

## Orthological/Neurological Pain

### Acupuncture Helps Chronic Headaches According to Largest Study

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**A German study published in the September, 2008 issue of *Cephalalgia* shows that people who suffer from chronic migraines may benefit from acupuncture to reduce the severity and frequency of their headaches.**



The study is one of the largest to date on using acupuncture to ease headaches. Researchers from *Charité University Medical Centre* in Berlin followed more than 15,000 adults who had been suffering from either migraine or tension-type headaches at least twice a month for a year or more.

Of these patients, 1613 were assigned to receive acupuncture in 15 sessions over 3 months in addition to usual care, while 1569 continued with usual care alone.

After 6 months, acupuncture patients reported significantly greater reductions in headache pain than those who continued with usual care.

Headache frequency fell significantly in patients assigned to acupuncture, from 8.4 headache days over 3 months at the start of the study to 4.7 headache days over 3 months at the end.

In contrast, headache frequency remained almost constant, at nearly 8 headache days every 3 months, in patients assigned to usual care alone.

"Our study has shown that treating patients with headache in routine primary care in Germany with additional acupuncture resulted in a clinically relevant and persistent benefit." Lead researcher, Dr. Stefan Willich concluded. "Therefore, acupuncture should be considered a viable option for patients with headache."

**Source:** [Cephalalgia, Volume 28 Issue 9, Pages 911 - 913](#)