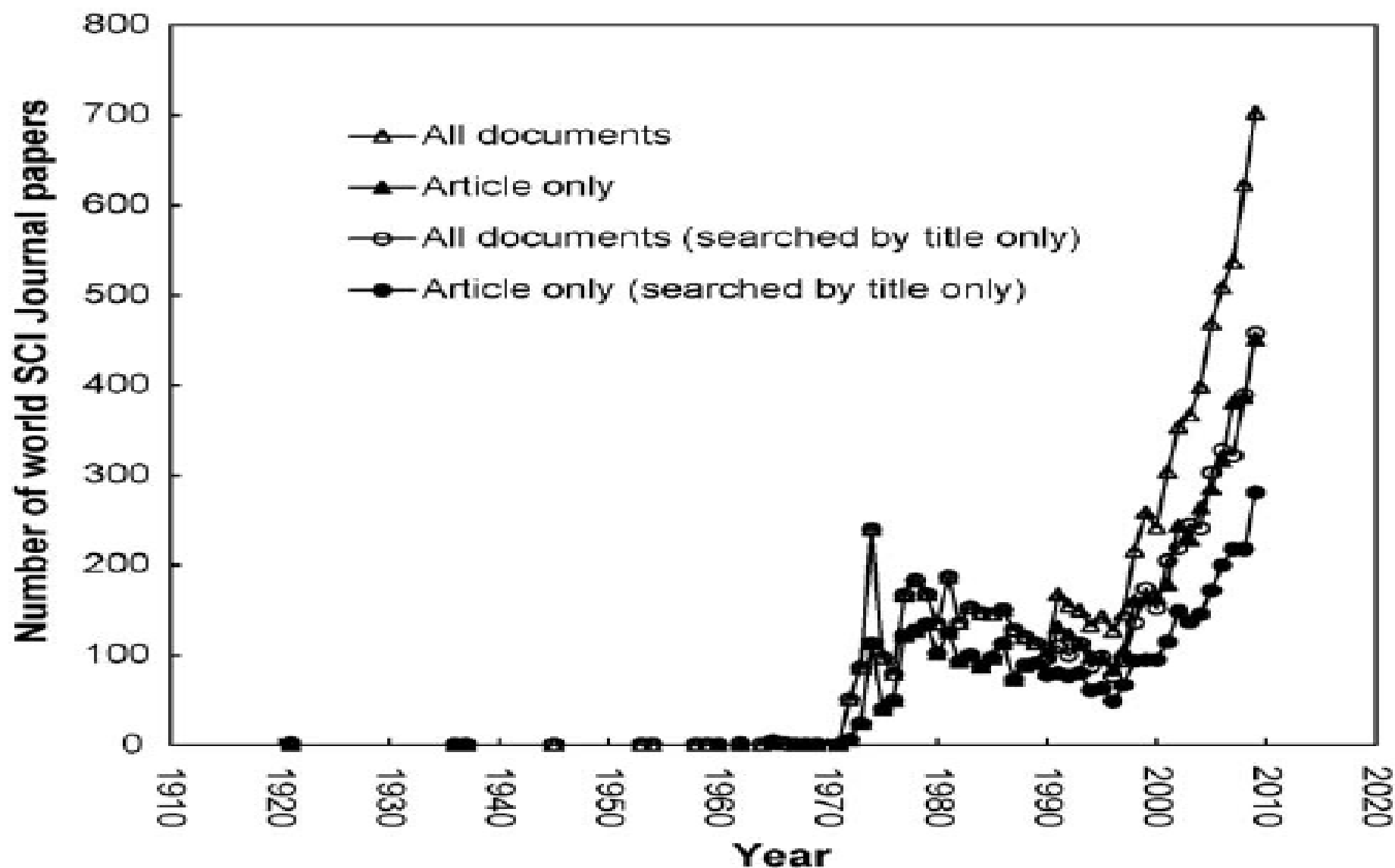


**Is acupuncture  
evidence-based medicine...  
and is it safe?**

# Research

- There has been an upswing in research into the *effectiveness* of acupuncture in the last 15 – 20 years.
- Trial design is more rigorous, with more oversight
- Trials are much larger

30 year acupuncturist and Senior Research Fellow at the University of York, UK, Hugh MacPherson



**Fig. 1.** Number of SCI-Expanded journals' papers referring to "electroacupuncture", "electro-acupuncture", "acupoint\*", "acupunctur\*", and "percutaneous electrical nerve stimulation" since 1900.

‘The study, published in *Molecular Neurobiology*, investigated the effects of needling one acupuncture point on the leg. The research team measured a remarkable effect. Manual acupuncture stimulation downregulated M1 macrophages (pro-inflammatory cells) and upregulated M2 macrophages (anti-inflammatory cells). As a result, acupuncture reduced pain and swelling.’

