

Summary of Gerac and ART Results

Osteoarthritis of the Knee

Primary Outcome	Gerac (n =1039) Week 13 and 26	ART (n =294) Week 8
Acupuncture	5.4 – 2.3 – 42.6% (n = 330)	50,8 – 23.9 to 26.9 – 47,0% (n = 149)
Sham Acupuncture	5.5 – 2.1 – 38.2% (n = 367)	52.5 – 16.7 to 35.8 – 31,8% (n = 75)
Standard Treatment	5.5 – 1.2 – 21,8% (n = 342)	62.8 – 13.2 to 49.6 (– 21,0%) (n = 70) WL

Primary Outcome was based on WOMAC scores

ART – Primary Outcome was baseline adjusted WOMAC index at week 8

Success Rates	Gerac (n =1039) Week 13 and 26	Adjusted	ART (n =294) Week 8
Acupuncture	53.1% (n = 326 to 173)	55.3%	52%
Sham Acupuncture	51.0% (n = 365 to 186)	53.2%	28%
Standard Treatment	29.1% (n = 316 to 92)	31.1%	(3%) WL

Gerac 36% improvement in WOMAC score after week 13 and 26

ART 50% improvement in WOMAC score after week 8

Gerac 297 physicians

Acupuncture 10 sessions in 6 weeks plus 5 sessions, 12.5 sessions average

Acupuncture: 17-18 obligatory points, 4 Ahshi points max.

Conservative treatment consisted of diclophenac 150mg/d or rofecoxin 25mg/d

Gerac: *Annals of Internal Medicine* July 4 2006 by Scharf H P et. al.

ART: *Lancet* July 9 2005 by Witt C et. al.

Low Back Pain

Primary Outcome

ART (n =298)

Acupuncture

63.2 – **28.7** to 26.9 – **45.4%** (n = 146)

Sham Acupuncture

66.2 – **23.6** to 42.6 – **35.7%** (n = 73)

Waiting List

66.1 – **6.9** to 59.2 – **10.4%** (n = 79)

VAS Change in pain intensity from baseline to week 8

Responder Rates

Gerac

ART (n =298)

Acupuncture

47.6% (n = 162)

54% (n = 146)

Sham Acupuncture

44.2% (n = 173)

37% (n = 73)

Standard Treatment

27.2% (n = 141)

13% WL (n = 79)

Responder Rates of ART presented in May 2005

ART – After 8 weeks significant difference in 6 of 12 outcome categories

Outcome categories acupuncture vs. minimal acupuncture

ART Arch Int Med March 6 2006 by Brinkhaus B et.al.

Gerac not published but presented to Press in Berlin 2004 by Haake et. al.

Migraine

Primary Outcome	Gerac (n =794)		ART (n =302)
	26 weeks		9-12 weeks
Acupuncture	5.8 – 2.3 days	2.3	5.2 – 2.2 days
Sham Acupuncture	5.7 – 1.5 days	1.3	5.0 – 2.2 days
Standard Treatment	6.0 – 2.1 days	2.7	(5.4 – 0,8 days Waiting list)

Responder Rate	Gerac (n =794)		ART (n =302)
	26 weeks		9-12 weeks
Acupuncture	47% 290 133		51%
Sham Acupuncture	39% 317 121		53%
Standard Treatment	40% 187 75		(15% Waiting List)
50% reduction of days			

Gerac	Acupuncture	Sham
Number of sessions	10.9	11.0
Number of needles	15.4	13.8
Total time	32.5	32.3
Physician time	8.5	7.7
Extension to 15 sessions	26%	29%

Treatment twice per week

Gerac: Lancet Neurology March 2 2006 by Diener H C et. al.

ART: JAMA May 4 2005 by Linde K et. al.

Tension Type Headache

Primary Outcome	Gerac	ART
	6 month	9-12 weeks Baseline
Acupuncture	15.6 – 9.4 days, decrease of 61.5%	17.5 – 7.2 days (n = 132)
Sham Acupuncture	16.4 – 8.0 days, decrease of 49.5%	17.5 – 6.6 days (n = 63)
Standard Treatment	16 – 1 to – 5 in Literature	17.7 – 1.5 days (n = 75) W L

Standard treatment patients dropped out from proposed antidepressent drugs

Responder Rate	Gerac	ART
	6 month	
Acupuncture	33%	46%
Sham Acupuncture	27%	35%
Waiting List		4%

Responder Rate was 50% reduction in Headache days

ART BMJ July 29 2005 Melchart D et. al.

Gerac not published but some results presented at a press conference November 16 2005

**Summary of ART and Gerac studies was compiled by Gabriel Stux
Düsseldorf**