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This month in the news..

Welcome to the February 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.

20/01/2011 - Acupuncture for primary dysmenorrhoea.



BACKGROUND: This review examined the currently available evidence supporting the use of acupuncture to treat primary dysmenorrhoea.

OBJECTIVES: To determine the efficacy and safety of acupuncture in the treatment of primary dysmenorrhoea when compared with a placebo, no treatment, or conventional medical treatment (for example oral contraceptives and non-steroidal anti-inflammatory medication (NSAIDs)).

SEARCH STRATEGY: The following databases were searched (from inception until March 2010): the Cochrane Menstrual Disorders and Subfertility Group Trials Register, Cochrane Central Register of Controlled Trials (CENTRAL) (The Cochrane Library), PubMed, CINAHL, PsycINFO, Chinese Biomedical Literature Database (CBM), Chinese Medical Current Content (CMCC), China National Knowledge Infrastructure (CNKI), VIP database, Dissertation Abstracts International, BIOSIS, AMED (The Allied and Complementary Medicine Database), Acubriefs, and Acubase.

SELECTION CRITERIA: Inclusion criteria included all published and unpublished randomised controlled trials comparing acupuncture with placebo control, usual care, and pharmacological treatment. The following modes of treatment were included: acupuncture, electro-acupuncture, and acupressure. Participants were women of reproductive age with primary dysmenorrhoea during the majority of the menstrual cycles or for three consecutive menstrual cycles, and moderate to severe symptoms.

DATA COLLECTION AND ANALYSIS: Meta-analyses were performed using odds ratios (OR) for dichotomous outcomes and mean differences or standard mean differences (SMD) for continuous outcomes, with 95% confidence intervals (CI). Primary outcomes were pain relief and improved menstrual symptoms, measured by self-rating scales. Other outcomes included use of analgesics, quality of life, and absence from school or work.

MAIN RESULTS: Ten trials were included in the review with data reporting on 944 participants. Six trials reported on acupuncture (n = 673) and four trials (n = 271) reported on acupressure. There was an improvement in pain relief from acupuncture compared with a placebo control (OR 9.5, 95% CI 21.17 to 51.8), NSAIDs (SMD -0.70, 95% CI -1.08 to -0.32) and Chinese herbs (SMD -1.34, 95% CI -1.74 to -0.95). In two trials acupuncture reduced menstrual symptoms (for example

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nausea, back pain) compared with medication (OR 3.25, 95% CI 1.53 to 6.86); in one trial acupuncture reduced menstrual symptoms compared with Chinese herbs (OR 7.0, 95% CI 2.22, 22.06); and in one trial acupuncture improved quality of life compared with usual care. There was an improvement in pain relief from acupuncture compared with a placebo control (SMD -0.99, 95% CI -1.48 to -0.49), and in one trial acupuncture reduced menstrual symptoms compared with a placebo control (SMD -0.58, 95% CI -1.06 to -0.10). The risk of bias was low in 50% of trials.

AUTHORS' CONCLUSIONS: Acupuncture may reduce period pain, however there is a need for further well-designed randomised controlled trials.

Country: Australia / **Institute:** Centre for Complementary Medicine Research, The University of Western Sydney, Locked Bag 1797, Penrith South DC, New South Wales, Australia, 2751./ **Author(s):** Smith CA, Zhu X, He L, Song J. / **Journal:** Cochrane Database Syst Rev. 2011 Jan 19;1:CD007854.

Events Calendar for February 2011

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Melbourne - Acupuncture Point Injection Therapy Level One -2 day event

Contact: Contact on 0421 862 550 / This is a multi-day event ending on the 12/02

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Sydney - David Legge Workshop 3 Shoulder, Neck and Head

Contact: Chinabooks on 02 9280 1885 / This is a multi-day event ending on the 13/02

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Aspley QLD - Advanced Acupuncture Pulse Diagnostic Workshop-Seminar

When: 01.00pm - 06.00pm, Where: Aspley Wellness Centre Shop C 589 Robinson Rd west Cnr Mapellen St / Contact: Dr Igor Simonov on 0424346840 or igorsimonov@yahoo.com /This is a multi-day event ending on the 20/02

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Melbourne - David Legge Workshop 3 Shoulder, Neck and Head

Contact: China Books on 03 9663 8822

This is a multi-day event ending on the 20/02