

Give migraine the needle

By Daily Mail Reporter
15 March 2004

Acupuncture can help cut the number of migraine headaches in regular sufferers, says a study published today. Patients receiving the ancient needle treatment experienced 22 fewer days of chronic discomfort per year and used 15 per cent less medication.

They also made 25 per cent fewer visits to their GP and took 15 per cent fewer days off work sick, says a report in the British Medical Journal Online. Calling for an expansion of the treatment on the NHS, researchers claim the extra cost of around £200 a year per patient would be offset by savings on drugs.

In the study, 400 migraine sufferers in England and Wales received up to 12 acupuncture treatments over three months or standard care from their GP.

The report says: 'The effects of acupuncture seem longlasting - headache scores were lower at 12 months than after treatment at three months. Medication scores were lower in the acupuncture group.'

The study was led by Dr Peter Fisher, research director at Royal London Homeopathic Hospital.