

A rough collection of references relevant to acupuncture, particularly veterinary acupuncture

For a good over view of vet acupuncture start with this article:

Ramey 2009 - Animal acupuncture

<http://www.sciencebasedmedicine.org/index.php/animal-acupuncture/>

Papers:

Ramey 2005 Acupuncture and traditional medicine in the horse part 2: a scientific overview

http://www.doctorragey.com/wp-content/uploads/2011/01/AcuScience.EVE_1.pdf

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Schliessbach 2011 Does Acupuncture Needling Induce Analgesic Effects Comparable to diffuse noxious inhibitory control (DNIC)?

<http://ukpmc.ac.uk/articles/PMC3132481/>

“Acupuncture needling at low pain stimulus intensity showed a small analgesic effect which did not significantly differ from placebo response and was significantly less than a DNIC-like effect of a painful noninvasive stimulus.”

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Molsberger 2012 Acupuncture points are large fields The fuzziness of acupuncture point localization by doctors in practice

<http://onlinelibrary.wiley.com/doi/10.1002/j.1532-2149.2012.00145.x/abstract>

“Results

“For each acupuncture point, the field covering 95% (68%) of all point locations varied from 2.7 (0.7) cm² for PC-6 up to 41.4 (10.2) cm² for ST-38. Commonly-used acupuncture points showed unexpectedly large variance in location: 95% (or 68%) areas were SP-6: 12.2 cm² (3.0 cm²), ST-36: 20.7 cm² (5.1 cm²), LI-15: 18.7 cm² (4.6 cm²), BL-23: 22.4 cm² (5.6 cm²) and BL-54: 22.5 cm² (5.6 cm²). Points close to anatomical landmarks (forearm, ankle, poplitea; BL-60, BL-40, TW-5, PC-6) were located with less variance. Precision of point location was independent of length of acupuncture experience, kind of training or medical specialty.

“Conclusions

In respect to the high degree of variation in the localization of acupuncture points, we suggest that the term ‘acupuncture field’ is more appropriate than ‘acupuncture points’ to describe the clinical reality”

(i.e. some acupuncture ‘points’ are as big as 40cm² - there is virtually no area on the body which is NOT an acupuncture point!)

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White 2012 Practice practitioner or placebo A multifactorial mixed methods randomized controlled trial of acupuncture

<http://www.ncbi.nlm.nih.gov/pubmed/22169359>

“Improvements occurred from baseline, but acupuncture has no specific efficacy over either placebo. The individual practitioner and the patient's belief had a significant effect on outcome. The 2 placebos were equally as effective and credible as acupuncture. Needle and nonneedle placebos are equivalent. An unknown characteristic of the treating practitioner predicts outcome, as does the patient's belief.”

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Ernst 2010 Acupuncture: Does it alleviate pain and are there serious risks? A review of reviews

Abstract: <http://www.ncbi.nlm.nih.gov/pubmed/21440191>

Paper: <http://images.dieutridau.com/thongtin/detai/acupuncture-does-it.pdf>

News article: <http://www.medicalnewstoday.com/articles/220037.php>

“Unanimously positive conclusions from more than one high-quality systematic review existed only for neck pain. Ninety-five cases of severe adverse effects including 5 fatalities were included. Pneumothorax and infections were the most frequently reported adverse effects. In conclusion, numerous systematic reviews have generated little truly convincing evidence that acupuncture is effective in reducing pain. Serious adverse effects continue to be reported.”

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Madsen 2009 Acupuncture treatment for pain: systematic review of randomised clinical trials with acupuncture, placebo acupuncture, and no acupuncture groups

<http://www.bmj.com/content/338/bmj.a3115.full>

"A small analgesic effect of acupuncture was found, which seems to lack clinical relevance and cannot be clearly distinguished from bias. Whether needling at acupuncture points, or at any site, reduces pain independently of the psychological impact of the treatment ritual is unclear."

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White 2011 Acupuncture and related therapies do not appear to help smokers who are trying to quit (Cochrane review)

<http://summaries.cochrane.org/CD000009/acupuncture-and-related-therapies-do-not-appear-to-help-smokers-who-are-trying-to-quit>.

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Furlan 2011 Acupuncture and dry-needling for low back pain (Cochrane review)

<http://summaries.cochrane.org/CD001351/acupuncture-and-dry-needling-for-low-back-pain>

"There is insufficient evidence to make any recommendations about acupuncture or dry-needling for acute low-back pain. For chronic low-back pain, results show that acupuncture is more effective for pain relief than no treatment or sham treatment, in measurements taken up to three months. The results also show that for chronic low-back pain, acupuncture is more effective for improving function than no treatment, in the short-term. Acupuncture is not more effective than other conventional and "alternative" treatments. When acupuncture is added to other conventional therapies, it relieves pain and improves function better than the conventional therapies alone. However, effects are only small."

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Further excellent references including veterinary ones are listed here:

<http://www.doctormamey.com/publications/scientific-papers/>

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Blogs and articles:

Ramey 2009 - Animal acupuncture

<http://www.sciencebasedmedicine.org/index.php/animal-acupuncture/>

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Hall 2008 Science-Based Medicine Puncturing the Acupuncture Myth

<http://www.sciencebasedmedicine.org/index.php/puncturing-the-acupuncture-myth/>

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In response to this news report

[<http://online.wsj.com/article/SB10001424052748703561604576150110202228764.html>] on so called battlefield acupuncture several commentators got a bit hot under the collar:

<http://www.sciencebasedmedicine.org/index.php/battlefield-acupuncture-revisited-thats-it-thats-all-col-nientzows-got/>

<http://www.sciencebasedmedicine.org/index.php/acupuncture-invades-the-military/>

http://scienceblogs.com/insolence/2009/02/and_i_thought_i_was_exaggerating_when_i.php

http://scienceblogs.com/insolence/2008/12/woo_in_the_military_acupuncture.php

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finally, if you'll forgive a bit of levity...

Daily Mash - Made-up medicine works on made-up illnesses

http://www.thedailymash.co.uk/index.php?option=com_content&task=view&id=3882&Itemid=77

"Practising acupuncturist and Carlisle-based charlatan, Wayne Hayes, said: "The body is divided into 763 sections, each one based on an episode of Casualty, and with 13 'meridians' based on the 13 series of Holby City"