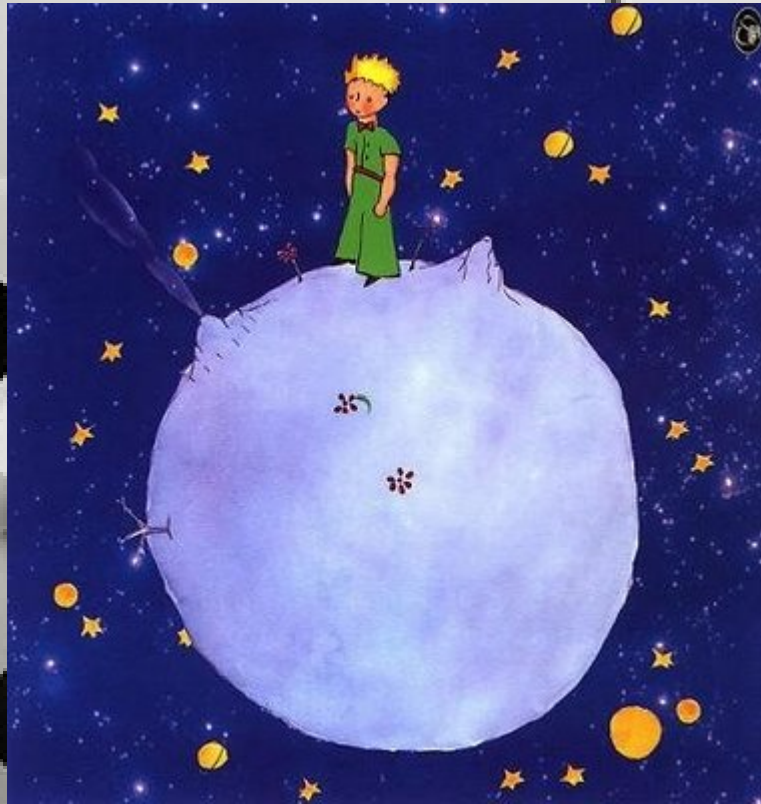


Acupuntura en pediatria

Una de las posibilidades para experimentar el proceso de la salud

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Systematic Reviews and Meta-Analyses of Randomized, Controlled Trials of Acupuncture for Conditions Other Than Pain

Table 2. Systematic Reviews and Meta-Analyses of Randomized, Controlled Trials of Acupuncture for Conditions Other Than Pain*

Condition	Study (Reference)	Year	RCTs, n	Patients, n	Findings	Conclusions
Asthma	Kleijnen et al. (44)	1991	13†		8 positive and 5 negative; 3 of the positive and 5 of the negative trials were of high quality	Claims of effectiveness not based on well-performed trials
Pulmonary disease	Jobst (45)	1995	16†	2937	10 positive; when "real" acupuncture was redefined retrospectively, results for acupuncture were positive in 14	Acupuncture is a safe and potentially effective treatment for bronchial asthma and COPD
Asthma	Linde et al. (46)	1996	15	307	All placebo-controlled: 7 positive and 6 negative; 2 unclear	Insufficient data to draw reliable conclusions
Chronic asthma	Linde et al. (47)	2000	7	174	Trial quality varied and results inconsistent	Insufficient evidence to make recommendations
Addiction	ter Riet et al. (48)	1990	13	—	Smoking: 11 positive and 1 negative; Alcohol: 1 positive	Claims of efficacy are not supported by sound trials
Weight reduction	Ernst (49)	1997	4	270	2 positive and 2 negative	Evidence contradictory and claims of efficacy not based on trial outcomes
Smoking cessation	Law and Tang (50)	1995	8	2759	Compared with control, 3% (95% CI, -1% to 6%) more of the patients treated with acupuncture stopped smoking	Acupuncture has little or no effect
Smoking cessation	White et al. (51)	1999	14	3486	Odds ratio, 1.20 (CI, 0.98% to 1.48%)	Acupuncture not better than placebo
Stroke	Ernst and White (52)	1996	5	425	All positive; none compared acupuncture with placebo	Evidence encouraging but not compelling
Stroke	Park et al. (53)	2001	9	538	6 positive and 3 negative; the best trial was negative	No compelling evidence for the effectiveness of acupuncture
Dentistry (mainly TMJ disorder)	Rosted (54)	1998	15		11 positive and 4 negative; most studies had methodologic problems	Acupuncture seems effective for TMJ disorders and facial pain; questions remain concerning use as an analgesic
TMJ disorder	Ernst and White (55)	1999	3	205	All positive; none compared acupuncture with placebo	Studies need confirmation with more rigorous methods
Emesis	Vickers (56)	1996	33†	3123	27 of 29 performed with no anesthesia were positive; in a second analysis that was restricted to 12 high-quality trials, 11 (almost 2000 patients) were positive	Acupuncture point P6 seems to be an effective antiemetic for cancer chemotherapy, pregnancy, and surgery
Emesis	Harris (57)	1997	12	904	Restricted to acupressure trials; acupressure more effective than placebo for nausea during pregnancy, after surgery, and for cancer chemotherapy	Acupressure can be used as an antiemetic
Nausea and vomiting of pregnancy	Murphy (58)	1998	7	686	6 positive and 1 negative; all were acupressure trials	Acupressure benefits many women, but evidence is equivocal
Postoperative nausea and vomiting	Lee and Done (59)	1999	19	1569	Pooled RR similar to antiemetics in preventing early vomiting (RR, 0.89) and late vomiting (RR, 0.80); better than placebo for early nausea (RR, 0.34) and early vomiting (RR, 0.47)	Acupuncture is similar to antiemetics in preventing early vomiting and late vomiting in adults; may be an alternative to receiving no treatment or first-line antiemetics; no benefit in children
Nausea and vomiting of pregnancy	Jewell and Young (60)	2001	4	—	3 positive and 1 negative; the negative trial was the most rigorous	Clear evidence for beneficial effects but results remain equivocal
Tinnitus	Park and White (61)	2000	6	185	2 unblinded positive trials and 4 blinded negative trials	Acupuncture not demonstrated to be efficacious

