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# postmenopausal osteoporosis

## Ostéoporose post-ménopausique : évaluation de l'acupuncture

Articles connexes : [Ostéoporose](#)

### 1. Systematic Reviews and Meta-Analysis

#### 1.1. Wang 2019

Wang Kaili, Zhang Yili, Xie Yanming, Wei Xu, Jiang Junjie, An Yifang. [Systemic review and meta-analysis of acupuncture in the treatment of postmenopausal osteoporosis]. Chinese Journal of Osteoporosis. 2019;Issue 4:452-460. [201717].

目的 评价针刺治疗绝经后骨质疏松症的有效性及其安全性。方法 电子检索中文和英文数据库共6个,检索日期截至2017年11月,根据Cochrane Hand book 5.3评价标准和工具评价纳入研究的质量,并用Revman 5.3软件进行Meta分析。结果 共纳入10篇文献,包括710例患者,试验组354例,对照组356例。Meta分析显示:①针刺vs常规治疗[RR=1.36,95%CI(1.18,1.57),Z=4.34,P<0.0001]②针刺+常规治疗vs常规治疗[RR=1.31,95%CI(1.14,1.50),Z=3.77,P=0.0002],在提高临床有效率上均优于对照组;③针刺vs常规治疗[MD=-2.36,95%CI(-4.20,-0.53),Z=2.53,P=0.01]④针刺+常规治疗vs常规治疗[MD=-1.61,95%CI(-2.06,-1.16),Z=7.01,P<0.00001],在改善疼痛评分上均优于对照组。结论 与单用常规治疗相比,针刺或针刺联合常规治疗在提高临床有效率、改善疼痛方面疗效更优,适于临床推广应用,但考虑到纳入文献的同质性,在今后的研究中需要更多高质量、大样本、多中心、方法学设计严谨的随机对照试验,进一步验证并提升针刺治疗绝经后骨质疏松症有效性和安全性证据强度。 [Automatic translation]	
<b>Objective</b>	To evaluate the efficacy and safety of acupuncture for postmenopausal osteoporosis.
<b>Methods</b>	A total of 6 Chinese and English databases were searched electronically. The search date was as of November 2017, and was included in the study according to Cochrane Hand book 5.3 evaluation criteria and tools. Quality, and meta-analysis using Revman 5.3 software.
<b>Results</b>	The results included 10 articles, including 710 patients, 354 patients in the experimental group, and 356 patients in the control group. Meta-analysis showed: 1 acupuncture vs conventional therapy [RR=1.36, 95% CI (1.18, 1.57), Z=4.34, P<0.0001], acupuncture + conventional treatment vs conventional treatment [RR=1.31, 95% CI (1.14, 1.50), Z=3.77, P=0.0002], in clinical improvement Efficiency is better than the control group; 2 acupuncture vs conventional treatment [MD = -2.36, 95% CI (-4.20, -0.53), Z = 2.53, P = 0.01], acupuncture + conventional treatment vs conventional treatment [MD = -1.61, 95% CI (-2.06, -1.16), Z=7.01, P<0.00001], superior to the control group in improving pain score.
<b>Conclusion</b>	Acupuncture or acupuncture combined with conventional treatment alone Conventional treatment is more effective in improving clinical treatment efficiency and improving pain, and is suitable for clinical adoption. However, considering the limitations of the included literature, more high quality and large need are needed in future research. Sample, multicenter, methodologically designed randomized controlled trials to further corroborate and enhance the efficacy and safety of acupuncture for postmenopausal osteoporosis.

#### 1.2. Li 2014

Li Sheng, Zhang Fengzheng, Wang Hongdy, Jiang Yang, Pan Xiaoyan. [Systematic review of literatures of acupuncture and moxibustion for treatment of postmenopausal osteoporosis (PMO)]. Journal of Luzhou Medical College. 2014;5:461-467. [187010].

<b>Objective</b>	To assess the effectiveness of acupuncture and moxibustion therapy and drug therapy for PMO.
<b>Methods</b>	Acupuncture, moxibustion, PMO, etc. were selected as the theme words to retrieve the related medical data base at home, such as CNKI, VIP, Wan fang etc. and clinically randomized controlled trials were used as enrolled criteria and the treatment group was mainly treated with acupuncture, and the control group with medicine. The total effective rate and BMD changed values were used as assessment indexes. After the methodological quality assessment, all studies were conducted for Meta-analysis by Rev Man-5. 1.
<b>Results</b>	Altogether 31 studies were enrolled. Among them <b>9 studies were conducted for Meta-analysis</b> , treatment group (365 cases, control group 252 cases). The total RR of the total effective rate in 4 studies was 1. 38 with 95%CI [1. 15, 1. 65]; and the total WMD of the BMD changed values in 6 studies was 0. 06 with 95%CI [0. 02, 0. 10]. Each index in the acupuncture group on PMO was superior to that in the medicine group (P < 0. 05).
<b>Conclusion</b>	Acupuncture and moxibustion therapy for PMO is effective, but more high-quality studies are required to prove this viewpoint.

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