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## BACKGROUND

Chronic pain is common in people with multiple sclerosis (MS) with approximately 42% to 90% experiencing pain at some stage of the disease course. Pharmacological treatment in MS-related pain are usually unsatisfactory and often have side effects, and therefore, a need for alternative methods of pain relief is critical.

## OBJECTIVE

To evaluate the effectiveness and analgesic efficiency of acupuncture associated with electromagnetotherapy for chronic pain relief in a MS group.

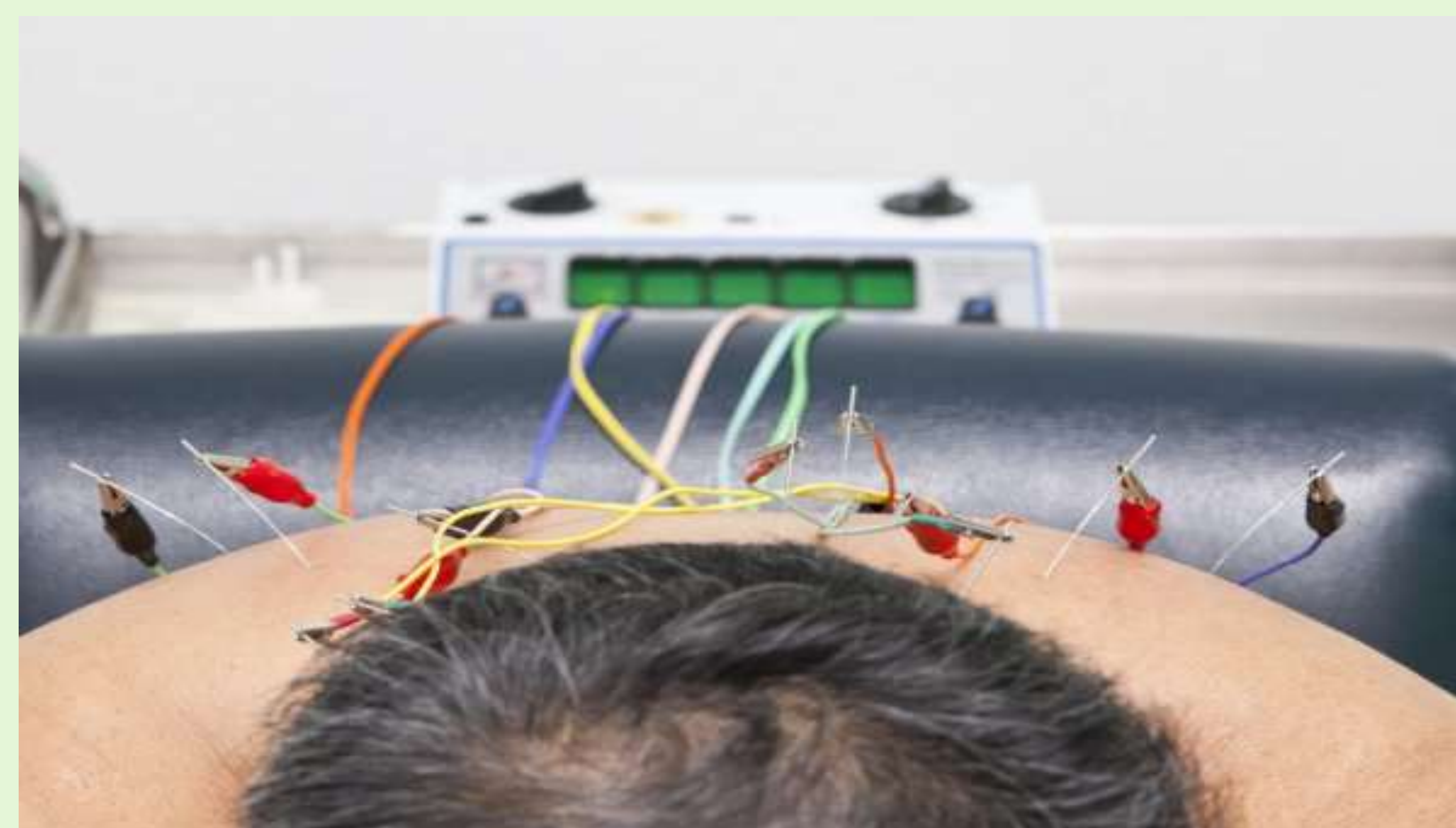
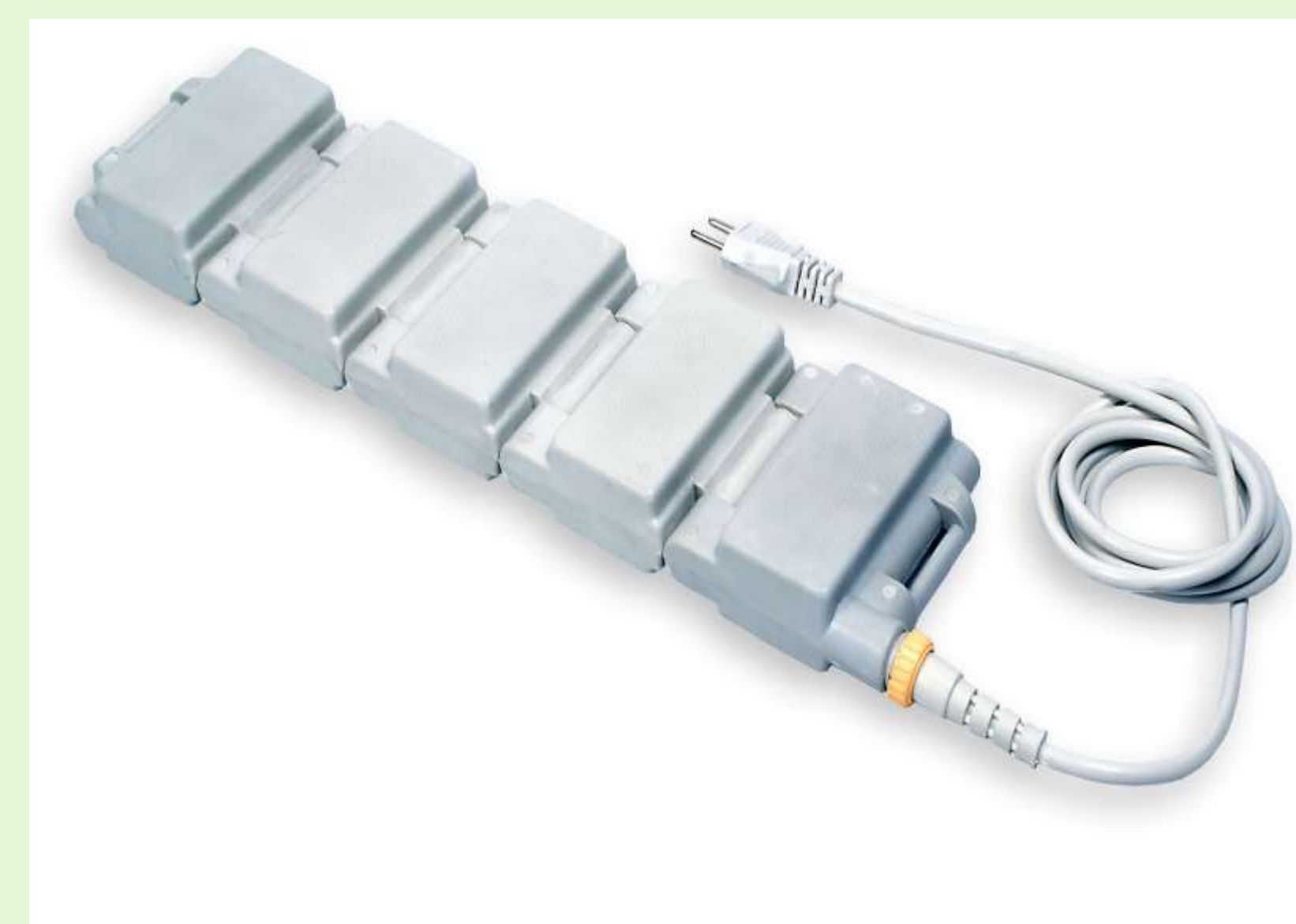
## METHODS

A total of 12 patients with MS were included in this prospective study, being 10 women and 2 men, aged between 40 and 74. Mean Expanded Disability Status Scale (EDSS) score was 4.8; 42% of patients were classified as having relapsing-remitting MS, 33% as secondary-progressive, and 25% primary-progressive.

All complained of pain (10=back, 2=legs/feet), used pharmacological treatment, underwent 15 acupuncture sessions and electromagnetotherapy equipment applications (Kenkobil®) and answered a structured pain questionnaire.

## RESULTS

This preliminary study revealed that MS-related pains can have a significant impact on health, activity, and participation of people, drastically reducing the quality of life. The primary end point was reduction in pain intensity or elimination, whilst the secondary end point improved symptoms and quality of life.



## CONCLUSIONS

Although our overall results suggest that these non-pharmacological interventions had beneficial effects on chronic pain and were not harmful, studies with robust methodology are needed to assess safety and possible long-term effects, justifying the use of these interventions on chronic pain in MS.

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•Petrovics G, Ondrejovicova A. Multiple Sclerosis in an acupuncture practice. Neuro Endocrinol Lett 2017;38(2):87-90.