electric acupuncture at sishencong in treating insomnia

15/01/2008

OBJECTIVE: To evaluate the clinical therapeutic effect of electric acupuncture (EA) at Sishencong (EX-HN 1) on insomnia.

METHODS: Two hundred and seventy-six patients were randomly assigned to 2 groups, 138 in each group, the EA group treated with EA at Sishencong, and the control group with oral administration of Tianmeng Capsule. The treatment course for both groups was 3 weeks. The quality and related parameters of sleep before and after treatment were evaluated with a multi-channel sleep detector.

RESULTS: After treatment, the quality of sleep was improved in both groups ($P < 0.05$), as compared with before treatment, the differ-

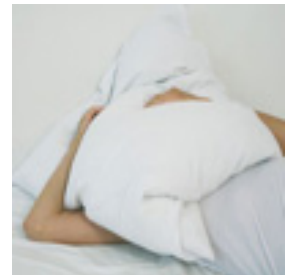
ence in related parameters was significant respectively ($P < 0.05$ or $P < 0.01$), however, the improvement in the EA group was superior to that in the control group ($P < 0.01$). **CONCLUSION:** EA at Sishencong has obvious effect on insomnia.

Country: China

Institute: Shandong Provincial Hospital of Shandong University, Jinan.

Author(s): Tang SC, Liu JM, Liu GL.

Journal: Zhongguo Zhong Xi Yi Jie He Za Zhi. 2007 Nov;27(11):1030-2.



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Research: Acupuncture versus sham acupuncture for chronic prostatitis/chronic pelvic pain.

15/01/2008

BACKGROUND:

Chronic prostatitis/chronic pelvic pain syndrome (CP/CPPS) afflicts 2%-10% of adult men. Available therapies offer little or no proven benefit. Because acupuncture represents an attractive "natural" therapy, we compared the efficacy of acupuncture to sham acupuncture for CP/CPPS.

METHODS: Participants met US National Institutes of Health (NIH) consensus criteria for CP/CPPS, were aged $>$ or $=$ 20 years old, and had a total score $>$ or $=$ 15 on the NIH Chronic Prostatitis Symptom Index (NIH-CPSI) and symptoms for at least 3 of the preceding 6 months. They were randomized 1:1 to acupuncture or sham acupuncture. Treatment consisted of twice-

weekly 30-minute sessions for 10 weeks (20 sessions total) without needle stimulation, herbs, or adjuvants. The primary response criterion was a 6-point decrease from baseline to week 10 in NIH-CPSI total score (range 0-43).

RESULTS: Thirty-two (73%) of 44 participants responded in the acupuncture group compared with 21 (47%) of 45 sham group participants (relative risk 1.81, 95% confidence interval, 1.3-3.1, $P = .02$). Long-term responses 24 weeks after completing therapy without additional treatment occurred in 14 (32%) of 44 acupuncture group participants and in 6 (13%) of 45 sham group participants (relative risk 2.39, 95% confidence interval, 1.0-5.6, $P = .04$).

CONCLUSIONS:

After 10 weeks of treatment, acupuncture proved almost twice as likely as sham treatment to improve CP/CPPS symptoms. Participants receiving acupuncture were 2.4-fold more likely to experience long-term benefit than were participants receiving sham acupuncture.

Country: Malaysia

Institute: School of Pharmaceutical Science, University of Science, Malaysia.

Author(s): Lee SW, Liong ML, Yuen KH, Leong WS, Chee C, Cheah PY, Choong WP, Wu Y, Khan N, Choong WL, Yap HW, Krieger JN.

Journal: Am J Med. 2008 Jan;121(1):79.e1-7.

Acupuncture and TCM events for February 2008

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515 Queen St, Brisbane - Ageing Matters

When: 10.00am - 3:30pm, Where: Marriott Hotel

Contact: Emily Lewis on 1300 133 807 or emily@panaxea.com

This is a multi-day event ending on the 03/02

07

Brisbane - How To Cold Call & Build New Customers

When: 9.00am - 5.00pm, Where: 55 Little Edward Street

Contact: Hayley Gorlitz on 07 3831 2322 or marketing_brisbane@dalecarnegie.com

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Noosaville - Cosmetic Acupuncture/Ruri Face Diagnosis

When: 10.00am - 4.30pm, Where: Islander Resort

Contact: Lynda Roxanne Kingston on 07 5471 6778 or lynda@coolumbeachacupuncture.com.au

This is a multi-day event ending on the 17/02

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Melbourne - Cosmetic Acupuncture Seminar

When: 9.00 - 5.00, Where: Melbourne Institute of Massage Therapy

Contact: Anthony Kingston on 07 3868 3856 or info@cosmeticacupuncture.net.au

This is a multi-day event ending on the 24/02

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488 George Street, Sydney - Ageing Matters

When: 10.00am - 3:30pm, Where: Hilton Hotel

Contact: Emily Lewis on 1300 133 807 or emily@panaxea.com

For detailed information on any of these events or if you would like to add your own event to our calendar for free, visit us online at the following address.

www.acupuncture.com.au/events

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