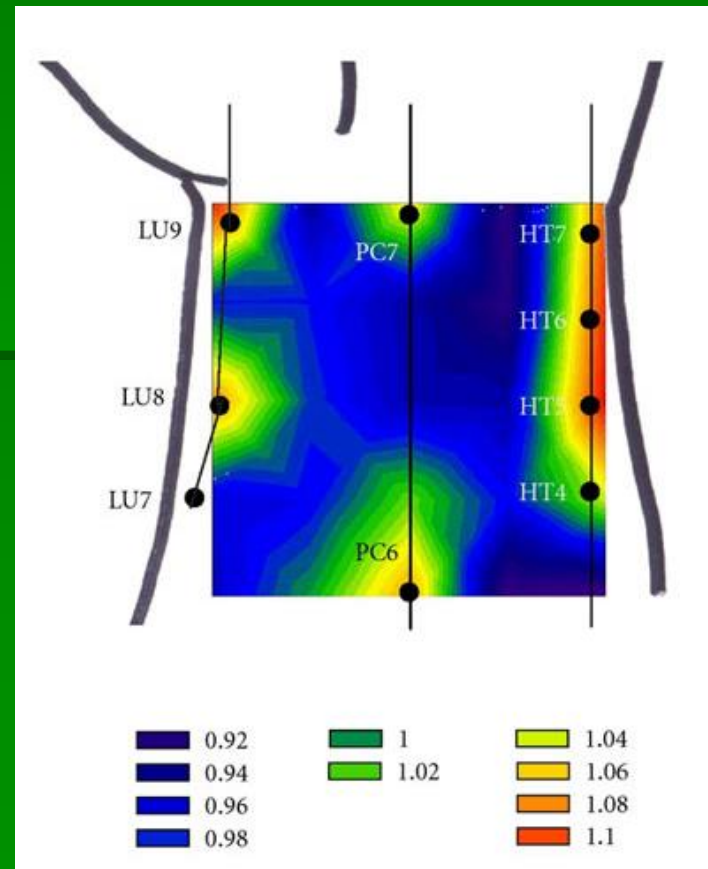
da Silva, Morgana D., Franciane Bobinski, Karina L. Sato, Sandra J. Kolker, Kathleen A. Sluka, and Adair RS Santos. "IL-10 Cytokine Released from M2 Macrophages Is Crucial for Analgesic and Anti-inflammatory Effects of Acupuncture in a Model of Inflammatory Muscle Pain." *Molecular Neurobiology* (2014): 1-13.

‘Acupuncture effectively reduces pain according to research published in *The Journal of the American Medical Association (JAMA)*.

Acupuncture groups had significantly greater reductions of pain than both non-treatment control groups and sham (imitation/placebo) control acupuncture groups in multiple high quality studies. Specifically, acupuncture was found effective for reducing pain associated with osteoarthritis, chronic headache, shoulder pain, nonspecific musculoskeletal pain, neck pain and back pain.’

Vickers AJ, Linde K. Acupuncture for Chronic Pain. JAMA. 2014;311(9):955-956.  
doi:10.1001/jama.2013.285478.

# Modern science is now able to image points and meridians



# Is it safe?

## Possible side effects:

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- Bleeding or bruising
- Fainting
- Soreness
- Organ injury - 'This is an extremely rare complication in the hands of an experienced practitioner.' – Mayo Clinic
- Infection – 'Licensed acupuncturists are required to use sterile, disposable needles.' – Mayo Clinic

# Training and Qualifications

- 3 – 4 year Master's Program
- Doctoral Programs
- National Board Exams: National Certification for Acupuncture and Oriental Medicine [www.nccaom.org](http://www.nccaom.org)
  - Required: 700+ hours in Oriental Medicine/Acupuncture Theory; 660 clinical hours; 450 biomedicine hours
  - 60 CEUs every 4 years, including ethics
- State licensing, under MA BORM
  - 30 CEUs every 2 years
- Clean Needle Technique certification
- First Aid and CPR certification



**Acupuncture, like  
physical therapy, is a  
process.**

# Relief

During this stage we focus on reducing your symptoms to get you out of acute distress. Treatments are frequent, even every other day or daily, until you start to feel better.

**Which means:** if your pain = 10, you should come every day until the pain decreases significantly.

If you rate your pain as 8 or higher, you should come every day for 5 days, and then we'll re-evaluate.

If your pain is less intense but still troublesome, a 3 – 8, you should come 2 – 3 times a week.

If your pain is less than 3 and still troublesome, you should come once a week.**NOTE:**

This is not forever. We expect to see significant change in 2 – 4 weeks.

