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This month in the news..

Welcome to the March Issue of the Acupuncture.com.au monthly newsletter.

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.

20/02/2010 —Acupuncture for primary dysmenorrhoea: systematic review.



Background The effectiveness of acupuncture in primary dysmenorrhoea is not fully understood.

Objectives To assess the effectiveness of acupuncture for the symptomatic treatment of primary dysmenorrhoea from randomised controlled trials (RCTs).

Search strategy Nineteen electronic databases, including English, Korean, Japanese and Chinese databases, were systematically searched for RCTs investigating acupuncture for primary dysmenorrhoea up to July 2008 with no language restrictions.

Selection criteria All RCTs that evaluated the effects of acupuncture compared with controls were included. Studies that assessed the effect of moxibustion or body acupressure were excluded.

Data collection and analysis The study abstraction and quality assessment of all studies were undertaken following the detailed descriptions of these categories as described in the Cochrane Handbook for Systematic Reviews of Interventions.

Main results Twenty-seven RCTs were systematically reviewed. Only nine of the 27 trials clearly described their methods of randomisation and none of the trials stated the methods of allocation concealment. Com-

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pared with pharmacological treatment or herbal medicine, acupuncture was associated with a significant reduction in pain. Three studies reported reduced pain within groups from baseline; however, two RCTs did not find a significant difference between acupuncture and sham acupuncture.

Author's conclusions The review found promising evidence in the form of RCTs for the use of acupuncture in the treatment of primary dysmenorrhoea compared with pharmacological treatment or herbal medicine. However, the results were limited by methodological flaws. The evidence for the effectiveness of acupuncture for the treatment of primary dysmenorrhoea is not convincing compared with sham acupuncture. Further rigorous non-penetrating placebo-controlled RCTs are warranted.

Country: Korea, **Institute:** Hospital of Korean Medicine, Kyung Hee University Medical Center, Seoul, South Korea. **Author(s):** Cho SH, Hwang EW. **Journal:** BJOG. 2010 Feb 17. DOI: 10.1111/j.1471-0528.2010.02489.x., **PubMed ID:** 20184568

Events Calendar for March 2010

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Sydney - Classical Five-Element Acupuncture

When: 10am on Saturday - 4pm on Sunday, Where: The Maiden Theatre, Royal Botanic Gardens, Nr. Mrs Macquaries Road. Contact: Janet Darby on (02) 62574558 or info@cfea.com.au This event ends on the 07/03

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Adelaide - Acupuncture/Hormone Imbalance

Contact: Anh Phung Acupuncture Academy on 0413 353 878 or ap656961@yahoo.com This is a multi-day event ending on the 06/03

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Brisbane - Lingering Pathogens

Contact: Will Maclean on 02 9280 1885 or info@ChinaBooksSydney.com.au This event ends on the 21/03