

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
- Leukorrhoea

Indications (continued)

- Menopausal symptoms
 - ◆ Hot Flashes
 - ◆ 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

Acupuncture consultation 11/96 - 08/98

Diagnosis	total Number	no change	Improved	cured	missing data
Menopause	32	5	11	14	2
Perimenopause	10	1	5	4	
Dysmenorrhoea	8		3	3	2
Migraine	4		1	2	1
PMS	2		2		
Insomnia	2			2	
Endometriosis	4	3	1		
Amenorrhoea	1	1			
Recurrent miscarriage	1			1	
Depression	2	1	1		
Early Menopause	2		2		
Hyperemesis	2			2	
Dyspareunia	1	1			
Chronic pelvic pain	1	1			
Alopecia	2	1	1		
Chronic fatigue	1		1		
Vaginal itching	3		2	1	
Backache	3		3		
Menstrual disorder	5		2	2	1
Induction of ovulation	1			1	
total :	87	14	35	32	6

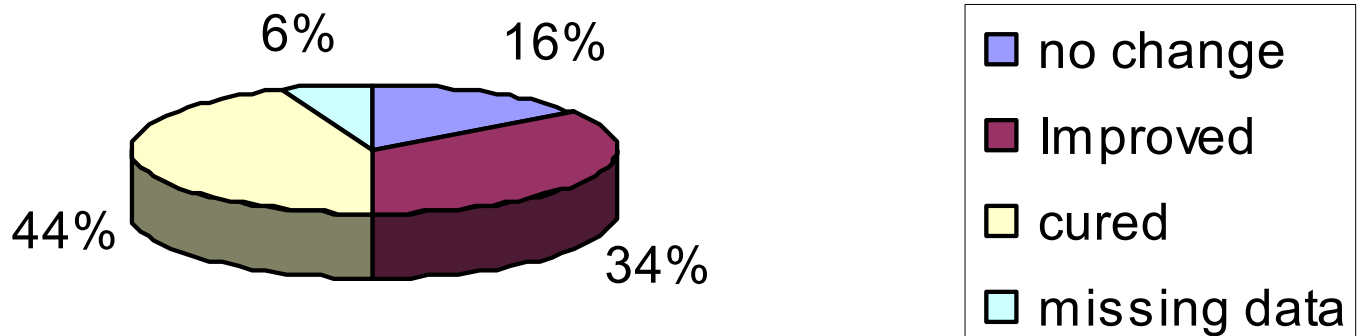
Precautions

- 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

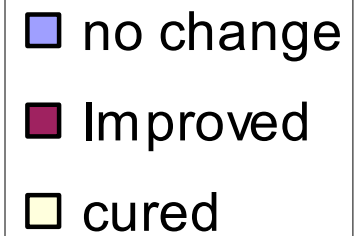
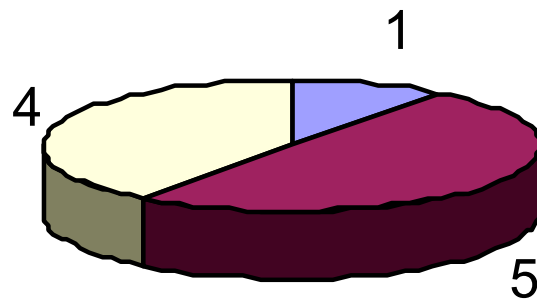
Main complaints at the menopausal consultation

- Hot flushes
- Backache
- Nervousness
- Sweating
- Insomnia
- Digestive disorders
- Fatigue

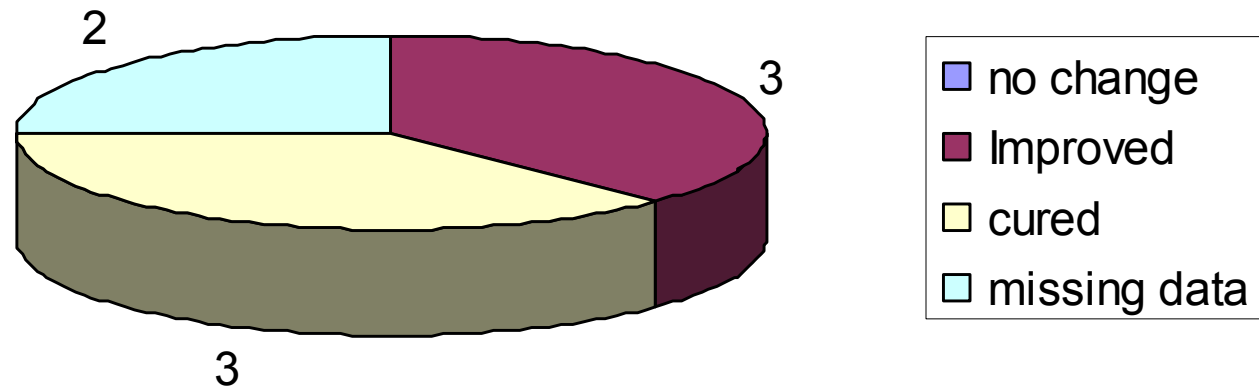
Acupuncture in menopausal women (n=34)



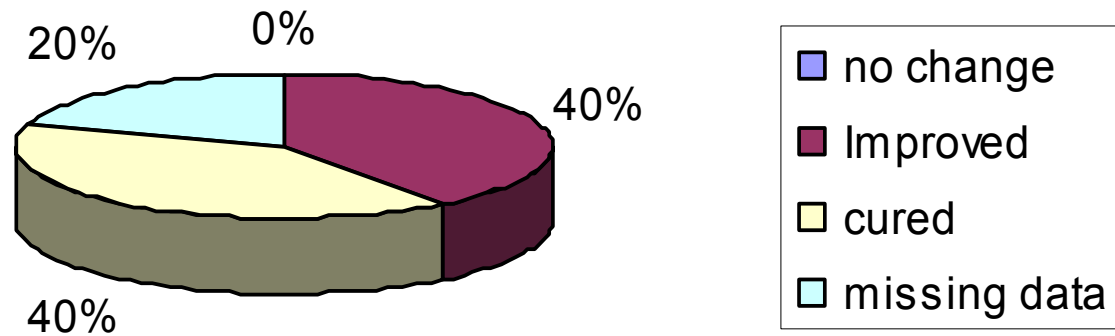
Acupuncture in premenopausal women (n=10)



Acupuncture in Dysmenorrhoea (n=8)



acupuncture in menstrual disorder



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

Summary Slide

- Acupuncture service has been established at the Maternité
- Considerable demand from the public and
- Increasing acknowledgement by Western Medicine
- Numerous possible indications are still