



Cost Effectiveness of Acupuncture

Reduction in Days of Missed Work Due to Migraine

One hundred twenty patients with migraine without aura were randomly assigned to an acupuncture group (AG) or a conventional drug therapy group. AG patients received acupuncture twice a week for a maximum of thirty treatments. Four sites in Italy, two hospital and two university public centers provided the acupuncture, the two university sites also provided the pharmacological therapy. Severity and frequency of headache and days of missed work were evaluated 12 months after admission. The AG had an absence rate of 1120 working days per year while the drug therapy group had a total absence rate of 1404 working days per year.

Cost savings: \$35,480 per year for the sixty patients receiving acupuncture compared to those in conventional drug therapy.

Liguori A et al (2000) Comparison of pharmacological treatment versus acupuncture treatment for migraine without aura, *J Trad Chin Med* 20:231-240.

Acupuncture Treatment of Angina Pectoris Saves Money

One hundred five patients with angina pectoris had acupuncture and self-care education added to their pharmaceutical treatment. Seventy-three participants had been recommended for invasive procedures. The treatment protocol consisted of 12 visits over a four-week period that included an acupuncture treatment and an education session. A 90% reduction in hospitalization and a 70% reduction in surgery resulted in an estimated

Cost savings: \$32,000 per patient.

Ballegaard S et al (1999) Addition of acupuncture and self-care education in the treatment of patients with severe angina pectoris may be cost beneficial: An open, prospective study, *J Altern Complement Med* 5: 405- 413.

Acupuncture Treatment Results in Avoidance of Surgery

29 patients with severe osteoarthritis of the knee, each awaiting arthroplasty surgery, were randomized to receive a course of acupuncture treatment or be placed on a waiting list to receive similar acupuncture treatment starting 9 weeks later. Of the 29 patients, 7 were able to cancel their scheduled surgeries.

Cost savings: \$9,000 per patient.

Christensen BV et al (1992) "Acupuncture treatment of severe knee osteoarthrosis: a long-term study", *Acta Anesthesiol Scand* 36:519-525.

Acupuncture Treatment Results in Decreased Days In Hospital Or Nursing Home

Half of 78 stroke patients receiving standard rehabilitative care were randomly chosen to receive adjunctive acupuncture treatment. Patients given acupuncture recovered faster and to a greater extent, spending 88 days/patient in hospital and nursing homes compared to 161 days/patient for standard care alone.

Cost savings: \$26,000 per patient.

Johansson K et al (1993), "Can sensory stimulation improve the functional outcome in stroke patients?", *Neurology* 43:2189-2192.

*Research data on cost effectiveness of acupuncture prepared by Richard Hammerschlag, Ph.D. and Patricia Culliton MA, L.Ac., co-presidents Society for Acupuncture Research
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