

Hebden Bridge Acupuncture Centre Patient Information Sheet

Latest Research

ACUPUNCTURE AND HEADACHE/MIGRAINE

In a randomised controlled trial, 74 patients with chronic daily headache were randomly assigned to receive either medical management alone (headache medication) or medical management plus acupuncture (10 treatments over six weeks). The patients receiving acupuncture reported 3.7 times less suffering due to headaches at six weeks, and further showed improvements in the Headache Impact Test and mental state, and reduced limitation of daily activities and social functioning. The medication only group showed no improvement in any of the measures studied. (Headache 2005;45:1113-1123).

Acupuncture (up to 15 sessions over 12 weeks) was compared with metoprolol (a standard migraine prophylaxis medication) for the effectiveness and tolerability in 113 patients randomised to one of two groups. The number of days with migraine decreased by 2.5 days in the acupuncture group compared to 2.2 in the medication group and those experiencing 50% or greater reduction in attacks was 61% for acupuncture and 49% for medication. Severe adverse effects occurred only in the medication group. (12th Annual Symposium on Complementary Health Care, 19-21 September 2005, Exeter, UK).

How We Can Help

At the **Hebden Bridge Acupuncture Centre** we offer a combined therapeutic approach to the treatment of including acupuncture, dietary and lifestyle advice, and simple breathing exercises (Qi Gong) to promote the body's own natural healing processes.

For more information on how we can help you please contact us:

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