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ACUPUNCTURE EFFECTIVE AT REDUCING NAUSEA AFTER BREAST SURGERY

Acupuncture is more effective at reducing nausea and vomiting after major breast surgery than the leading medication, U.S. researchers find. Researchers at Duke University Medical Center in Durham, N.C., find patients who underwent Acupuncture decreased postoperative pain.

The study, published in the *Journal Anesthesia and Analgesia*, says about 70 percent of women who undergo major breast surgery with general anesthesia suffer from nausea. “The patients in our randomized trial who received Acupuncture enjoyed a more comfortable recovery from their surgery than those who received an anti-sickness medication,” says study leader Dr. Tong Joo Gan.

SOURCE: Maumee Bay Health Online: Acupuncture Effective at Reducing Nausea, October 15, 2004

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ACUPUNCTURE GETS ADDITIONAL SUPPORT FROM MAINSTREAM MEDICINE GROUP!

The acceptance of Acupuncture in the medical community received a major boost recently from the American Society of Anesthesiologists showing that the use of Acupuncture continues to grow in acceptance in mainstream medicine.

The association has established new guidelines for the handling of nausea and vomiting following surgery. The use of Acupuncture has now been approved as a very acceptable means of controlling both problems, according to the society.

These two distressing symptoms are frequently experienced by patients who receive general anesthesia. Drugs are commonly used to help alleviate these conditions. However, administering drugs can present a wide variety of dangerous side effects.

The type of Acupuncture recommended is quite simple and not very complicated to deliver. In fact, according to Dr. Tong J. Gan of Duke University, “Only one point is needed, the T6 point.” (The T6 Acupuncture point is located in the abdominal region.)

“Physicians don’t realize the high priority patients place on reducing or eliminating post-op nausea and vomiting,” said Dr. Gan. “There are studies showing that patients would prefer pain over nausea and vomiting.”

Now, with Acupuncture officially accepted by the American Society of Anesthesiologists, the use of this simple form of treatment should become much more widespread and available – potentially bringing immediate relief to numerous post-op patients.