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

### Reference


### 1. Objectives

To evaluate the effect of moxibustion on hot flashes of menopausal women.

### 2. Design

Randomized controlled trial (RCT).

### 3. Setting

One research institute (details not mentioned), Republic of Korea.

### 4. Participants

Perimenopausal and postmenopausal women (age, 45–60 years) who experienced severe hot flashes at least 5 times a day (n=51).

### 5. Intervention

Arm 1: Moxibustion applied to the Zhongwan (CV12, 中脘), Guanyuan (CV 4, 關元), and right and left Zusanli (ST36, 足三里) and Sanyinjiao (SP6, 三陰交) acupuncture points, 14 treatments given over a 4-week period (n=21).

Arm 2: Moxibustion applied to the Mingmen (GV4, 命門), Guanyuan (CV4, 關元), Qihai (CV6, 氣海), and right and left Shenshu (BL23, 腎俞) acupuncture points, 14 treatments given over a 4-week period (n=20).

Arm 3: No treatment (n=10).

### 6. Main Outcome Measures

The frequency and strength of hot flashes, and scores on the Menopausal-Specific Quality of Life Scale (MENQOL) and Menopause Rating Scale (MRS).

### 7. Main Results

Treatment for 4 weeks significantly reduced the frequency and strength of hot flashes in Arm 1 compared to Arm 2 and Arm 3. Moreover, treatment resulted in a significant difference in MENQOL and MRS scores between Arm 2 and the other arms of the trial.

### 8. Conclusions

Moxibustion can reduce the frequency and strength of hot flashes in menopausal women.

### 9. Safety assessment in the article

Not mentioned.

### 10. Abstractor’s comments

This study provided an alternative method of moxibustion treatment. A similar study of the effect of this method on various diseases is needed.

### 11. Abstractor and date