

A Review of Acupuncture Research in the Treatment of Heart Disease in the Elderly

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Acknowledgement:
de Tornnyay Center for
Healthy Aging

Facts

- ☯ Heart disease is the leading cause of death in elderly Americans. ¹
- ☯ Half of all heart attack victims are over 65. ²
- ☯ By age 80, 20% of Americans have symptomatic coronary heart disease. ²
- ☯ 30% of older Americans use some form of CAM. ³

1. U.S. National Center for Health Statistics, Sept. 2002.

2. L. Young, Heart disease in the elderly, Yale, 2004.

3. Eisenberg et al, 2000

Goals:

- ☯ Review literature on treatment of heart disease in the elderly with acupuncture.
- ☯ Identify the main challenges and issues inherent in acupuncture research.

Methods

- ☯ Reviewed literature from online databases and Bastyr University periodical collections
- ☯ Only articles in English
- ☯ Articles had to meet on of the following criteria:
 1. Randomization
 2. Sham or placebo
 3. Control group
 4. Blinding (subject or practitioner)

Results

- ☯ 90% reduction in hospitalizations
- ☯ 70% reduction in surgery
- ☯ 69% of patients report a life free of limitations after 5 years of treatment, compared to 8% before treatment.
- ☯ 5-year cost savings of \$32, 000 per patient

- S. Ballegaard et al (1999)

Issues and Challenges

- ❓ Philosophical differences in research design
- ❓ Language barriers
- ❓ Political motivations

Conclusions and Next Steps

- ☯ Acupuncture is safe and effective in managing Angina pain, CAD and other chronic conditions.
- ☯ Creation of a de Tornyay CAM website to link student research
- ☯ UW SON is ideally situated to undertake quality collaborative research in various CAM modalities