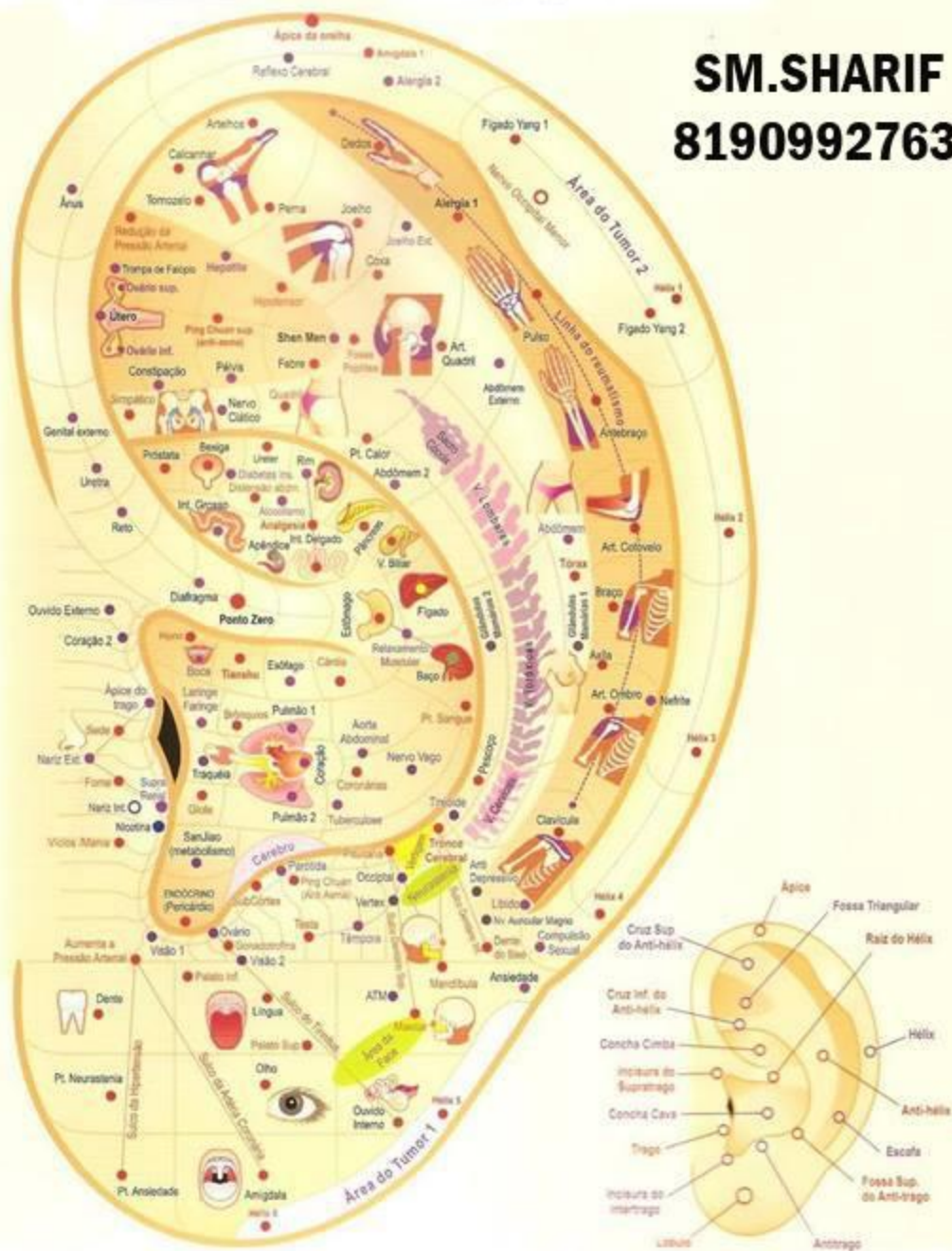
## **Resolution**

Here we begin to focus on treating what got you in trouble in the first place, not just symptoms, but the cause of symptoms. Treatments are 1-2 times a week.

## **Staying Well**

Come in once or twice a month for a tune-up. This will catch any minor issues before they turn into something and provide immune support and relief from everyday stress.

**8190992763**



**What do western medical practitioners need from acupuncturists to include acupuncture as an option for care for their patients?**

# Other Resources

- <https://acupuncturenowfoundation.org/doctors/studies/>

## Cost Effectiveness

How acupuncture relieves pain and/or inflammation

- Mayo Clinic – has published a book on alternative medicine
- Sloan Kettering is running at least one trial as we speak
- The Acupuncture Evidence Project, comparative literature review  
<http://www.acupuncture.org.au/OURSERVICES/Publications/AcupunctureEvidenceProject.aspx>
- <https://scholar.google.com>
- <https://acupuncturenowfoundation.org/doctors/putting-acupuncture-research-into-perspective/>
- National Acupuncture Detoxification Association (NADA) [www.acudetox.com](http://www.acudetox.com)
- <http://www.evidencebasedacupuncture.org/>
- Hugh MacPherson's talk to the BAcC on [medigogy.com](http://medigogy.com)