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Influence of acupuncture on the pregnancy rate in patients who undergo assisted reproduction therapy

[Wolfgang E Paulus](#), M.D.^a, [Mingmin Zhang](#), M.D.^b,
[Erwin Strehler](#), M.D.^a, [Imam El-Danasouri](#), Ph.D.^a, [Karl Sterzik](#),
M.D.^a

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Abstract

Objective: To evaluate the effect of acupuncture on the pregnancy rate in assisted reproduction therapy (ART) by comparing a group of patients receiving acupuncture treatment shortly before and after embryo transfer with a control group receiving no acupuncture.

Design: Prospective randomized study.

Setting: Fertility center.

Patient(s): After giving informed consent, 160 patients who were undergoing ART and who had good quality embryos were divided into the following two groups through random selection: embryo transfer with acupuncture (n = 80) and embryo transfer without acupuncture (n = 80).

Intervention(s): Acupuncture was performed in 80 patients 25 minutes before and after embryo transfer. In the control group, embryos were transferred without any supportive therapy.

Main Outcome Measure(s): Clinical pregnancy was defined as the presence of a fetal sac during an ultrasound examination 6 weeks after embryo transfer.

Result(s): Clinical pregnancies were documented in 34 of 80 patients (42.5%) in the acupuncture group, whereas pregnancy rate was only 26.3% (21 out of 80 patients) in the control group.

Conclusion(s): Acupuncture seems to be a useful tool for improving pregnancy rate after ART.


Keywords: [Acupuncture](#), [assisted reproduction](#), [embryo transfer](#), [pregnancy rate](#)

^a Department of Reproductive Medicine, Christian-Lauritzen-Institut, Ulm, Germany

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 Department of Traditional Chinese Medicine, Tongji Hospital, Tongji Medical University, Wuhan, People's Republic of China



Reprint requests: Wolfgang E. Paulus, M.D., Christian-Lauritzen-Institut, Frauenstr. 51, D-89073, Ulm, Germany (FAX: ++49-731-9665130)

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