

## 9. Cardiovascular Diseases

### Reference

Yun SP, Jung WS, Park SU, et al. Effects of moxibustion on the recovery of post-stroke urinary symptoms. *American Journal of Chinese Medicine* 2007; 35(6): 947–54.

### 1. Objectives

To evaluate the effect of moxibustion on recovery from post-stroke urinary symptoms.

### 2. Design

Randomized controlled trial (RCT).

### 3. Setting

Two Oriental hospitals (Kyunghee University Oriental Medical Center and Saint Paul's Oriental Medical Center), Republic of Korea.

### 4. Participants

Patients with post-stroke urinary symptoms and International Prostate Symptom Score (IPSS) more than 10 (n=39).

### 5. Intervention

Arm 1: Conservative therapy + moxibustion applied to the Zhongji (CV3, 中極), Guanyuan (CV4, 關元), and Qihai (CV6, 氣海) acupuncture points for 10 days (5 rounds per day).(n=20).

Arm 2: Conservative therapy only.(n=19).

### 6. Main outcome measures

IPSS, and Barthel Index (BI).

### 7. Main results

IPSS improved after the treatment in both groups. Urinary frequency, quality of life, irritative subscore, and total score were more markedly improved in Arm 1 compared to Arm 2 in patients with mild or moderately severe symptoms, but not in patients with very severe symptoms. Moreover, there was no between-group difference in BI.

### 8. Conclusions

Moxibustion at the Zhongji, Guanyuan, Qihai acupuncture points can improve urinary symptoms in post-stroke patients.

### 9. Safety assessment in the article

Not mentioned.

### 10. Abstractor's comments

This study showed that moxibustion was effective for post-stroke urinary symptoms. However, small number of subjects, short evaluation period, and unclear therapeutic activity of moxibustion were limitations. So additional studies are needed.

### 11. Abstractor and date

Go HY, 18 July 2010.