

# HEALTH REPORT

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## NEW STUDY: ACUPUNCTURE BRINGS BENEFITS TO WOMEN WITH BLADDER PROBLEMS

Many older adult women experience problems with complete bladder control, experiencing leakage in moments of physical stress such as laughter or sneezing, or getting an uncontrollable urge to void. In the U.S., 17% of men and women suffer from this condition.

There are medications that help – but they are accompanied by side effects such as rapid heartbeat, anxiety or agitation, sleeplessness, difficulty breathing and more.

A new study shows that Acupuncture can provide the same benefits as medication without the side effects.

A study published in *Obstetrics & Gynecology* reported that 85 women were treated with either Acupuncture treatment specifically intended to benefit the overactive bladder or acupuncture treatment for general relaxation.

The women who received general relaxation treatment reported a significant improvement in incontinent episodes but no improvement to the other symptoms of incontinence.

The women who received the specific acupuncture treatments for overactive bladder reported improvements in all symptoms: incontinent episodes, voiding frequency, urinary urgency and bladder capacity.

The improvements in both groups were comparable to the improvements offered by drug therapy or behavior therapy.

SOURCE: <http://www.my.webmd.com/content/Article/108/109010.htm>

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## NEW MOM IN “GOTTA GO” SITUATION FINDS WELCOME RELIEF WITH ACUPUNCTURE!

When a woman is involved in a lengthy, natural labor, it is quite common that she will have difficulty urinating for some time afterwards. In deliveries where an epidural is administered to ease pain, problems with urination are even more likely to develop.

The most common medical way to handle this difficulty is to insert a catheter through the urethra to facilitate urination. Sometimes drugs are used as well. For women who prefer no drugs and no catheter tube, Acupuncture has been known to provide relief.

Mrs. Lin is a 29-year-old who vaginally delivered a normal child after a lengthy labor. Five hours after, she was still unable to urinate voluntarily and by now was in quite an uncomfortable condition. Drugs were tried but did nothing to ease her condition, she refused a catheter. When Acupuncture was suggested as a final alternative she was quite willing.

The Acupuncturist performed an abdominal technique that involved forcibly thrusting when slowly and gently lifting the needle. Clockwise twisting motions were also applied. The target of treatment was a nerve that had contracted the muscles affecting urination.

About 20 minutes after the Acupuncturist completed treatment, Mrs. Lin's condition was finally relieved when about one full quart of liquid spontaneously released. Needless to say, she felt much better. A six month check-up showed no signs of any relapse of the condition.

Women heading for a natural childbirth would be well advised to know that such an uncomfortable situation can and does occur. If the mom-to-be is opposed to drugs or a catheter, she should know that an alternative treatment does exist. Acupuncture can provide welcome relief.

It's a possibility that should be discussed with the delivering doctor long before entering a hospital to give birth.