* Positive = significant positive finding for acupuncture compared with control; negative = no significant finding for acupuncture compared with control. COPD = chronic obstructive pulmonary disease; RCT = randomized, controlled trial; RR = relative risk; TMJ = temporomandibular joint.

† Review and analysis contain some trials that were not randomized.

Systematic Reviews and Meta-Analyses of Randomized, Controlled Trials of Acupuncture for Pain-Related Conditions

Table 1. Systematic Reviews and Meta-Analyses of Randomized, Controlled Trials of Acupuncture for Pain-Related Conditions*

Condition	Study (Reference)	Year	RCTs, n	Patients, n	Findings	Conclusions
Chronic pain	Patel et al. (31)	1989	14	720	Overall and in most subgroups pooled: positive; for acupuncture placebo trials: negative	Potential bias precluded conclusive findings, but most results were positive
Chronic pain	ter Riet et al. (32)	1990	51†		24 positive and 27 negative; for acupuncture vs. placebo trials: 15 positive and 17 negative	Highly contradictory evidence; efficacy remains doubtful
Chronic pain	Ezzo et al. (33)	2000	51	2423	21 positive and 27 negative; acupuncture was worse than control in 3 trials	Inconclusive evidence for acupuncture being more effective than placebo or standard care
Chronic neck and back pain	Smith et al. (34)	2000	13	522	All placebo-controlled: 5 positive and 8 negative; most valid trials tended to be negative	No convincing evidence for analgesic efficacy in chronic neck and back pain
Back pain	Ernst and White (35)	1998	12	591 (377 pooled)	9 studies pooled: odds ratio of improvement for acupuncture vs. control, 2.30; for placebo trials, 1.37	Acupuncture superior to various controls, but insufficient evidence to conclude whether superior to placebo
Low back pain	van Tulder et al. (36)	1999	11	542	No evidence that acupuncture was better than no treatment; moderate evidence that acupuncture was not more effective than TENS and trigger-point injection; limited evidence that acupuncture was not more effective than placebo	Effectiveness remains unclear
Osteoarthritis	Ernst (37)	1997	13†	437	Most trials had methodologic flaws	Highly contradictory evidence
Osteoarthritis of the knee	Ezzo et al. (38)	2001	7†	393	2 trials compared acupuncture with wait list: both positive; 3 trials compared acupuncture to placebo: 2 positive; 2 trials compared acupuncture to physical therapy: both negative	Acupuncture may play a role in the treatment of osteoarthritis of the knee; additional research is necessary
Acute dental pain	Ernst and Pittler (39)	1998	16	941	12 trials suggested that acupuncture is more effective than controls; 4 trials suggested the contrary	Acupuncture can alleviate dental pain
Neck pain	White and Ernst (40)	1999	14	724	7 positive and 7 negative; acupuncture was not superior to placebo in 4 of 5 trials	Insufficient evidence for claiming efficacy
Fibromyalgia	Berman et al. (41)	1999	3	149	All positive, including 1 high-quality study	Acupuncture may be effective; more high-quality trials needed
Headache (tension-type and cervicogenic)	Vernon et al. (42)	1999	8	264	Placebo trials: 2 positive and 4 negative; results of other trials were contradictory	Too few trials, and contradictory evidence precludes conclusions
Headache	Melchart et al. (43)	1999	22	1042	15 migraine, 6 tension, and 1 mixed; contradictory results in 8 trials that compared acupuncture with other treatments; positive trend in 14 trials that compared acupuncture to placebo	Trend in favor of acupuncture, but evidence not fully convincing

