



### IN THIS ISSUE

1. This months news
2. Effects of Acupuncture on pregnancy rates in women undergoing In-vitro Fertilization: a systematic review and meta analysis.
3. Clinic Study on Insomnia
4. Upcoming Events Calendar for 2012

### This month in the news..

The Wellbeing Centre of Traditional Chinese Medicine in Manly, NSW, in association with the New Life Health Centre is conducting a clinical study to on the effectiveness of acupuncture treatment on insomnia and sleep-related disorders. For more information see page 4.

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.

## 28/01/2012—Effects of Acupuncture on pregnancy rates in women undergoing In-vitro Fertilization: a systematic review and meta analysis.



**OBJECTIVE:** To evaluate the effect of acupuncture on in vitro fertilization (IVF) outcomes.

**DESIGN:** Systematic review and meta-analysis.

**PATIENT(S):** Women undergoing IVF in randomized controlled trials (RCTs) who were evaluated for the effects of acupuncture on IVF outcomes.

**SETTING:** Not applicable.

**INTERVENTION(S):** The intervention groups used manual, electrical, and laser acupuncture techniques. The control groups consisted of no, sham, and placebo acupuncture.

**MAIN OUTCOME MEASURE(S):**

The major outcomes were clinical pregnancy rate (CPR) and live birth rate (LBR). Heterogeneity of the therapeutic effect was evaluated with a forest plot analysis. Publication bias was assessed by a funnel plot analysis.

## 28/01/2012—Effects of Acupuncture on pregnancy rates in women undergoing In-vitro Fertilization: a systematic review and meta analysis.

### RESULT(S):

Twenty-four trials (a total of 5,807 participants) were included in this review. There were no significant publication biases for most of the comparisons among these studies. The pooled CPR (23 studies) from all of the acupuncture groups was significantly greater than that from all of the control groups, whereas the LBR (6 studies) was not significantly different between the two groups. The results were different when the type of control was examined in a sensitivity analysis. The CPR and LBR differences between the acupuncture and control groups were more obvious when the studies using the Streitberger control were ignored. Similarly, if the underlying effects of the Streitberger control were excluded, the LBR results tended to be significant when the acupuncture was performed around the time of oocyte aspiration or controlled ovarian hyperstimulation.

### CONCLUSION(S):

Acupuncture improves CPR and LBR among women undergoing IVF based on the results of studies that do not include the Streitberger control. The Streitberger control may not be an inactive control. More positive effects from using acupuncture in IVF can be expected if an appropriate control and more reasonable acupuncture programs are used.

**Country:** China / **Institute:** Institute of Integrated Traditional Chinese and Western Medicine, Tongji Hospital, Tongji Medical College, Huazhong University of Science and Technology, Wuhan, Hubei, People's Republic of China. / **Author(s):** Zheng CH, Huang GY, Zhang MM, Wang W. / **Journal:** Fertil Steril. 2012 Jan 11.

## Clinical Study - Participants Required

The Wellbeing Centre of Traditional Chinese Medicine in Manly, NSW, in association with the New Life Health Centre is conducting a clinical study to on the effectiveness of acupuncture treatment on insomnia and sleep-related disorders. Participants in the study receive discounted rates on acupuncture treatment. If you would like to participate, or know of someone in the Manly or wider Sydney area who may benefit, please contact Jenny Huang at the Wellbeing Centre of Traditional Chinese Medicine at [pfhuang@thewellbeingcentre.com.au](mailto:pfhuang@thewellbeingcentre.com.au), or phone (02) 9977 8789.

## Upcoming Events Calendar for 2012

### **April - International GOLD STANDARD FACIAL ACUPUNCTURE™ Certification Series (Date TBA)**

When: 9:00am - 5:00pm, Where: TBA Contact: Mary Elizabeth Wakefield, L. Ac., M. S., M. M. on (USA) 866-831-9149, x 2444

### **April 9 - Hangzhou, China - Acupuncture Training in China**

When: 8:30am - 4:30pm, Where: 548 Hubin Road

Contact: James Spears on 17072067473 or james.spears@ihsociety.com

This is a multi-day event ending on the 20/04

### **May 25 - Brisbane - AACMAC Brisbane 2012 - AACMA Annual Conference**

When: 9.00am - 5:00pm, Where: Brisbane Convention and Exhibition Centre, Grey Street, South Brisbane (Southbank) Contact: AACMA on (07) 3324 2599

This is a multi-day event ending on the 27/05