

## Acupuncture Effective for Allergic Rhinitis

The American Journal of Epidemiology recently published a study that showed that acupuncture can significantly relieve allergic rhinitis symptoms.

In this German study, 5,237 men and women were analyzed to evaluate the effectiveness of acupuncture in addition to routine care in patients with allergic rhinitis compared with treatment with routine care alone.

In this randomized controlled trial, patients with allergic rhinitis were randomly allocated to receive up to 15 acupuncture sessions during a period of 3 months or to a control group receiving no acupuncture. Patients who did not consent to random assignment received acupuncture treatment. All patients were allowed to receive usual medical care. The Rhinitis Quality of Life Questionnaire (RQLQ) and general health-related quality of life (36-Item Short-Form Health Survey) were evaluated at baseline and after 3 and 6 months.

Improvements were noted at the 3 month and the 6 month evaluation. The authors of this trial concluded that treating patients with allergic rhinitis in routine care with additional acupuncture leads to clinically relevant and persistent benefits.