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Colorectal cancer

Cancer colorectal

1. Systematic Reviews and Meta-Analysis

1.1. Generic Acupuncture

2. Overviews of systematic reviews

2.1. Yang 2025

Yang M, Amatya B, Malik S, Song K, Marcella S, Voutier C, Khan F. Effectiveness of rehabilitation interventions in patients with colorectal cancer: an overview of systematic reviews. J Rehabil Med. 2025 Jan 24;57:jrm40021. https://doi.org/10.2340/jrm.v57.40021

Objective	To evaluate existing evidence from published systematic reviews for the effectiveness and safety of rehabilitation interventions in adult patients with colorectal cancer.
Methods	A comprehensive literature search was conducted using medical and health science databases up to October 2024. Bibliographies of pertinent articles, journals, and grey literature were searched. Three reviewers independently selected potential reviews, assessed methodological quality, and graded the quality of evidence for outcomes using validated tools.
Results	Sixty systematic reviews encompassing 761 randomized controlled trials evaluated five categories of rehabilitation interventions. Over half of the included reviews were of moderate to high quality. Findings indicated moderate-quality evidence for exercise interventions in improving physical fitness and quality of life; high-quality evidence for nutritional interventions in reducing postoperative infections; high-quality evidence for multimodal prehabilitation in improving preoperative functional capacity; moderate-quality evidence for nutritional interventions in improving humoral immunity, reducing inflammation, and length of hospital stay; **moderate-quality evidence for acupuncture in improving gastrointestinal functional recovery**; psychosocial interventions showed benefits for short-term quality of life and mental health, and lifestyle interventions improved overall quality of life.
Conclusion	Rehabilitation interventions yielded positive effects across multiple outcomes in patients with colorectal cancer. However, high-quality evidence is still required to determine the most effective rehabilitation approaches, including the optimal role of acupuncture within multimodal rehabilitation strategies.

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