

Acupuncture

Parkinson's

Huang, Y., Jiang, X., Zhuo, Y., Tang, A., & Wik, G. (2009). Complementary acupuncture treatment increases cerebral metabolism in patients with Parkinson's disease. *International Journal of Neuroscience, 119, 1190-1197.*
METHODS: Patients with Parkinson's received scalp-acupuncture and Madopa, or Madopa alone. **RESULTS:** PET scans before and after 5 weeks of acupuncture showed increased glucose metabolism in parietal, temporal and occipital lobes, the thalamus, and the cerebellum in the light-diseased hemisphere, and in parietal and occipital lobes of the severe-diseased hemisphere. No changes were observed in the Madopa-only group.
<http://www.ncbi.nlm.nih.gov/pubmed/19922349>

Joh, T.H., Park, H.J., Kim, S.N., Lee, H. (2010). Recent development of acupuncture on Parkinson's disease. *Neurological Research, 32, 5-9.*
METHODS: Laboratory findings were reviewed on acupuncture effects on Parkinson's disease. **RESULTS:** Acupuncture treatments in animal experiments showed that acupuncture therapy increased neuroprotective including brain-derived neurotrophic factor, glial cell line-derived neurotrophic factor and cyclophilin A. In addition, acupuncture decreased cell death processes and attenuated oxidative stress to substantia nigra dopaminergic neurons.

Chae, Y., Lee, H., Kim, H., Kim, C.H., Chang, D.I., Kim, K.M., & Park, H.J. (2009). Parsing brain activity associated with acupuncture treatment in Parkinson's diseases. *Movement Disorders 24, 1794-1802.*
METHODS: fMRI scans were performed for acupuncture patients with Parkinson's disease and placebo groups. **RESULTS:** Motor function was improved after acupuncture.

Dementia

Yang, M., Wu, S., Lin, J. & Lin, L. (2007). The efficacy of acupressure for decreasing agitated behavior in dementia: a pilot study. *Journal of Clinical Nursing, 16, 308-15.*
METHODS: Participants were recruited from a nursing home caring specifically for patients with dementia. All the subjects were assigned to an experimental protocol and had a six-week acupressure treatment program. Baseline data were collected in the first week. Individual treatment sessions began at the second week of the study and lasted 15 minutes, twice a day, five days a week for four weeks. After a treatment-free period of one week, all the subjects served as controls undergoing a four-week control protocol consisting of companionship and conversation. **RESULTS:** Comparison between the control and experimental phases indicated significant differences between the two groups on all outcome measures (Cohen-Mansfield Agitation Inventory, daily agitation records about physical attack, verbal and non-verbal attack and non-physical attack) with better results found during the acupressure phase.

Sleep

Cao, H., Pan, X., Li, H., Liu, J. (2009). Acupuncture for treatment of insomnia: a systematic review of randomized controlled trials. *Journal of Alternative and Complementary Medicine, 15, 1171-1186.*
METHODS: This review included randomized controlled trials on acupuncture for insomnia. **RESULTS:** Meta-analyses showed a beneficial effect of acupuncture compared with no and real acupressure compared with sham on insomnia. Acupuncture plus medications had better effects than medications alone on total sleep duration.