

OS10.03

The effect of acupuncture treatment on functional dyspepsia: pilot study

Seok-Jae Ko, Seul-Ki Kim, Min-ji Kim,
Gajin Han, Jinsung Kim, Jae-Woo Park

College of Korean Medicine, Kyung Hee University

Purpose: Acupuncture has been traditionally applied to functional dyspepsia (FD). The aim of present study was to evaluate the effect of acupuncture treatment on FD using proportion of responder (PR), questionnaires and plasma ghrelin hormone.

Methods: Total 76 eligible patients were randomly assigned to 2 groups: acupuncture treatment group and waitlist control group. A treatment period was 4 weeks and acupuncture was administered twice weekly, 15 minutes for each session. The outcomes were the (i) PR, (ii) Nepean dyspepsia index – Korean version (NDI-K), (iii) Functional dyspepsia related quality of life (FD-QOL), (iv) Beck's depression inventory (BDI), (v) State-trait anxiety inventory (STAI) and (vi) Plasma level of ghrelin hormone.

Results: Acupuncture treatment group showed significantly higher PR than waitlist control group after 4 weeks of therapeutic period. The treatment group also had a significant improvement in NDI-K compared with waitlist control group. FD-QOL, BDI and STAI showed significant improvement after treatment in only acupuncture group. The plasma level of ghrelin showed no significant difference between 2 groups.

Conclusion: Acupuncture treatment might have effect on FD in comparison with waitlist control group. However, it is still unclear to the association of ghrelin level with clinical effect of acupuncture.

Contact: Seok-Jae Ko, kokokoko119@hanmail.net

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Efficacy of cupping therapy in patients with the fibromyalgia syndrome – a randomized sham-controlled controlled trial

Romy Lauche¹, Barbara Schwahn¹,
Julia Spitzer¹, Holger Cramer¹,
Thomas Ostermann², Kathrin Bernardy³,
Gustav Dobos¹, Jost Langhorst¹

¹ Department of Internal and Integrative Medicine, Kliniken Essen-Mitte, University of Duisburg-Essen

² Institute of Integrative Medicine, Department of Health, University of Witten/Herdecke

³ Department of Anesthesiology, Berufsgenossenschaftliche Universitätsklinik Bergmannsheil

Purpose: The fibromyalgia syndrome (FMS) is a chronic disorder characterized by chronic widespread pain, fatigue, depression, cognitive disturbances and sleep disturbances

among other symptoms. While preliminary data suggest that cupping therapy might be beneficial for patients with FMS, no sham-controlled trial has yet been conducted. This study aimed to test the efficacy of cupping therapy for treating FMS.

Methods: Patients with confirmed diagnosis of FMS were randomly assigned to one of three groups: cupping therapy, sham cupping therapy and usual care. Cupping therapy was administered twice weekly for five times. Sham cupping was conducted using cupping glasses with a small hole in the cupping glass, causing evacuation of negative pressure. Patients were blinded to the fact that one of the groups received placebo and to whether they received real or sham cupping. Instead, patients were explained that they would receive either traditional or modified “soft” cupping”. Primary outcome measure was pain intensity on the visual analogue scale. Data were analyzed using ANCOVA models.

Results: One hundred and forty one patients were included in this study (139 females, 55.8±9.1years). Despite blinding the majority of patients were able to correctly identify which therapy they had received (Odds ratio 3.9, 95% CI 2.0 to 7.8, p<0.0001). After the intervention patients in the cupping group had significantly less pain than usual care (difference -14.9, 95% CI -22.4 to -7.5, p<0.001), but not compared to sham (difference -4.0; 95% CI -12.4 to 4.3, p=0.335).

Conclusion: Cupping therapy is more effective for patients with the fibromyalgia syndrome than usual care, but not compared to sham cupping indicating that the effects of cupping therapy might be confounded by unspecific effects.

Contact: Romy Lauche, r.lauche@kliniken-essen-mitte.de

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Effectiveness of Electro-acupuncture/Hand-acupuncture Combined with Paroxetine Hydrochloride on Depression: A Pragmatic Randomized Controlled Trial

Xuehong Ma¹, Huishu Zhang¹, Lei Jin²,
Xiuyan Yang³, Wenyue Zhang³,
Xinjing Yang³, Bingcong Zhao³,
Sihan Wang³, Ye Zhang¹, Fengxian Meng¹,
Ya Tu³

¹ Dongfang Hospital, the second clinical medical college of Beijing University of Chinese Medicine

² Dongzhimen Hospital, the first clinical medical college of Beijing University of Chinese Medicine

³ Beijing University of Traditional Chinese Medicine

Purpose: To observe the effectiveness of Electro-acupuncture and Hand-acupuncture on depression patients based on Patient Reporting Outcome (PRO).

Methods: Eighty-eight patients with mild or moderate depression were randomly divided into three groups: paroxetine group (n=35), electroacupuncture+paroxetine group (EA) (n=28) and hand acupuncture +paroxetine group (HA) (n=25). All 88 patients were given antidepressants paroxetine orally every morning for 6 weeks (the first two days:10 mg/d, from