

Summary Report of Acupuncture Session

- The acupuncture session includes 20 posters.
- In these 20 studies, 5 are systemic reviews; 4 are randomized controlled trials; 4 are acupuncture basic research studies; 4 are review articles; 1 is case study; 2 are population-based study.

Systemic reviews

- Bloodletting therapy combined with acupuncture was significantly more effective than acupuncture alone in the treatment of frozen shoulder
- Electro-acupuncture improves upper and lower limb spasticity, lower limb and overall motor function in stroke patients.
- Acupuncture as well as nerve and brain stimulation therapies are useful for common mental disorders.
- Acupuncture alleviating chronic non-specific lower back pain
- As to the treatment of substance abuse, more high quality studies are needed in the future.

Randomized controlled trials

- Baihui massage combined with moderate physical activity is beneficial to early mild cognitive impairment.
- The self-stimulation at Channel-cutaneous region of hands and feet combined with conventional medicine is helpful to hypertension
- Acupressure has positive impacts upon sleep quality in older adults.
- Scalp acupuncture improve the symptoms in children with autism

Basic research

- Both 2 Hz and 15 Hz stimulation at the ear attenuates kainic acid-induced epileptic seizures in rats
- Acupuncture can effectively alleviate neurotoxicity induced by the psychostimulant 3,4-methylenedioxymethamphetamine (MDMA).
- One study established a method to study changes in 5'-triphosphate (ATP), adenosine 5'-diphosphate (ADP), adenosine 5'-monophosphate (AMP), creatine phosphate (CP) and creatine content in rat muscle tissue following acupuncture treatment.
- One study concerns the frequency response nature of meridian

Review articles

- One review considered how controls influence the outcomes of trials, and advises on the appropriate choice of controls for acupuncture RCTs.
- Another review considered the use of acupuncture principles for exploring the mechanisms of peripheral nerve stimulations
- third review was an extensive appraisal of both the ancient literature and modern scientific research data on the efficacy of acupuncture in patients with prehypertension or grade 1 hypertension.
- One study suggests the safe and effective use of acupuncture in emergency medical services.

- A case report described promising outcomes with electroacupuncture in substance abuse treatment
- Two large case-control analysis of data from Taiwan's National Health Insurance Research Database (NHIRD) were included. The first revealed that acupuncture decreases the risk of coronary heart disease in patients with fibromyalgia.
- Another reported that traditional Chinese medicine (TCM) involving acupuncture lowered the risk of total knee replacement in patients with knee osteoarthritis.

Conclusion

- acupuncture has been proven to be an effective treatment in **pain relief** with little side effects. But for some diseases or conditions, more high-quality RCTs are needed to confirm the efficacy of acupuncture.
- Further, modern biomedical technology will allow us to understand the mechanisms of acupuncture more and more.
- This session has shared with us some indisputable evidence as to the efficacy of acupuncture in a wide variety of therapeutic settings. This year's collection of research has provoked some thoughtful, stimulating discussion from the audience.



*Thank you for your
attention*

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