

Results of a recently published British study show that acupuncture combined with drugs works better than conventional medical treatment alone to treat chronic headaches, many of which are migraines. Researchers tested 401 patients who reported having headaches several days every week. They found that those who received the combination of acupuncture plus drugs reported fewer and less-intense headaches than those who were given drug treatment only. Those who participated in the acupuncture group had up to 12 treatments over three months. At the end of the study, researchers noted that the patients who had acupuncture claimed 22 fewer days of headaches per year, used 15-percent less medication, made 25-percent fewer visits to their doctors, and lost fewer work days than the other group. Results of the research were published in the March 15, 2004, online issue of the *British Medical Journal*.