

14. Genitourinary Tract Disorders (including Climacteric Disorders)

Reference

Kim KH, Kang KW, Kim DI, et al. Effects of acupuncture on hot flashes in perimenopausal and postmenopausal women—a multicenter randomized clinical trial. *The Journal of the North American Menopause Society* 2010; 11(2): 269–80.

1. Objectives

To evaluate the effect of acupuncture on hot flashes and climacteric symptoms.

2. Design

Randomized controlled trial (RCT) (multicenter).

3. Setting

Four Oriental hospitals (Dongkuk, Semyung, Dongeui, and Kyunghee University), Republic of Korea.

4. Participants

Women (age, 45–60) with daily perimenopausal and hot flash scores totalling >10 (n=175). The daily frequency of hot flashes, which ranged from 0 to 4, was used the indicator of severity (0, none; 1, mild; 2, moderate; 3, severe; 4, very severe).

5. Intervention

Arm 1: Acupuncture applied to the Zusanli (ST36, 足三里), Sanyinjiao (SP,6 三陰交), Hegu (LI4, 合谷), Neiguan (PC6, 內關), Shenmen (HT7, 神門), and Shaofu (HT8, 少府) acupuncture points 3 times per week for 4 consecutive weeks (n=116).

Arm 2: No treatment (n=59).

Of 175 subjects, 19 (8 in Arm 1, 11 in Arm 2) dropped out of the study.

6. Main Outcome Measures

Hot flash scores during 24 hours, score on Menopause Rating Scale (MR-S).

7. Main Results

Treatment for 4 weeks significantly decreased the frequency of hot flashes in Arm 1 compared to Arm 2. The mean change in the average 24-hour hot flash score was –16.57 in the treatment group (n=116) and –6.93 in the control group (n=59), a difference of 9.64 ($P<0.0001$).

The total Menopause Rating Scale score showed significant improvement in the acupuncture group compared with the control group ($P<0.001$).

8. Conclusions

Acupuncture treatment for 4 weeks can decrease the frequency of hot flashes.

9. Safety assessment in the article

Mild and transient adverse events (unrelated to treatment) were observed in 13 patients in Arm 1.

10. Abstractor's comments

This study evaluated the effect of acupuncture treatment on hot flashes (an important climacteric symptom). The study shows that acupuncture treatment is effective. Additional studies comparing the effectiveness of acupuncture with that of hormone replacement therapy for hot flashes are needed.

11. Abstractor and date

Cho JH, 16 July 2010.