

## January 2008 Newsletter

Happy New Year! Welcome to the January edition of the Acupuncture.com.au newsletter. We are looking for people to contribute articles to the newsletter for publication. You can submit your articles via email to [info@acupuncture.com.au](mailto:info@acupuncture.com.au)

We hope you enjoy this edition of the newsletter.

### Research: Acupuncture in Polycystic Ovary Syndrome- Current Experimental and Clinical Evidence.

03/12/2007

This review describes the aetiology and pathogenesis of polycystic ovary syndrome (PCOS) and evaluates the use of acupuncture to prevent and reduce symptoms related with PCOS.

PCOS is the most common female endocrine disorder and it is strongly associated with hyperandrogenism, ovulatory dysfunction and obesity. PCOS increases the risk for metabolic disturbances such as hyperinsulinemia and insulin resistance, which can lead to type 2 diabetes, hypertension, and an increase of developing cardiovascular risk factors and impaired mental health later in life. Despite extensive research, little is known about the aetiology of PCOS. The syndrome is associated with peripheral and central factors that influence sympathetic nerve activity. Thus, the sympathetic nervous system may be an important factor in the development and maintenance of PCOS.

Many women with PCOS require prolonged treatment. Current

pharmacological approaches are effective but have adverse effects. Therefore, non-pharmacological treatment strategies need to be evaluated.

Clearly, acupuncture can affect PCOS via modulation of endogenous regulatory systems, including the sympathetic nervous system, the endocrine and the neuroendocrine system. Experimental observations in rat models of steroid-induced polycystic ovaries and clinical data from studies in women with PCOS suggest that acupuncture exert long-lasting beneficial effects on metabolic and endocrine systems and ovulation.

**Country:** Sweden

**Institute:** Institute of Neuroscience and Physiology, Department of Physiology, Sahlgrenska Academy, Göteborg University, Sweden.

**Author(s):** Stener-Victorin E, Jedel E, Mannerås L.

**Journal:** 1: J Neuroendocrinol. 2007 Nov 28



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### **Research: Laser acupuncture in children with headache: A double-blind, randomized, bicenter, placebo-controlled trial.**

To investigate whether laser acupuncture is efficacious in children with headache and if active laser treatment is superior to placebo laser treatment in a prospective, randomized, double-blind, placebo-controlled trial of low level laser acupuncture in 43 children (mean age (SD) 12.3 (+/-2.6) years) with headache (either migraine (22 patients) or tension type headache (21 patients)). Patients were randomized to receive a course of 4 treatments over 4 weeks with either active or placebo laser. The treatment was highly individualised based on criteria of Traditional Chinese medicine (TCM).

The primary outcome measure was a difference in numbers of headache days between baseline and the 4 months after randomization. Secondary outcome measures included a change in headache severity using a 10cm Visual Analogue Scale (VAS) for pain and a change in monthly hours with headache. Measurements were taken during 4 weeks before randomization (baseline), at weeks 1-4, 5-8, 9-12 and 13-16 from baseline. The mean number of headaches per month decreased significantly by 6.4 days in the treated group ( $p<0.001$ ) and by 1.0 days in the placebo group ( $p=0.22$ ). Secondary outcome measures headache severity and monthly hours with headache decreased as well significantly at all time points compared to baseline ( $p<0.001$ ) and were as well significantly lower than those of the placebo group at all time points ( $p<0.001$ ).

We conclude that laser acupuncture can provide a significant benefit for children with headache with active laser treatment being clearly more effective than placebo laser treatment.

**Country:** Germany

**Institute:** University Children's Hospital, Department of Pediatric Hematology and Oncology, Saarland University, Kirrbergerstr., 66421 Homburg, Germany.

**Author(s):** Gottschling S, Meyer S, Grigbova I, Distler L, Berrang J, Gortner L, Graf N, Shamdeen MG.

**Journal:** Pain. 2007 Nov 15

Acupuncture and TCM events for January 2008

**07**

**VIC, Melbourne - Thai Massage Workshop - Bruce Bentley**

When: All - Day, Where: Street

Contact: Health Traditions on (03) 9576 1787 or  
healthtr@planet.net.au

This is a multi-day event ending on the 13/01

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**NSW, Wagga Wagga - Chinese Massage Workshop - Bruce Bentley**

When: All - Day, Where: Street

Contact: Health Traditions on (03) 9576 1787 or  
healthtr@planet.net.au

This is a multi-day event ending on the 25/01

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](http://www.acupuncture.com.au/events)

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