Acupuncture use in the Gynaecology & Obstetrics
Background of Acupuncture treatment

- What does acupuncture do
- What is the concept of the Qi
- What are meridians
Technique and methods

- Manual/Classical Acupuncture
- Electric Acupuncture
- Acupuncture and Moxibustion
- Laser Acupuncture
- Ultrasound Acupuncture
Biological effects of Acupuncture

- Endorphins
Indications

- Who meeting in 1979 has formulated 43 different diseases which can be treated by Acupuncture
- NIH consensus meeting November 1997 has stated a wide range of conditions in which Acupuncture has shown its usefulness
- In the Chinese Medicine can be applied in most of the pathological conditions
Indications in Gynaecology and Obstetrics

- Menstrual Disorders
  - Menorrhagia
  - Metrorrhagia
  - Dysmenorrhoea
  - Amenorrhoea
  - Premenstrual Syndrome
  - Fatigue

- Infertility
  - Ovulation Induction
  - Secondary amenorrhoea

- Pelvic pain and backache
  - Functional cysts
  - Pelvic adhesive disease
  - Pelvic congestion syndrome
Indications (continued)

- Infertility
  - Ovulation Induction
  - Secondary amenorrhoea
- Pelvic pain and backache
  - Functional cysts
  - Pelvic adhesive disease
  - Pelvic congestion syndrome
- Leukorrhea
Indications (continued)

- Menopausal symptoms
  - Hot Flushes
  - Night sweats
  - Irritability
  - Insomnia
  - Depression
  - also: symptoms due to tamoxifen treatment
Indications (continued)

- Acute mastitis
- To inhibit lactation
- To promote lactation
- Retention of lochia
- Hyperemesis
  - gravidarum
  - post chemotherapy
- Postpartum
  - urinary retention
  - perineal pain
  - hemorrhage
- Malposition of the fetus (27-36 weeks)
- Relaxation during labor
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Precautions

- Anxiety
- Extreme hunger
- Exhausted state
- In pregnancy, to avoid certain locations (lower abdomen, lumbosacral region) and certain points (Hegu Li4, Kunlun UB 60, Sanyinjiao Sp6)
- Puncturing in the area of blood vessels and vital organs
Main complaints at the menopausal consultation

- Hot flushes
- Backache
- Nervousness
- Sweating
- Insomnia
- Digestive disorders
- Fatigue
Acupuncture in menopausal women (n=34)

- No change: 6%
- Improved: 16%
- Cured: 34%
- Missing data: 44%

Legend:
- Purple: no change
- Maroon: improved
- Yellow: cured
- Light blue: missing data
Acupuncture in premenopausal women (n=10)

- 4 no change
- 1 improved
- 5 cured
Acupuncture in Dysmenorrhoea (n=8)

- Cured: 3
- Improved: 2
- No change: 0
- Missing data: 3
Systematic approach to Acupuncture and Menopause

- Study on Acupuncture and Menopause
  - Study design: Standardised Quality of Life questionnaire before and after treatment

- Pilot Study on hormones and Acupuncture
  - LH, FSH, Estradiol, Progesterone, Prolactin
Practical Considerations

- Appointment
- Patient information
  - Number of sessions
  - Pain?
  - Costs
  - Duration of the session
Acupuncture service has been established at the Maternité

Considerable demand from the public and

Increasing acknowledgement by Western Medicine

Numerous possible indications are still