

ICMART 10th World Congress

Hosted by the BMAS in Edinburgh, May 2002

Day 1, Friday 3rd May

Oxytocin release via acupuncture for anxiolysis, pain relief and bonding. The Social Molecule!

Uvnas-Moberg K, Sweden

Oxytocin is released during acupuncture treatment. Oxytocin is known to exert anxiolytic and sedative effects, to elevate pain thresholds and to increase parasympathetic nerve activity. This may be one of the mechanisms by which acupuncture induces long term effects.

Day 2, Saturday 4th May

Acupuncture mechanisms and the relevance to clinical practice

Lundeberg T, Sweden

Pain may be classified into several categories - nociceptive, neurogenic and chronic pain syndrome. Acupuncture may be effective in some categories, but mode of stimulation should be adjusted according to aetiology.

Superficial or deep needling - the debate.

Chairs: Watkin H, Liertzer H.

Protagonists: Peter Baldry and Chan Gunn

Parallel Sessions

1. **Back Pain**

Introduction and overview, *Carlsson C, Sweden*

Clinical perspectives, *Traum D, Australia*

Update of meta-analysis, *White A, UK*

2. **Segmental acupuncture workshop**

Beckerring R, van Bussel R, Netherlands

3. **Traditional Chinese Acupuncture Workshop**

Ots T, Hammes M, Germany

Day 3, Sunday 5th May

Acupuncture for infertility in women

Stener-Victorin E, Sweden

The mechanisms by which electroacupuncture may be effective in reproductive medicine include sympathetic inhibition, hormonal release, and the placebo effect. Experimental data appears to suggest that acupuncture may be beneficial in women with polycystic ovary syndrome and anovulation, although more scientific evidence of effect is needed.

Acupuncture in the treatment of addictions

White A, UK

A review of research literature suggests that there is no clear evidence that acupuncture is superior to placebo for smoking cessation. However, sustained stimulation may be a crucial factor in success and further studies are justified. Acupuncture appears to be helpful in the treatment of drug and alcohol addiction, although the site of needling does not appear to be important.

Acupuncture in stroke rehabilitation - is there a role?

Johansson B, Sweden

Current data on brain plasticity indicates that sensory stimulation should be able to influence rehabilitation after stroke. The conflicting evidence from various trials is discussed.

Parallel Sessions

1. **Intramuscular Stimulation (IMS) workshop**

Gunn C, Canada

2. **Related techniques - Moxibustion/Tuina Chinese Massage**

James R, UK, Bachmann J, Germany

3. **International Acupuncture Research Forum (IARF)**

Chairs: White A, Filshie J, Linde K, Irnich D

4. Free papers

Day 4, Monday 6th May

Future directions for acupuncture research

Zieglansberger W, Germany

Advances in electrophysiological, molecular and cellular biological techniques can help us understand the mechanisms by which acupuncture treatment alters pain perception.

Acupuncture in anaesthesia

Streitburger K, Germany

Surgery in China using acupuncture analgesia without additional anaesthetic was reported in the 1950s. However, the two main uses for acupuncture in modern anaesthesia are for postoperative nausea and vomiting, for which good randomised controlled trial (RCT) evidence exists, and for postoperative pain management, for which further RCTs are needed.

Acupuncture and immunology

Saso S, UK

Acupuncture treatment stimulates the release of endogenous opioid peptides, including met-enkephalin, which have an important role in immunomodulation.

Parallel Session

- **Auriculotherapy Workshop**
Nogier R, France