Hindustan Times

**February** 19, 2016 Friday

**Acupuncture** Beneficial for **Fibromyalgia** Patients  
  
**LENGTH:** 217 words  
  
**DATELINE:** U.S. 

U.S., Feb. 19 -- A new study has shown that patients suffering from **fibromyalgia** might benefit from**acupuncture**. The researchers found that the people who were given **acupuncture** saw a drop in pain levels by an average of 41 percent compared to 27 percent for those who were given a simulated**acupuncture** treatment.

The lead researcher stated that individualized **acupuncture** is a good therapeutic option for the treatment of patients with **fibromyalgia**. The disease involves chronic widespread pain which results in fatigue, poor sleep patterns and depression. Up to 5 percent of the population is affected by it.**Fibromyalgia** mostly affects women. **Acupuncture** involves insertion of extremely thin needles through the skin at strategic body points to treat pain.

After 10 weeks the patients who were given actual **acupuncture** experienced a 35 percent pain reduction. The people who were given simulated **acupuncture** treatment experienced 24.5 percent reduction in pain levels. The pressure pain and the number of tender points also improved more in patients who got actual **acupuncture**.

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**LANGUAGE:** ENGLISH