

# Acupuncture Research Update

"All things are difficult before they are easy."- Chinese Proverb

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## Cancer, Kids and Acupuncture



In the December 2015 issue of *Alternative and Complementary Therapies*, researchers found that acupuncture may be a safe and effective complementary treatment for chronic pain in pediatric patients. Researchers have also found that acupuncture can help treat postoperative and chemotherapy-induced nausea/vomiting in children. One study from Stanford University found that children ages 7 months to 18 years experienced significant postoperative pain relief after receiving acupuncture treatment. Other studies have found that children feel

reduced postoperative delirium, pain and agitation after acupuncture.

*"We found some efficacy and low risk associated with acupuncture in pediatrics." - National Center for Complementary Medicine, National Institutes of Health*

Although it is unclear how exactly it works, acupuncture is assumed to stimulate the release of neurotransmitters that inhibit pain transmission. Acupuncture is a safe treatment that can be used for children of any age. It works by treating the body as a whole and is especially known for treating nausea associated with chemotherapy.

### Sources:

<http://1.usa.gov/1Os2fTN>

<http://bit.ly/1NtlrFK>

<http://bit.ly/1NtluRX>

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