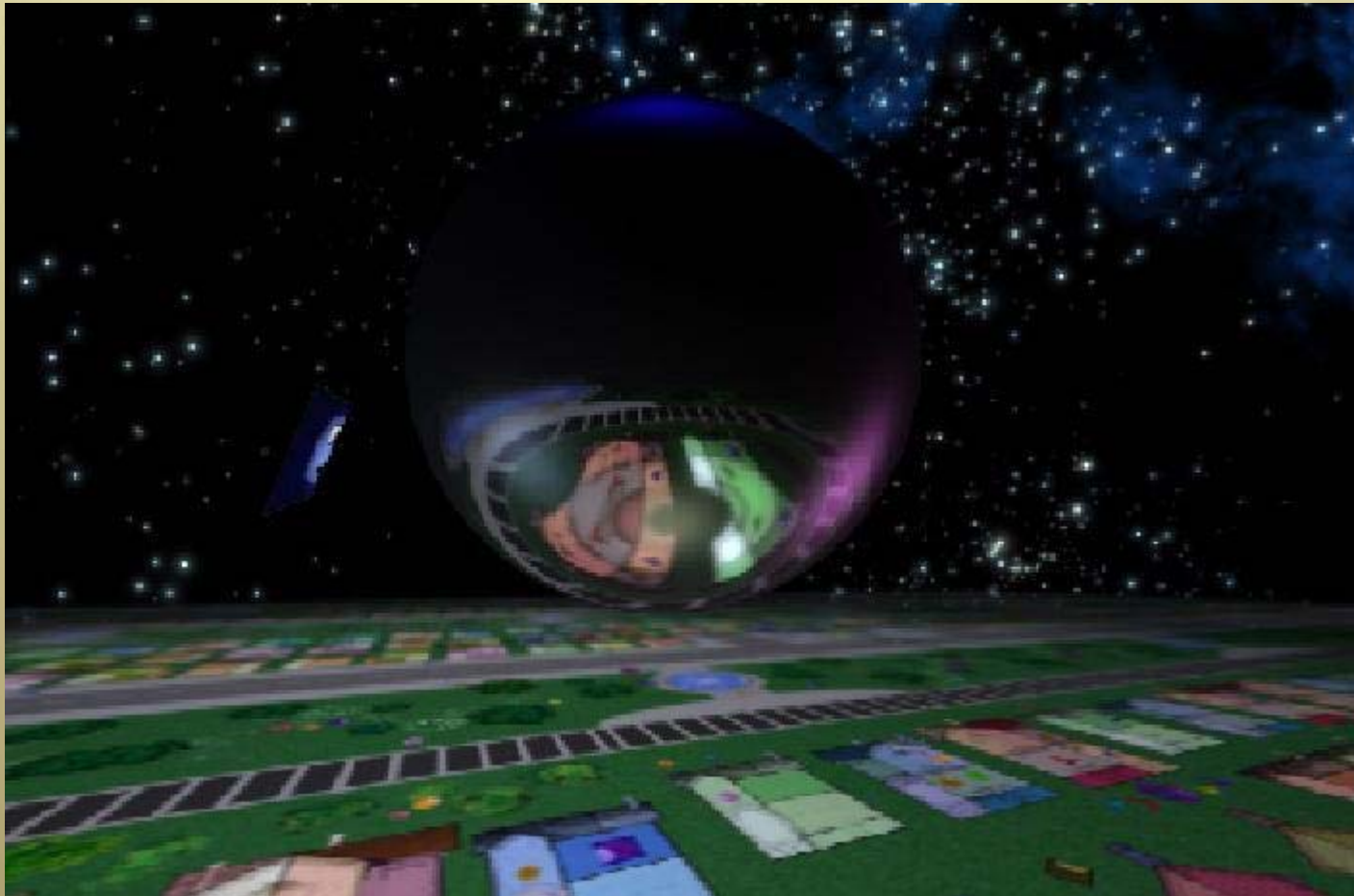
* Positive = significant positive finding for acupuncture compared with control; negative = no significant finding for acupuncture compared with control; RCT = randomized, controlled trial; TENS = transcutaneous electrical nerve stimulation.

