

**LATEST
ONLINE
DISCUSSION
FORUM
TOPICS**

**Molecular 'clash'
causes allergies**

**Warning on asthma
inhalers**

**Risperdal - induced
non stop eyelid
twitching**

**Prawns offer
hayfever hope.**

**Coffee and Acu-
puncture - 100%
effective**

**INSIDE
THIS ISSUE:**

**Low back
pain pilot
trial. 1,
2**

**Meta Analy-
sis: Acupunc-
ture for de-
pression 1,
4**

**July 2008
Events Cal-
endar 3**

Acupuncture for non-specific low back pain: A pilot randomised non-penetrating sham controlled trial.

OBJECTIVE: A pilot study to assess the feasibility of a trial to investigate the efficacy of acupuncture compared to placebo needling for the treatment of acute low back pain (LBP). As part of this, the study was designed to establish the credibility of



the placebo control, and to provide data to inform a power analysis to determine numbers for a future trial.

STUDY DESIGN: A pilot

(Continued on page 2)

Acupuncture/TCM to feature on Cable-TV show.

The Healer's Way premiered last month on the Aurora channel on Foxtel and Austar.

This month John McDonald is interviewed on the show talking about Acu-

puncture and Chinese Medicine. John will also conduct a demonstration.

John McDonald is a well known and respected international author and lecturer in our industry.

Be sure not to miss the Aurora channel this month on Foxtel and Austar on

July the 17th

Meta-Analysis: Is acupuncture beneficial in depression?



BACKGROUND: Depression is one of the most common mental health disorders. Acupuncture is a popular complementary and alternative medicine intervention suggested in the treatment of depression, but its effectiveness is

uncertain. This updated meta-analysis was conducted to more precisely assess the beneficial effect of acupuncture in depression therapy.

METHODS: The following databases were searched: MEDLINE,

Acupuncture dedicated research
archives available online.

featuring links to full text articles and search facility

Low back pain pilot trial..

(Continued from page 1)

patient and assessor blinded randomized controlled trial.

SETTING: Primary care health centre facility, South and East Belfast Trust, Northern Ireland.

PATIENTS: Patients from the physiotherapy waiting list (n=48) with LBP of less than 12 weeks duration.

OUTCOME MEASURES: Roland and Morris Disability Questionnaire (RMDQ), Visual Analogue Scale (VAS), medication use and an exit questionnaire were completed at baseline, end of treatment, and at 3 months follow up.

RESULTS: Ninety-four percent (45/48) of patients completed assigned treatment, 83% (40/48) completed 3 months follow-up. The sham needle used here proved to be credible: 91.7% in the placebo group believed they had received acupuncture,

compared to 95.8% in the verum acupuncture group. Differences in baseline characteristics were accounted for using ANCOVA. There was no significant difference between groups on the RMDQ over time. For pain, the only statistically significant difference was at the 3 months follow up (worst VAS, point estimate, 18.7, 95% CI 1.5-36.0, p=0.034). The majority of patients were taking some form of analgesic medication for LBP at the start of treatment (n=44; 92%), and at the end of treatment the verum acupuncture group were taking significantly fewer tablets of pain control medication (mean (S.D.): 1.0+/-0.3) than the placebo group (mean (S.D.): 4.2+/-0.6, p<0.05). Based upon these data, power analysis (power=90%, alpha=0.05, minimal clinically important difference (MCID) for RMDQ=2.5 points) indicated that 120 participants (60 per group)

would be needed to complete an adequately powered randomized controlled trial.

CONCLUSIONS: This study has demonstrated the feasibility of a randomized controlled trial of penetrating needle acupuncture compared to a non-penetrating sham for the treatment of acute LBP in primary care; 120 participants would be required in a fully powered trial. The placebo needle used in this study proved to be a credible form of control.

Institute: Health and Rehabilitation Sciences Research Institute, School of Health Sciences, University of Ulster, Northern Ireland, United Kingdom.

Author(s): Kennedy S, Baxter GD, Kerr DP, Bradbury I, Park J, McDonough SM.

Journal: Complement Ther Med. 2008 Jun;16(3):139-46.

Bagua is conceptually a template or a ruler within the Taoist cosmology to track changes. There are two types of Bagua, firstly the Primordial Bagua as a tool to track manifestations before changes, and secondly as the Manifested Bagua which has wider applications including astronomy, astrology, geography, geomancy, anatomy, time, the seasons.

Media gallery photo. - Ba Gua



In this picture:

The Ba gua feature in the Nanning herb garden.

Nanning's herb garden is the largest in China located in Guangxi province.

AcuGraph 3 - See the CHI

AcuGraph 3 is a revolution in modern acupuncture, enhancing the effect of ancient techniques by applying modern science.

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July 2008 Events

05

Melbourne - Sun Ten - CM Pearls Seminar

10.00am - 5.00pm at RMIT Casey Plaza Lecture Hall, La Trobe Street. Contact: Greta Young on (03) 9842 0253 or young-jia@bigpond.net.au This is a multi-day event ending on the 06/07

26

Perth - Cosmetic Acupuncture/Ruri Face Diagnosis

10.00am - 4.30pm Contact: Lynda Roxanne Kingston on 07 5471 6778 or lynda@coolumbeachacupuncture.com.au This is a multi-day event ending on the 27/07

26

Brisbane - Acupuncture In Pregnancy & Childbirth

9.00 - 5.00 at Brisbane Holiday Inn. Contact: Jodi Hank on 07 5531 2358 or clinic@compmed.com.au

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 .

Meta-Analysis: Acupuncture for depression?

(Continued from page 1)

EMBASE, BIOSIS, Cochrane Central Register of Controlled Trials, and Chinese Scientific Journal Database. The following terms were used: acupuncture, acupressure, depression, depressive disorder, clinical trial, and randomized controlled trial.

“Acupuncture was an effective treatment that could significantly reduce the severity of disease in patients with depression.”

RESULTS: Eight small-randomized controlled trials comparing 477 subjects were included in the meta-analysis. Our results confirmed that acupuncture could significantly reduce the severity of depression, which was indicated by decreased scores of Hamilton rating scale for depression (HAMD) or Beck Depression Inventory (BDI). The pooled standardized mean difference of the 'Improvement of depression' was -0.65 (95% CI -1.18, -0.11; P=0.02) by random effect model. However, no significant effect of active acupuncture was found on the response rate (RR 1.32, 95% CI 0.83 to 2.10; P=0.25) and remis-



sion rate (RR 1.30, 95% CI 0.57 to 2.95; P=0.53).

CONCLUSION: Although this meta-analysis might be discounted due to the low quality of individual trials, it supported that acupuncture was an effective treatment that could significantly reduce the severity of disease in the patients with depression. More full-scale randomized clinical trials with reliable designs are recommended to further warrant the ef-

fectiveness of acupuncture.

Country: China

Institute: Department of Pharmacology and Biostatistics, Institute of Medical Sciences, Shanghai Jiaotong University School of Medicine, China.

Author(s): Wang H, Qi H, Wang BS, Cui YY, Zhu L, Rong ZX, Chen HZ.

Journal: J Affect Disord. 2008 Jun 10.

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