

Acupuncture in the Treatment of Fibromyalgia

01.26.2006

Featured Article

Another Acupuncture Application

If you suffer from the pain or fatigue associated with fibromyalgia, you may want to consider receiving acupuncture. A Mayo Clinic study suggests that this traditional Chinese therapy can temporarily relieve muscle discomfort, loss of energy, anxiety and other symptoms of fibromyalgia. After six treatments over a two- to three-week period, patients answering questionnaires indicated that these symptoms diminished significantly. Unfortunately, the improvements ended with the end of treatment, and according to a seven-month follow-up survey, symptoms returned to pretreatment levels after receiving no acupuncture. The good news is that researchers are suggesting that ongoing acupuncture may offer lasting relief to some patients who aren't helped by traditional treatments for fibromyalgia, such as antidepressants, stress management and aerobic exercise. For more information on the benefits of acupuncture, join Dr. Weil on Healthy Aging.