† Review and analysis contain some trials that were not randomized.

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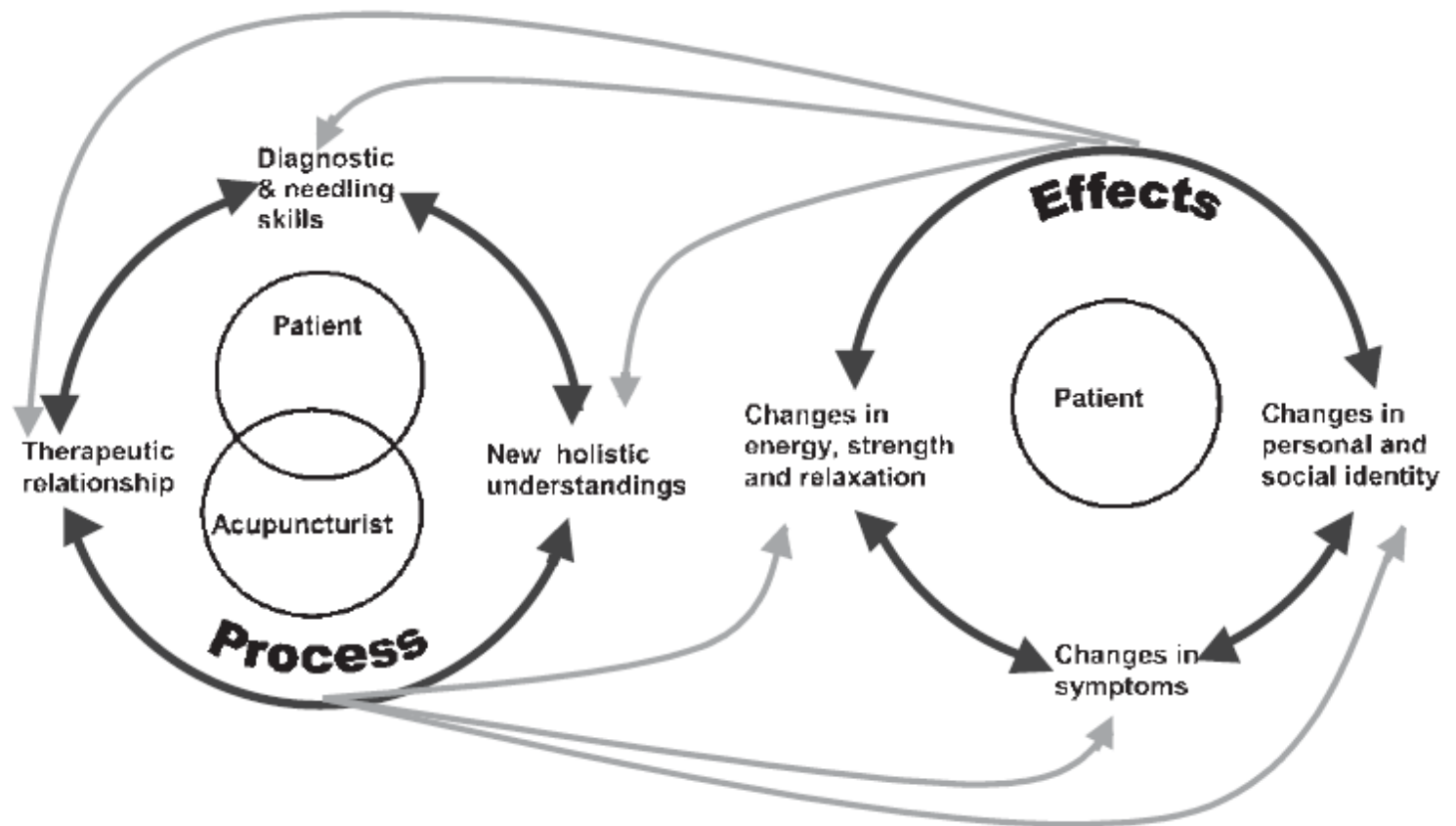
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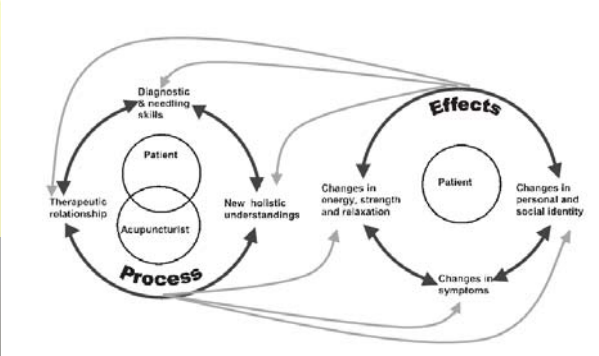






