

ACUPUNCTURE'S EFFECTS ON RELIEVING SYMPTOMS
FOR POSTRADIATION CYSTITIS AND PROSTATITIS

A Capstone Project
Presented to the
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Doctor of Acupuncture and Oriental Medicine

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ABSTRACT

Objective: The aim of this study was to assess the response to acupuncture of patients who had moderate to-severe urinary symptoms, persisting after 12 months following the completion of radiation therapy for prostate cancer treatment.

Design: This was a pilot study to generate preliminary data concerning potential effect sizes of acupuncture and sham acupuncture in the treatment of radiation prostatitis and cystitis.

Outcomes Measures: A total of 10 subjects with cystitis and prostatitis were randomly assigned to one of three study groups. Verum acupuncture was administered twice during week 1, then performed once a week for 8 weeks to points on kidney-bladder-spleen-liver-lungs meridians expected to treat cystitis/prostatitis. The effect of acupuncture (on the lower urinary tract symptoms) was assessed (every other week) using the IPSS (International Prostate Symptom Score), to monitor results throughout the study. A paired *t*-test was performed to determine significant changes in IPSS before and after the 4-months treatment period in the randomized arms.

Conclusions: Both standard acupuncture and sham acupuncture treatment appear to improve the IPSS scores over the 4-month test period.

Key Words: Acupuncture, radiation prostatitis, radiation cystitis, prostate cancer, prostatitis, cystitis, urinary quality of life, prostate specific antigen.