

### IN THIS ISSUE

#### **1. This month in the newsletter.**

A brief overview from the editor.

#### **2. Events Calendar**

Check out what events will be happening in your area during the month.

#### **3. Moxa / Acupuncture for breech presentation**

This systematic review of clinical trials investigates the efficacy and safety of Moxibustion and other acupoint stimulations to treat breech presentation.



### **This month in the newsletter..**

If the events calendar this month is anything to go by there appears to be a demand for cosmetic and facial (rejuvenation) Acupuncture.

There are many events and seminars on the topic occurring over the next two months throughout the country including several by Mary Elizabeth Wakefield from the U.S.A.

This month there is a systematic review on breech presentation which strengthens the body of research already available on the efficacy of Acupoint and Moxibustion stimulation for this procedure.

# Events Calendar for March 2009

**06**

## **Sydney - Constitutional Facial Acupuncture Renewal**

Contact: Kylie O'Brien on or [sartorimedicine@gmail.com](mailto:sartorimedicine@gmail.com)

This is a multi-day event ending on the 08/03

**07**

## **Brisbane - Cosmetic Acupuncture & Face Diagnosis**

When: 10.00am - 4.30pm, Where:

Contact: Lynda Roxanne Kingston on (07) 5471 6511 or [info@cosmeticacupunctureretraining.com.au](mailto:info@cosmeticacupunctureretraining.com.au)

This is a multi-day event ending on the 08/03

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## **Brisbane - Advanced Constitutional Facial Acupuncture**

Contact: Kylie O'Brien on or [sartorimedicine@gmail.com](mailto:sartorimedicine@gmail.com)

This is a multi-day event ending on the 15/03

**20**

## **Auckland, NZ - Constitutional Facial Acupuncture Renewal**

Contact: Kylie O'Brien on or [sartorimedicine@gmail.com](mailto:sartorimedicine@gmail.com)

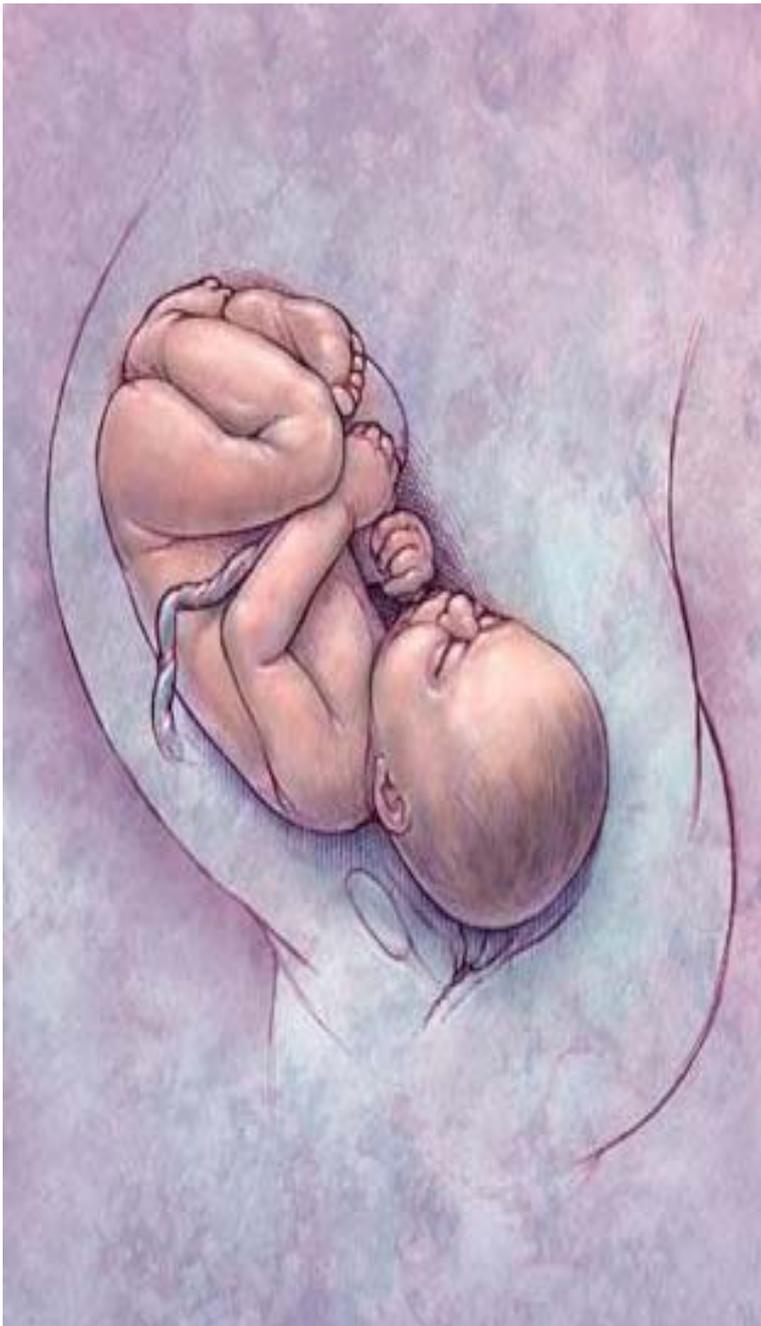
This is a multi-day event ending on the 22/03



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# A systematic review of clinical trials: Moxibustion and other Acupuncture point stimulation methods to treat breech presentation.



## **Background**

Moxibustion, acupuncture and other acupoint stimulations are commonly used for the correction of breech presentation. This systematic review aims to evaluate the efficacy and safety of moxibustion and other acupoint stimulations to treat breech presentation.

## **Methods**

We included randomized controlled trials (RCTs) and controlled clinical trials (CCTs) on moxibustion, acupuncture or any other acupoint stimulating methods for breech presentation in pregnant women.

All searches in PubMed, the Cochrane Library (2008 Issue 2), China National Knowledge Information (CNKI), Chinese Scientific Journal Database (VIP) and WanFang Database ended in July 2008. Two authors extracted and analyzed the data independently.

# A systematic review of clinical trials: Moxibustion and other Acupuncture point stimulation methods to treat breech presentation.

## Results:

Ten RCTs involving 2090 participants and seven CCTs involving 1409 participants were included in the present study.

Meta-analysis showed significant differences between moxibustion and no treatment (RR 1.35, 95% CI 1.20 to 1.51; 3 RCTs).

Comparison between moxibustion and knee-chest position did not show significant differences (RR 1.30, 95% CI 0.95 to 1.79; 3 RCTs).

Moxibustion plus other therapeutic methods showed significant beneficial effects (RR 1.36, 95% CI 1.21 to 1.54; 2 RCTs).

Laser stimulation was more effective than assuming the knee-chest position plus pelvis rotating.

Moxibustion was more effective than no treatment (RR 1.29, 95% CI 1.17 to 1.42; 2 CCTs) but was not more effective than the knee-chest posi-

tion treatment (RR 1.22, 95% CI 1.11 to 1.34; 2 CCTs).

Laser stimulation at Zhiyin (BL67) was more effective than the knee-chest position treatment (RR 1.30, 95% CI 1.10 to 1.54; 2 CCTs,).

## Conclusion

Moxibustion, acupuncture and laser acupoint stimulation tend to be effective in the correction of breech presentation.

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**Journal:** Chin Med. 2009 Feb 27;4(1):4.