

Acupuncture and Fertility Research

Breaking News

Acupuncture Treatment Results in Higher Pregnancy Rates for Embryo Transfer

The May 2006 issue of the medical journal **Fertility and Sterility** presented several new studies that confirm the efficacy of acupuncture as an aid to IVF. Here are the study results:

Study 1: Acupuncture on the day of embryo transfer (ET) significantly improves the reproductive outcome in infertile women: a prospective, randomized trial

In this study, Westergaard LG, etc.al., set out to evaluate how the use of acupuncture effected pregnancy rates in patients treated with IVF/ Intracytoplasmic Sperm Injection (ICSI).

273 patients were randomly assigned to one of three groups:
One group had acupuncture on the day of the transfer, a second group had acupuncture on the day of the transfer and then again 2 days after the transfer, and a third control group did not receive acupuncture.

The results clearly showed that the first acupuncture group that received treatment the day of the transfer had a statistically significant higher rate of pregnancy than the control group (37 of 95 [39%] vs. 21 of 87 [26%]). Comparison of ongoing pregnancy rates also favored the acupuncture group (34 of 95 [36%] vs. 19 of 87 [22%]).

There was no improvement on the reproductive outcome by adding an acupuncture treatment 2 days after ET.

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