9. Cardiovascular Diseases

Reference

1. Objectives
To evaluate the effect of moxibustion on recovery from post-stroke urinary symptoms.

2. Design
Randomized controlled trial (RCT).

3. Setting
Two Oriental hospitals (Kyungh ee University Oriental Medical Center and Saint Paul’s Oriental Medical Center), Republic of Korea.

4. Participants
Patients with post-stroke urinary symptoms and International Prostate Symptom Score (IPSS) more than 10 (n=39).

5. Intervention
Arm 1: Conservative therapy + moxibustion applied to the Zhongji (CV3, 中極), Guanyuan (CV4, 関元), and Qihai (CV6, 氣海) acupuncture points for 10 days (5 rounds per day).(n=20).
Arm 2: Conservative therapy only.(n=19).

6. Main outcome measures
IPSS, and Barthel Index (BI).

7. Main results
IPSS improved after the treatment in both groups. Urinary frequency, quality of life, irritative subscore, and total score were more markedly improved in Arm 1 compared to Arm 2 in patients with mild or moderately severe symptoms, but not in patients with very severe symptoms. Moreover, there was no between-group difference in BI.

8. Conclusions
Moxibustion at the Zhongji, Guanyuan, Qihai acupuncture points can improve urinary symptoms in post-stroke patients.

9. Safety assessment in the article
Not mentioned.

10. Abstractor’s comments
This study showed that moxibustion was effective for post-stroke urinary symptoms. However, small number of subjects, short evaluation period, and unclear therapeutic activity of moxibustion were limitations. So additional studies are needed.

11. Abstractor and date
Go HY, 18 July 2010.