

**National Institutes of Health  
Consensus Development Statement  
on  
Acupuncture  
November 5, 1997**

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"While it is often thought that there is substantial research evidence to support conventional medical practices; this is frequently not the case. This does not mean that these treatments are ineffective. The data in support of acupuncture are as strong as those for many accepted Western medical therapies.

One of the advantages of acupuncture is that the incidence of adverse effects is substantially lower than that of many drugs or other accepted medical procedures used for the same conditions."

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**"What is the efficacy of acupuncture, compared with placebo or sham acupuncture, in the conditions for which sufficient data are available to evaluate?"**

"There is clear evidence that acupuncture techniques are efficacious for adult post-operative and chemotherapy nausea and vomiting and probably for the nausea of pregnancy."

NIH Consensus Statement on Acupuncture, continued,

**"What is the place of acupuncture in the treatment of various conditions for which sufficient data are available, in comparison with or in combination with other interventions (including no intervention)?"**

Fibromyalgia  
Myofascial Pain  
Epicondylitis  
Post-operative Pain  
Low Back Pain  
Addiction  
Stroke Rehabilitation  
Carpal Tunnel Syndrome  
Osteoarthritis  
Headache  
Menstrual Cramps  
Retinal Diseases

**Conclusion: Acupuncture does more than treat pain.**