



IN THIS ISSUE

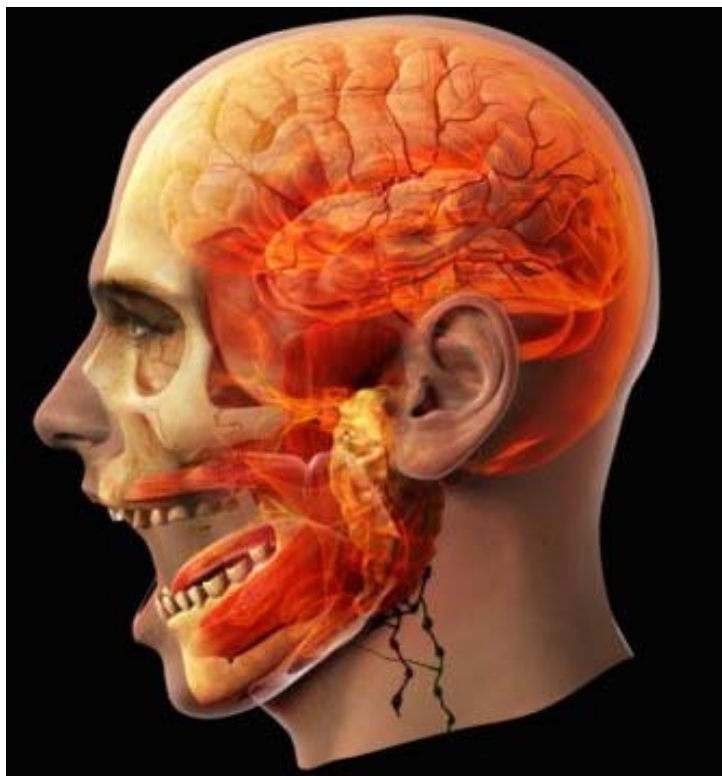
1. This months news
2. Acupuncture in the treatment of temporo-mandibular disorder of muscular origin.
3. Events Calendar for January 2010

This month in the news..

Welcome to the January Issue of the Acupuncture.com.au monthly newsletter. We hope that everyone is enjoying their holiday period. We wish you all the best for a happy and safe new year.

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.

26/12/2009—Effectiveness of Acupuncture in the treatment of Temporomandibular Disorders of Muscular Origin: A Systematic review of the last decade



Objective: The purpose of this review is to evaluate the effectiveness of using acupuncture treatment for temporomandibular disorders (TMD) of muscular origin according to research published in the last decade.

Methods: The information was gathered using the MEDLINE, EMBASE, CINAHL, and CISCOR databases. The inclusion criteria for selecting the studies were the following: (1) only randomized controlled trials (RCTs) were selected; (2) studies had to be

carried out on patients with TMD of muscular origin; (3) studies had to use acupuncture treatment; and (4) studies had to be published in scientific journals between 1997 and 2008. Two (2) independent reviewers analyzed the methodological quality of the studies using the Delphi list.

A total of four RCTs were chosen once the methodological quality was judged as being acceptable. All of the studies included in the review compared the acupuncture treatment with a placebo treatment. All of them described results that were statistically significant in relation to short-term improvement of TMD signs and symptoms of a muscular origin, except one of the analyzed studies that found no significant difference between acupuncture and sham acupuncture.

Conclusions: In the authors' opinion, research into the long-term effects

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of acupuncture in the treatment of TMD is needed. We also recommend larger samples sizes for future studies, so the results will be more reliable.

Country: Spain **Institute:** 1 Program in Orofacial Pain and Craniomandibular Disorders, San Pablo CEU University , Madrid, Spain. **Author(s):** La Touche R, Angulo-Díaz-Parreño S, de-la-Hoz JL, Fernández-Carnero J, Ge HY, Linares MT, Mesa J, Sánchez-Gutiérrez J. **Journal:** J Altern Complement Med. 2009 Dec 28. **Pubmed ID:** 20038262

Events Calendar for January 2010

25

Goa, India - 25 CEU Adventure in Goa India

When: 10a.m. - 12p.m.

Contact: Mimi Latno on 831-794-0444 or mimi@ceuretreats.com

This is a multi-day event ending on the 29/01

30

Adelaide - Acupuncture - Upper/Lower Back

Contact: Anh Phung on 08 8346 7800 or ap656961@yahoo.com

This is a multi-day event ending on the 30/01

