

## 14. Genitourinary Tract Disorders (including Climacteric Disorders)

### Reference

Youn HM, Kim CH, Park JH, et al. Effect of acupuncture treatment on the primary dysmenorrhea (A study of single blind, sham acupuncture, randomized, controlled clinical trial. *Daehan-Chimgu-Hakhoeji (Journal of Korean Acupuncture & Moxibustion Society)* 2008; 25(3): 139–54 (in Korean with English abstract).

### 1. Objectives

To evaluate the effect of acupuncture treatment on primary dysmenorrhea.

### 2. Design

Randomized controlled trial (RCT).

### 3. Setting

One Oriental hospital (Oriental Medicine Hospital of Dongeui University), Republic of Korea.

### 4. Participants

Eighty patients (age, 18–40 years) with dysmenorrhea, MMP score >5, limitation of daily social activity or personal relationship for more than 1 day within last 6 months. The diagnosis was by a gynecologist in all cases. No analgesics were permitted during the clinical trial.

### 5. Intervention

Acupuncture was applied once on each of menstruation days 7, 8, 9, and 10 of two menstrual periods (8 treatments in total). The observational period began after the 2nd treatment.

Arm 1: Acupuncture treatment based on tonifying method of small intestine in Sa-am acupuncture. (小腸正格: Zulinqi, GB41, 足臨泣; Houxi, SI3, 後谿; Qiangu, SI2, 前谷; Zutonggu, BL66, 足通谷) and deficiency-excess pattern identification (虛實辨證).

Arm 2: Sham acupuncture applied to non-acupuncture points.

Among 80 subjects enrolled, 47 subjects (25 in Arm 1; 22 in Arm 2) completed the study.

### 6. Main Outcome Measures

Scores on the Measure of Menstrual Pain (MMP) and Menstrual Symptom Severity List (MSSL) questionnaires.

### 7. Main Results

Treatment significantly decreased MMP and MSSL scores in Arm 1 and in Arm 2 ( $P < 0.001$ ). The changes in MMP and MSSL scores were larger in Arm 1 than in Arm 2, but not significantly larger.

### 8. Conclusions

Acupuncture treatment may be mildly effective for primary dysmenorrhea.

### 9. Safety assessment in the article

Not mentioned.

### 10. Abstractor's comments

During this clinical trial, treatment satisfaction was greater in Arm 1 than in Arm 2. Moreover, treatment efficacy was lower in Arm 1 during the 1st to 3rd measurement. Taken together, these results suggest that acupuncture treatment improves the symptoms of dysmenorrhea. Efficacy increased as treatment duration increased. Thus, continuation of the treatment and management are needed over a longer period.

### 11. Abstractor and date

Cho JH, 16 July 2010.