

Acupuncture Research Update

"To array a man's will against his sickness is the supreme art of medicine."- Henry Ward Beecher

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Acupuncture and Prostate Health



Evidence of acupuncture relieving prostate disorders

Symptoms of an enlarged prostate affect about 40 percent of men in their 50s and 90 percent in their 80s, this common problem can be frustrating and painful to experience. According to a clinical trial published in PLOS ONE, electro-acupuncture, a form of acupuncture, improved International Prostate Symptom Scores (IPSS) on patients. The trial measured improvements in symptoms such as frequent urination, strain and other bladder related complications.

The trial found that acupuncture treatment improved these symptoms in patients suffering from benign prostatic hyperplasia, or enlarged prostate. If you or someone you know is dealing with these symptoms, see an acupuncturist for an alternative treatment option.

Sources

www.healthcmi.com/Acupuncture-Continuing-Education-News/742-prostateub33
<http://journals.plos.org/plosone/article?id=10.1371/journal.pone.0059449>