

## Acupuncture may be effective for fibromyalgia

<b>Clinical question</b>	How effective is acupuncture for treating fibromyalgia?
<b>Bottom line</b>	<p>There was low to moderate-level evidence that, compared with no treatment and standard therapy, acupuncture improved pain and stiffness in people with fibromyalgia.</p> <p>There was moderate-level evidence that the effect of acupuncture did not differ from sham acupuncture in reducing pain or fatigue, or improving sleep or global wellbeing.</p> <p>The same level of evidence supported acupuncture as an adjunct therapy to medication and exercise or acupuncture when compared with a medication and exercise control.</p> <p>Electroacupuncture was probably better than manual acupuncture for pain and stiffness reduction and improvement of global wellbeing, sleep and fatigue.</p> <p>Evidence suggested treatment sessions should be twice per week, over 4 weeks, with each session lasting for 25 minutes. The effect lasted up to 1 month, but was not maintained at 6 months follow-up.</p> <p>Acupuncture appeared safe.</p>
<b>Caveat</b>	The small sample size, scarcity of studies for each comparison and lack of ideal sham acupuncture weakened the level of evidence and its clinical implications. Larger studies are warranted.
<b>Context</b>	Fibromyalgia is a musculoskeletal disorder characterised by widespread chronic pain and any number of comorbidities, such as sleep disturbance, fatigue, stiffness, irritable bowel syndrome, headaches and mood disorders. It affects over 2% of the population and occurs predominantly in females. <sup>1</sup> One in 5 individuals with fibromyalgia use acupuncture treatment within 2 years of diagnosis.
<b>Cochrane Systematic Review</b>	Deare JC et al. Acupuncture for treating fibromyalgia. Cochrane Reviews, 2013, Issue 5. Art. No.: CD007070.DOI: 10.1002/14651858. CD007070.pub2. This review contains 9 studies involving 395 participants.

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[References]

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