

October 2007 Newsletter

Welcome to the October 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 to us via email at: info@acupuncture.com.au

We hope you enjoy this edition of the newsletter.

Acupuncture in China Media Gallery

Visit our website and follow the link on the main page to view a collection of videos and pictures which will be constantly updated during September and October.

It follows the journey of a group of Acupuncture students from the Australian College of Natural Medicine (Brisbane, Gold Coast and Melbourne campuses).

It is the fourth and final year of their degree and they have chosen to complete an internship at the Guangxi TCM University in China.



Image: Guangxi TCM University, Nanning, China.



Image: Ruikang Hospital #2, Nanning, China.



Image: Yin Yang Logo at the Guangxi Botanical Garden of Medicinal Plant, China

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Visit the media gallery at the following url:
www.acupuncture.com.au/media

Research: Acupuncture for persistent allergic rhinitis: a randomized, sham-controlled trial.

OBJECTIVE: To investigate the effectiveness and safety of acupuncture in persistent allergic rhinitis (PAR)

DESIGN: Randomised, single-blind, sham-controlled trial conducted from May 2004 to February 2005.

PARTICIPANTS AND INTERVENTION: 80 patients with PAR (age, 16-70 years) were randomly assigned to receive real or sham acupuncture. After a 1-week baseline period, participants were treated twice weekly for 8 weeks and followed up for another 12 weeks.

MAIN OUTCOME MEASURES: Nasal obstruction, sneezing, rhinorrhoea and nasal itch were each self-assessed daily on a 5-point scale, and scores were aggregated weekly. The sum of the symptom scores (total nasal symptom score, TNSS) was also determined. A secondary outcome was use of PAR relief medication. **RESULTS:** After 8 weeks' treatment, the weekly mean difference in TNSS from baseline was greater with real (-17.2; 95% CI, -24.6 to -9.8) than with sham acupuncture (-4.2; 95% CI, -11.0 to 2.7) ($P =$

0.01). The decrease in individual symptom score was also greater with real acupuncture for rhinorrhoea ($P < 0.01$) but not the other symptoms. At the end of follow-up, the greater difference in TNSS from baseline in the real acupuncture group was still apparent: real, -21.0 (95% CI, -29.1 to -12.9) versus sham, -2.3 (95% CI, -10.2 to 5.6) ($P = 0.001$). Moreover, the differences from baseline in all four individual symptom scores were greater for the real than for the sham group ($P < 0.05$). Real and sham acupuncture were both well tolerated.

CONCLUSION: Our findings suggest that acupuncture is effective in the symptomatic treatment of PAR. **TRIAL REGISTRATION:** Australian Government Therapeutic Goods Administration CTN 034/2004.

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Acupuncture and TCM events for October 2007

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Beijing, China - WFAS 2007

Contact: on or wfas2007m@yahoo.com.cn

This is a multi-day event ending on the 22/10

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Melbourne - Pearls of Wisdom Seminar 2007

When: 10.00am - 5.00pm, Where: Casey Plaza Hall, Building 10, RMIT
124 La Trobe Street, Melbourne

Contact: Greta Young on (03) 9842 0253 or youngjia@bigpond.net.au

This is a multi-day event ending on the 21/10

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Adelaide - The Enteric System: Part 2

Contact: Emily Lewis on 1300 133 807 or emily@chmrd.com

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

www.acupuncture.com.au

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