

# HEALTH REPORT

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## **ACUPUNCTURE EASES SURGICAL PAINS, RECOVERY!**

New evidence shows that Acupuncture can have significant benefits to surgical patients. When Acupuncture is used before and during surgery, the level of pain experienced by the patient and the amount of potent painkillers that need to be administered can both be reduced.

This information comes from a recently concluded study conducted at the Duke University Medical Center. Dr. Tong Joo Gan, a Duke anesthesiologist, presented the findings from this fifteen person study to the American Society for Anesthesiology. Based on the study analysis, Dr. Gan recommends that Acupuncture should be considered a viable option for pain control in surgery patients.

One of the main findings of the study had to do with the reduced need for strong opioid drugs. “While the amount of opioids needed for patients who received Acupuncture was much lower than those who did not have Acupuncture, the most important outcome for the patient is the reduction of the side effects associated with opioids,” said Dr. Gan. “These side effects can negatively impact a patient’s recovery from surgery and lengthen the time spent in the hospital.”

Opioids are a class of medications that act on the body much like morphine. While they are effective in controlling pain, their negative side effects often impact a patient’s recovery and their overall satisfaction with their surgery.

Test results showed that patients who received Acupuncture had significantly lower risk of developing the most common side effects associated with opioid drugs. This included 1.5 times lower rates of nausea, 1.3 fewer incidences of severe itching, 1.6 times fewer reports of dizziness and 3.5 times fewer cases of urinary retention.

Based on the results of the analysis, Dr. Gan recommends that Acupuncture should be considered a viable option for pain control in surgery patients. The results of this study add to the growing body of evidence that Acupuncture can play an effective role in improving the quality of the surgical experience, said Dr. Gan.

“Acupuncture is slowly becoming more accepted by American physicians, but it is still underutilized,” said Dr. Gan. “Studies like this, which show that there is a benefit to using it, should help give physicians sitting on the fence the data they need to integrate Acupuncture into their routine care of surgery patients.”

Acupuncture has the added benefits of being inexpensive and produces virtually no side effects when done by properly trained personnel, said Dr. Gan.