

# MEDIA RELEASE

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## Acupuncture: Plays a role in Reproductive Medicine

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The role of acupuncture in reproductive medicine will be a key topic of discussion at the Royal Australian and New Zealand College of Obstetricians and Gynaecologists (RANZCOG) 2009 Annual Scientific Meeting. The meeting is held in conjunction with the XXIst Asian and Oceanic Congress of Obstetrics and Gynaecology (AOCOG 2009) in Auckland, New Zealand, at the Sky City Convention Centre from today, Thursday 26 March until Monday 30 March 2009.

Dr Ernest Ng from the University of Hong Kong, will be presenting a lecture at the meeting on the role acupuncture plays in the management of subfertility problems.

'The positive effect of acupuncture in the treatment of subfertility may be related to the central sympathetic inhibition by the endorphin system, the change in uterine blood flow and motility, and stress reduction. However, the effectiveness of acupuncture for the management of subfertility still remains elusive and controversial', said Dr Ng today.

'Acupuncture may restore ovulation among patients with polycystic ovary syndrome, but there is not a sufficient number of randomised studies to validate this. Evidence supporting the role of acupuncture in male subfertility is also insufficient, since most of the studies are uncontrolled case reports or case series in which the sample sizes were small.

'Acupuncture can be considered as an alternative for pain relief during oocyte pickup in patients who cannot tolerate the conventional conscious sedation because of its associated adverse effects. The pregnancy rate of in vitro fertilisation is significantly increased when acupuncture is administered on the day of embryo transfer', according to Dr Ng.

Acupuncture is an integral part of traditional Chinese medicine, which dates back about 3000 years. Its use has gained increasing popularity in the Western world and the indications for acupuncture are expanding.

Attracting obstetricians, gynaecologists, medical trainees, GP-obstetricians, midwives and other health professionals from across Australia, New Zealand, London, America, Switzerland and Thailand, the meeting will showcase over four days of presentations from overseas and interstate presenters, who provide current thinking on all the main areas of obstetrics and gynaecology.

Over 900 health professionals from around the world are expected to attend the Royal Australian and New Zealand College of Obstetricians and Gynaecologists (RANZCOG) 2009 Annual Scientific Meeting.

**For further information, media arrangements or to obtain an available abstract, contact:**

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A copy of the meeting program: [www.aocogranzcof2009.co.nz/](http://www.aocogranzcof2009.co.nz/)