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Que es la acupuntura

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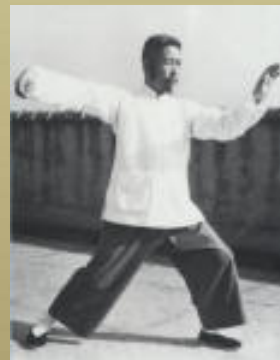
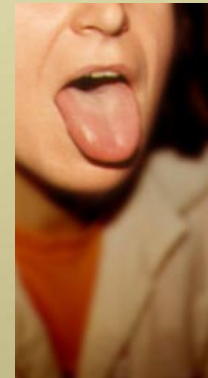
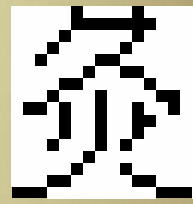
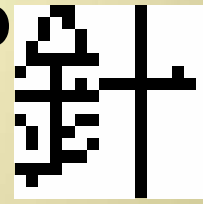
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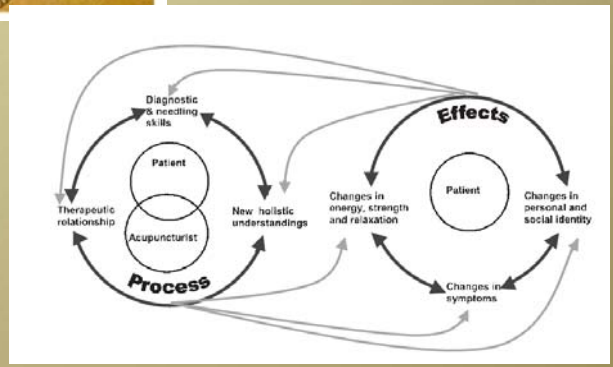
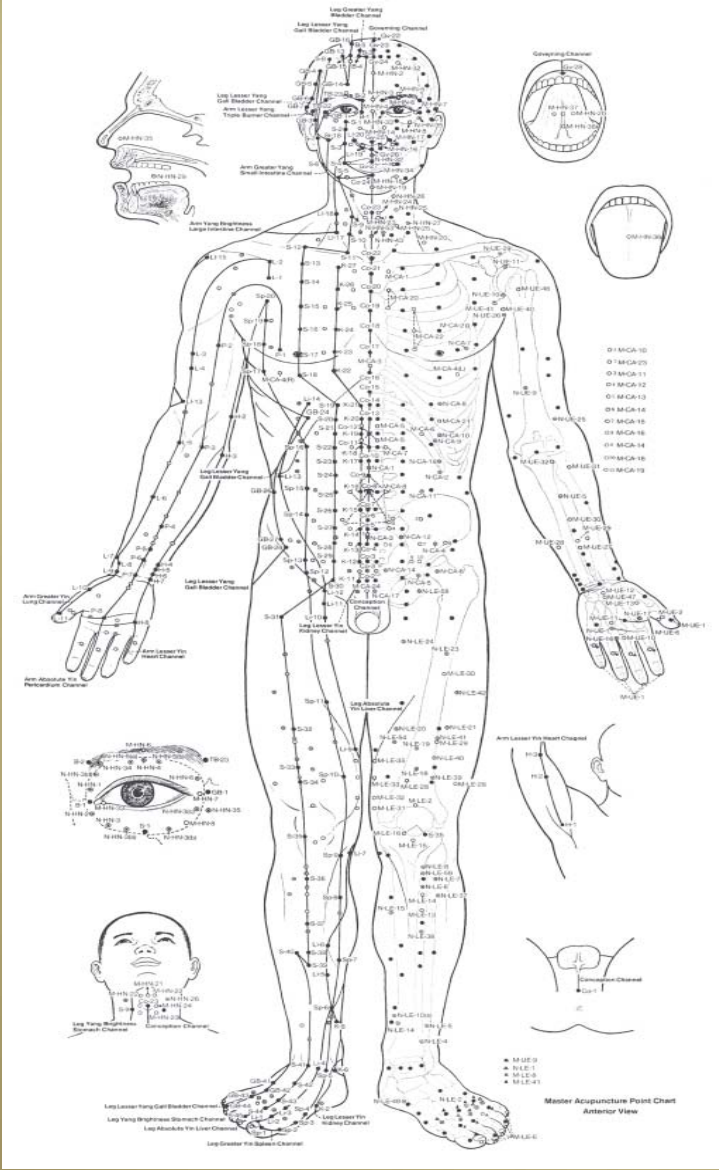




