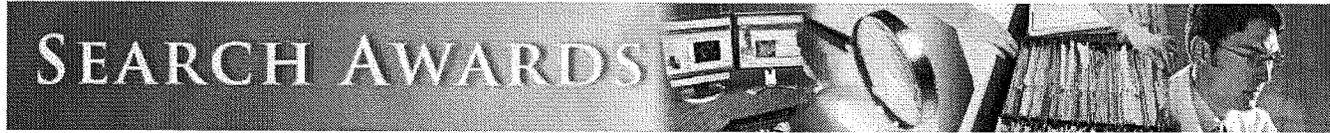


HOME SITE MAP CONTACT US
 Subscribe via RSS

Search CDMRP **SEARCH**

RESEARCH PROGRAMS FUNDING OPPORTUNITIES CONSUMER INVOLVEMENT SEARCH AWARDS MEDIA CENTER ABOUT US

Home > Search Awards



[Back to Search Results](#) | [Modify Search](#) | [New Search](#)

Effectiveness of Acupressure Treatment for Pain Management and Fatigue Relief in Gulf War Veterans

Principal Investigator: LIN, VERNON

Institution Receiving Award: CLEVELAND CLINIC FOUNDATION

Program: GWIRP

Proposal Number: GW110019

Funding Mechanism: Innovative Treatment Evaluation Award

Partnering Awards:

Award Amount: \$677,280.00

[View Technical Abstract](#)

PUBLIC ABSTRACT

About 170,000 to 200,000 Veterans who served in the 1990-1991 Gulf War suffer Gulf War Illness disease as a result of their military service. They have experienced symptoms of debilitating fatigue, muscle and/or joint pain, joint stiffness, chronic headache, abnormalities in memory and concentration, sleeping problems, etc. The causal factor for Gulf War Illness is still unknown and there is no established effective treatment 20 years after the Gulf War. Current interventions, like pharmaceutical treatment, physical therapy, and nutritional supplements, are not satisfactory. The severity of symptomatic health of Veterans with GWI does not change much over time and very few Veterans have ever recovered significantly. Clearly, an effective treatment for these conditions would be of great benefit to those who were injured during their military service.

On the other hand, acupressure (therapeutic massage in traditional Chinese medicine), an evidence-based noninvasive treatment, is known for its effectiveness in pain management, fatigue relief, and mobility improvement. During acupressure, the practitioner stimulates anatomical points on the body by pressing with the fingers (sometimes in combination with massage along "meridians" and around specific "acupoints"). It has been practiced for more than 2,000 years in Eastern countries, and its effectiveness has been witnessed by numerous practitioners and patients during practice. Recent scientific evidence has gradually justified the possible benefits shown by the use of acupressure for various clinical populations. Acupressure treatment has been suggested to effectively relieve fatigue in cancer patients, hemodialysis patients, patients with neck pain, and patients with chronic obstructive pulmonary disease, in a number of recent clinical studies. Its effectiveness in pain management has also been observed in clinical investigations regarding back and shoulder pain, headache and migraine, post-regional-anesthesia backache, menstrual pain, pain after radial fractures, and pain during labor.

This study will provide symptomatic Veterans with acupressure treatment and determine its effectiveness in fatigue relief and pain management for GWI disease. We plan to recruit patients who report they have symptoms of GWI through the Department of Veterans Affairs (VA), and randomize them into acupressure group (to receive acupressure treatment) and control group (without acupressure treatment). The acupressure treatment, twice per week for 6 weeks, will be offered by licensed acupressure practitioners, with at least 5 years of clinical experience, who have received 20 hours of training related to symptoms of GWI. Evaluations will be made before and after treatment, and clinical outcomes will be compared between groups (acupressure group vs. control group) and between different stages (before treatment vs. after treatment) within the same group.

The results of this study may provide useful information to develop more effective treatment for Veterans with GWI disease. Since acupressure treatment is of Asian origin and has shown excellent promise within its Eastern traditions, if successful, this study has the potential to produce a paradigm shift in clinical practice to more effectively relieve the symptoms of Veterans with GWI disease. Meanwhile, as a non-invasive therapeutic massage, acupressure may lend itself to better patient acceptance and, ultimately, greater

clinical accessibility.

[Back to Search Results](#)

Last updated

[CDMRP Home](#) | [Site Map](#) | [Search](#) | [Contact Us](#) | [Privacy Notice](#) | [External Links/Product Disclaimers](#)

[Research Programs](#) | [Funding Opportunities](#) | [Consumer Involvement](#) | [Search Awards](#) | [Media Center](#) | [About Us](#)

