

# Acupuncture and Chronic Obstructive Pulmonary Disease (COPD)

Jobst et al (1986) 1 studied the effect of acupuncture on chronic obstructive pulmonary disease. They found that 12 patients receiving true acupuncture showed significantly greater benefit than a placebo acupuncture group (n=12) in terms of subjective scores of breathlessness and six-minute walking distance.

Fung et al (1986) 2 found that real acupuncture was significantly superior to sham acupuncture in protecting against exercise-induced asthma in nineteen children.

## References:

1 Jobst, K. Chen, J.H., McPherson, K., Arrowsmith, J., Brown, V., Efthimiou, J., Fletcher, H.J., Maciocia, G., Mole, Shifrin, K., et. al.

[Controlled Trial of Acupuncture for Disabling Breathlessness](#)

Lancet 1986 Dec 20-27; 2 (8521-8522): 1416-1419

2 Fung, K.P., Chow, O.K, So, S.Y.

[Attenuation of Exercise-Induced Asthma by Acupuncture.](#)

Lancet 1986 Dec 20-27; 2(8521-22): 1419-22.