

An edition from *Acupuncture Today* (June, 2008, Vol. 09, Issue 06) indicated that

Acupuncture Improve rheumatoid arthritis Symptoms

A study published in the May 2008 issue of *Clinical Rheumatology* has found that acupuncture may indeed be effective in symptom and pain management for patients suffering from RA. Twenty-five patients were given 14 acupuncture sessions over the course of six weeks. All patients were assessed using American College of Rheumatology (ACR) criteria, the Disease Activity Score (DAS28), joint tenderness, swollen joints, morning stiffness and general quality of life (SF-36 questionnaire).

At the end of the six weeks, 48 percent of patients showed improvement on the ACR 20

measurement scale. Furthermore, acupuncture also produced statistically significant improvements in the DAS28 scale, pain and global activity measurements, swollen joint count, and the health-related quality-of-life scale (SF-36).

Interestingly, there was no significant difference in ACR 20 measurements between those who also were taking medication compared with those who were not. This appears to indicate that acupuncture alone may achieve almost the same results as medication, but without the potential for harmful interactions or side effects.

