

中文題目：針灸治療能改善乾燥症病人口乾症狀並調節抗體濃度

英文題目：Acupuncture improves xerostomia with antibodies reduction in patients with Sjögren syndrome

作者：黎子豪^{1,2,3}, 龔彥穎^{3,4}, 蔡長祐^{3,5}

服務單位：

1. 臺中榮民總醫院嘉義分院過敏免疫風濕科
2. 國立陽明大學臨床醫學研究所
3. 國立陽明大學醫學系
4. 臺北榮民總醫院傳統醫學部
5. 臺北榮民總醫院內科部過敏免疫風濕科

Background

Xerostomia is a common chief complaint among patients with Sjögren syndrome (SS) but there has been no satisfying pharmacy to relieve the associated symptoms. Hence nonpharmacological interventions including acupuncture are therapeutic options.

Methods

We conducted a meta-analysis of randomized clinical trials (RCTs) which evaluated the effectiveness of xerostomia in SS. PubMed, Embase, Cochrane Central Register of Controlled Trials (CENTRAL), Chongqing Weipu Database (CQVIP), China Academic Journals Full-text Database, AiritiLibrary, Chinese Electronic Periodicals Service (CEPS), China National Knowledge Infrastructure (CNKI) Database were searched through May 12, 2018 to select studies. Data for evaluation of subjective and objective xerostomia was extracted and was assessed with random effects meta-analysis.

Results

A total of 541 references were yielded under our searching strategies and five RCTs were included, covering 340 patients dry mouth resulted from SS, among whom 169 patients received acupuncture and 171 patients were control group. Acupuncture group was associated with higher subjective response rate (odds ratio 3.036, 95% confidence interval [CI] 1.828 – 5.042, $P < 0.001$, Fig. 1) and increased salivary flow rate (weighted mean difference [WMD] 3.066, 95% CI 2.969 – 3.164, $P < 0.001$, Fig. 2), as an objective marker. In addition, two studies examined IgG levels, which were lower in the acupuncture group (WMD -166.857, 95% CI -233.138 - -100.576, $P < 0.001$, Fig. 3).

Conclusion

In the present meta-analysis, acupuncture improves both subjective and objective markers of dry mouth and is considered as an option of non-pharmacological treatment.