

4. Metabolism and Endocrine Diseases

Reference

Kim SC, Jang EH, Na WM, et al. A pilot study of Sa-am acupuncture treatment used by sham acupuncture for the simple obesity. *Daehan-Chimgu-Hakhoeji (Journal of Korean Acupuncture & Moxibustion Society)* 2007; 24(5): 67–88 (in Korean with English abstract).

1. Objectives

To evaluate the effectiveness of Sa-am acupuncture (舍岩鍼) treatment in women with simple obesity.

2. Design

Double-blinded randomized controlled trial (DB-RCT).

3. Setting

One oriental hospital (Oriental Medical Hospital at Gwangju, Wonkwang University), Republic of Korea.

4. Participants

Sixty women with simple obesity, age 20–25 years old, body mass index (BMI) over 25.

5. Intervention

Arm 1: Real acupuncture group (n=18). Treatment with Sa-am acupuncture for 4 weeks (30 min per treatment, 3 treatments per 1 week) + the rules of health.

Arm 2: Sham acupuncture group (n=18). Treatment (double-blinded) with intradermal acupuncture for 4 weeks (30 min per treatment, 3 treatments per week) + the rules of health.

Arm 3: Control group (n=24). Treatment with the rules of health only.

Twenty seven subjects (10 in Arm1, 5 in Arm2, 12 in Arm3) dropped out.

6. Main outcome measures

- 1) Body weight, percent body fat.
- 2) Blood levels of lipids (cholesterol, triglyceride, high density lipoprotein [HDL]-cholesterol, and low density lipoprotein [LDL]-cholesterol).

7. Main results

- 1) The real acupuncture group showed weight loss after the treatment, but no change in body fat mass and cholesterol, triglyceride, HDL-cholesterol, and LDL-cholesterol levels.
- 2) The sham acupuncture group and control group showed no change in any outcome measure.
- 3) There were no among-group differences in any outcome measure after the end of the study.

8. Conclusions

No meaningful among-group differences were observed. Only the real acupuncture group showed body weight loss, which may be regarded as a preliminary finding.

9. Safety assessment in the article

Not mentioned.

10. Abstractor's comments

This clinical trial evaluated the efficacy of Sa-sam acupuncture in the treatment of simple obesity. To analyze the efficacy objectively, the design was double blind, randomized, and triple arm. However, the drop-out rate was high, differences in outcome measures were insignificant, and verification of efficacy was limited. A well organized clinical trial will be needed.

11. Abstractor

Lee BC, 28 May 2010.