



Oral Presentation



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Acupuncture and in vitro fertilization

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OBJECTIVES: The literature about the efficacy of acupuncture has been equivocal the objective of this article was to conduct a review of the trials of acupuncture during in vitro fertilization (IVF).

Materials and Methods: Using public databases including Pub Med, PMC and Cochrane, a collection of related research articles were comprehensively studied.

Results: Despite advances in the technology, IVF success remains low, especially in older women. Hence, many of these women need to undergo several cycles of IVF and are faced with unprecedented anxiety and frustration. In desperation, they resort to anything that might increase the success of their IVF treatment. Acupuncture has gained popularity among the various complementary medicines available and many go privately to have acupuncture while undergoing IVF.

Since 1999, in spite of multiple trials and systematic reviews, the beneficial effect of acupuncture in improving the success of IVF remains unproven and debatable

Although some studies have demonstrated a higher clinical pregnancy rate for acupuncture. others studies have shown no positive effects.

Acupuncture's efficacy has been explored by comparing traditional acupuncture (needle insertions along the meridians and points), to electro acupuncture, to laser acupuncture, and to sham acupuncture.

Conclusion: No significant benefits of acupuncture are found to improve the outcomes of IVF.

KEYWORDS: Acupuncture; IVF; infertility