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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