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## Acupuncture for prehypertension and stage 1 hypertension in postmenopausal women: A randomized controlled pilot trial

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The aim of this study was to assess potential effectiveness of acupuncture in treating prehypertension and stage 1 hypertension in postmenopausal women. The study was a four-arm, non-blinded, randomized pilot trial. Sixty participants were randomly assigned to experimental or control groups. The experimental groups received 10 acupuncture sessions over 4 weeks (Group A, n=20) or 20 sessions over 8 weeks (Group B, n=20) along with usual care. The acupoints were GB20, LI11, ST36, and SP6, bilaterally. The groups were followed-up for an additional 12 weeks. The control groups received usual care for 16 weeks (Group C, n=10) or 20 weeks (Group D, n=10). The primary outcome variable was diastolic blood pressure (DBP). Secondary outcome variables were systolic BP (SBP), BP control rates, lipid profile, and high-sensitivity C-reactive protein(hs-CRP). DBP in the acupuncture groups (A+B) showed a marginally significant decrease after 4 weeks compared to the control group (C+D) ( $p=0.059$ ). While, group A showed a significant decrease only after acupuncture treatment not after follow-up period, in group B, change of DBP was significant after acupuncture treatment and follow-up period. There was no difference between the acupuncture and control groups in SBP at 4, 8, and 16 weeks. Group B showed a significant decrease in SBP at 20 weeks. Lipid profiles and hs-CRP did not differ significantly between the acupuncture and control groups. Acupuncture treatment for 4 weeks showed marginally significant benefit in DBP compared control group. In group getting acupuncture for 8 weeks, change of DBP was significant after acupuncture treatment and follow-up period. Further well-designed clinical trials are required to verify the effect of acupuncture on pre- and mild hypertension..

### Biography

Ji-Eun Park has completed his PhD from Seoul National University. She is the Senior Researcher in Korean Institute of Oriental Medicine. She has published more than 30 papers in reputed *journals of public health and alternative medicine* field.

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