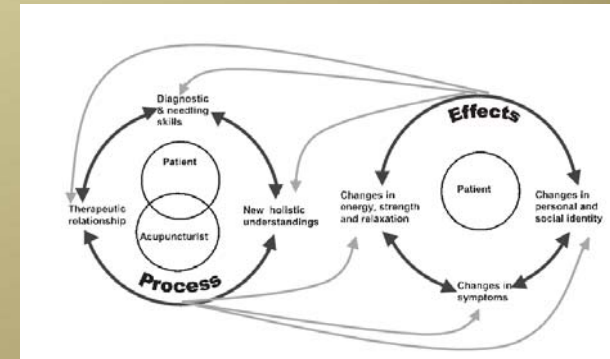
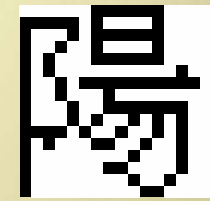
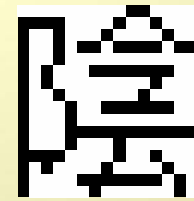


¿Qué es la acupuntura?





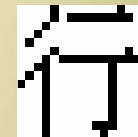
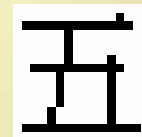
Yin y Yang







La teoria de los cinco movimientos



Elemento	Madera	Fuego	Tierra	Metal	Agua
Organo	Higado	Corazon	Bazo	Pulmon	Riñon
Viscera	Vesicula Biliar	Intestino Delgado	Estomago	Intestino Grueso	Vejiga
Emocion	Colera	Alegria	Reflexion	Tristeza	Miedo
Tejido	Musuclos y Uñas	Vasos Sanguineos	Tejido Conjuntivo	Piel y Vello	Huesos y Cabello
Secrecion	Lagrimas	Sudor	Saliva	Moco	Esputo
Sentido	Vista	Habla	Gusto	Olfato	Oido
Color	Verde	Rojo	Amarillo	Blanco	Negro
Sabor	Acido	Amargo	Dulce	Picante	Salado
Estacion	Primavera	Verano	Canicula	Otoño	Invierno
Punto Cardinal	Este	Sur	Centro	Oeste	Norte

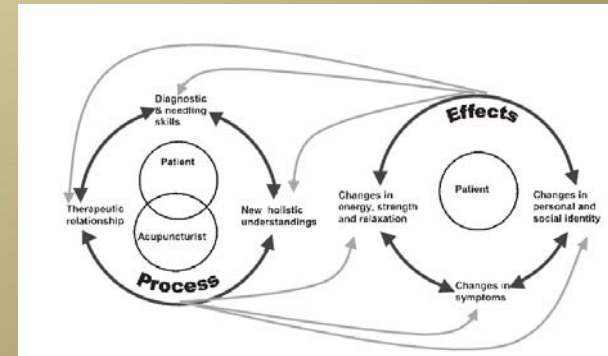


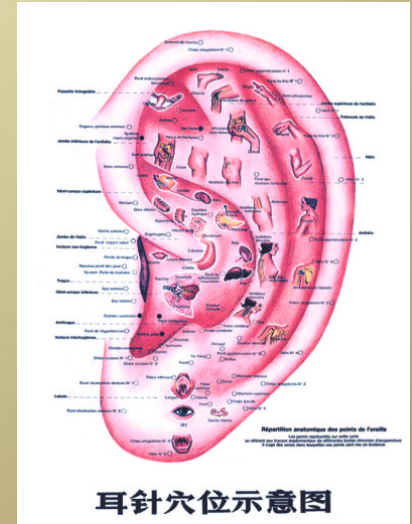
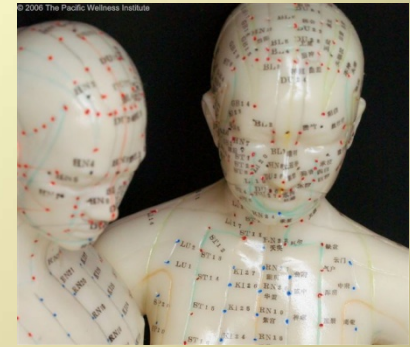
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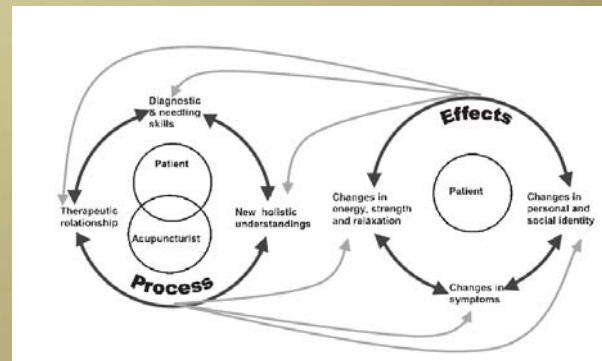
Yi ping tong zhi

