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dysphagia after radiotherapy or chemoradiotherapy

Dysphagie post radiothérapie ou chimiothérapie

1. Systematic Reviews and Meta-Analysis

1.1. Generic Acupuncture

1.1.1. Lin 2026

Lin Z, Shi H, Tao Y, Liu H, Chen L, Zhao J, et al. Efficacy and safety of acupuncture for dysphagia after radiotherapy or chemoradiotherapy in patients with nasopharyngeal carcinoma: a systematic review and meta-analysis. Front Oncol. 2026;16:1919320. https://doi.org/10.3389/fonc.2026.1919320

Background	Dysphagia is a clinically important complication after radiotherapy or chemoradiotherapy for nasopharyngeal carcinoma. Acupuncture has been used as an adjunctive supportive intervention for cancer-related symptoms, but its efficacy and safety in this setting had not been systematically evaluated. This review assessed swallowing function, quality of life, nutritional outcomes, and safety.
Methods	PubMed, Embase, Web of Science, the Cochrane Library, China National Knowledge Infrastructure, Chinese Biomedical Literature Database, Wanfang Database, and VIP Database were searched from inception to March 2026. Randomized controlled trials were included. Two reviewers independently screened studies, extracted data, and assessed risk of bias using the Cochrane risk-of-bias tool. Meta-analyses were performed using R. Outcomes included Water Swallowing Test (WST), clinical effective rate, videofluoroscopic swallowing study (VFSS), Standardized Swallowing Assessment (SSA), quality of life, nutritional indicators, and safety.
Results	**Twelve randomized controlled trials involving 863 patients** were included. Acupuncture reduced post-treatment WST scores compared with control interventions (MD = -0.78, 95% CI -1.04 to -0.51) and increased the clinical effective rate (RR = 1.17, 95% CI 1.08 to 1.27). Acupuncture also improved VFSS outcomes (SMD = 0.76, 95% CI 0.46 to 1.05), reduced SSA scores (MD = -7.65, 95% CI -12.30 to -3.01), and improved quality-of-life and nutritional indicators. Safety reporting was limited, preventing firm conclusions regarding adverse effects.
Conclusion	Acupuncture may have an adjunctive role in improving swallowing function, swallowing-related quality of life, and nutritional indicators in patients with dysphagia after radiotherapy or chemoradiotherapy for nasopharyngeal carcinoma. However, confidence in these findings is limited by small sample sizes, methodological limitations, heterogeneity across outcomes, and inadequate safety reporting. Larger, well-designed randomized controlled trials are needed.

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