

Volunteers for hay fever study

“It doesn’t involve needles as the skin isn’t penetrated”

Hay fever sufferers may breathe a sigh of relief if a new RMIT study into the therapeutic benefits of ear-acupressure proves successful.

Volunteers are needed for the study to determine whether ear-acupressure can reduce the severity and frequency of symptoms, decrease the use of medication and improve the quality of life for hay fever sufferers.

Hay fever, also called allergic rhinitis, is common in spring because it is often caused by an allergy to grass pollen. However,

hay fever can occur at any time of the year. Symptoms include a running nose, sneezing and itchy, watering eyes. Researcher Angela Weihong Yang said RMIT had conducted several clinical trials testing the effectiveness of acupuncture and Chinese herbal medicine on hay fever, and the new study was looking at alternative treatments.

“Unlike acupuncture needling, ear-acupressure involves attaching small stainless steel pellets to the ears to stimulate acupuncture points,” Yang said.

“It doesn’t involve needles and it’s less invasive than


acupuncture, because the skin does not need to be penetrated.”

Eligible participants must be aged between 18 and 70 and have suffered from hay fever for more than two years.

The study will run for 10 weeks, including an eight-week treatment period. Volunteers will undergo an initial assessment, including an allergy test, and have a nasal examination.

Participants will be required to attend the RMIT Chinese Medicine Clinical Trial Laboratories at either the Melbourne city campus or the Bundoora campus once a week for treatment.

If results of the trial prove effective, those in the control group will receive free active-acupressure treatment the following season.

For more information contact 9925 7002. 



**THERE'S NOT ALWAYS A SMOKING GUN!
SEXUALLY TRANSMITTED INFECTIONS DON'T ALWAYS SHOW SYMPTOMS!**

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