Un tratamiento varias enfermedades

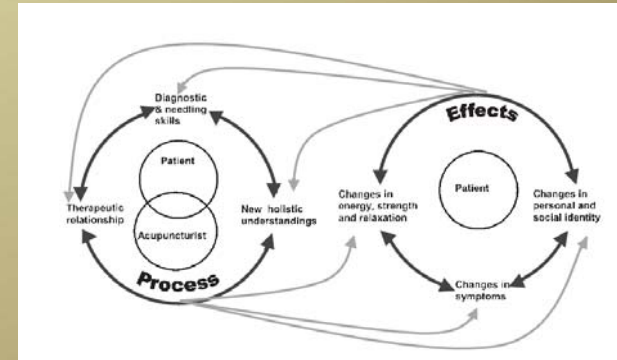
Yi zhi tong ping

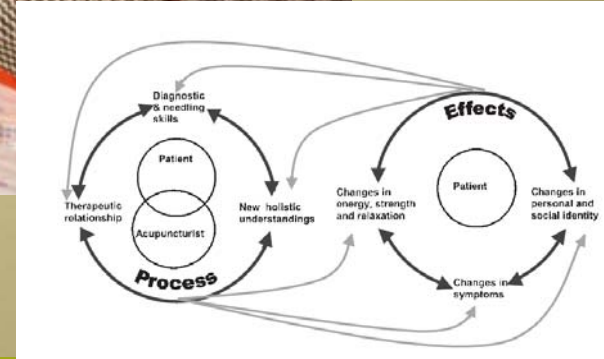


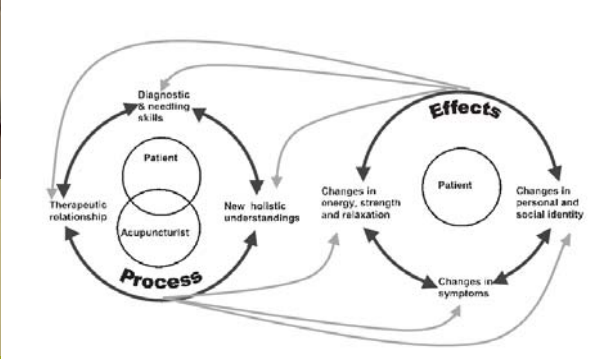


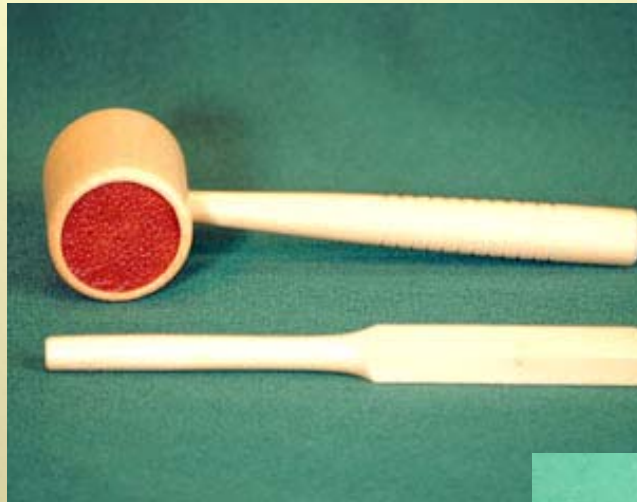






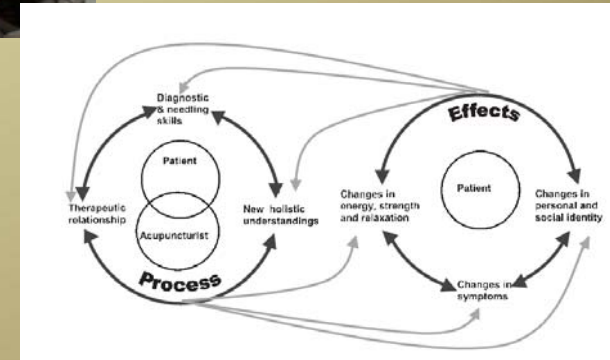










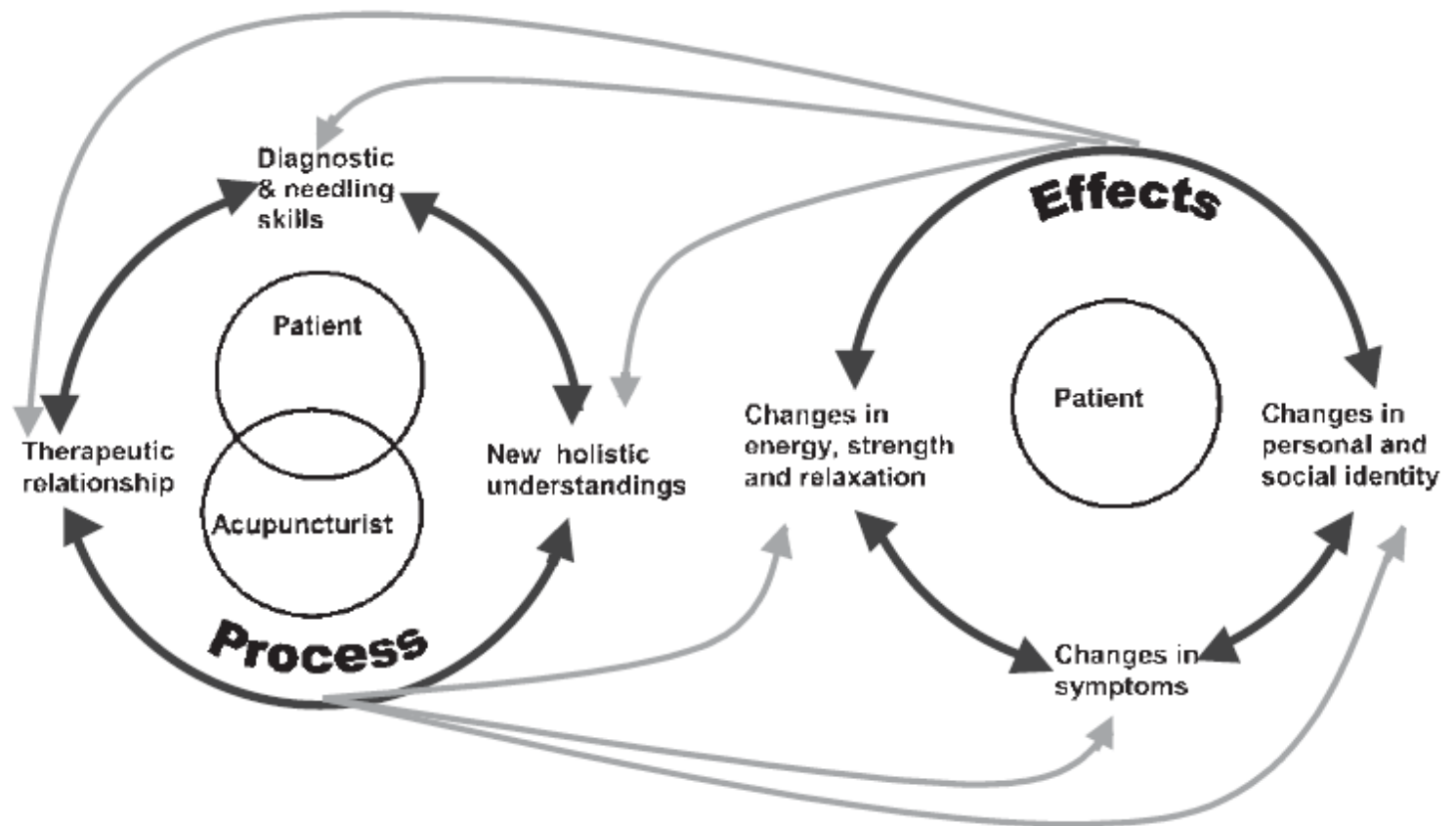


La acupuntura como intervención compleja

- Intervención compleja caracterizada por conexiones recíprocamente reforzadas entre los componentes del proceso y el resultado

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Acupuncture







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