Abstracts
5th European Congress for Integrative Medicine

21–22 September 2012, Florence, Italy
is therefore to outline the general procedure explained here in brief, through case studies.

http://dx.doi.org/10.1016/j.eujim.2012.07.742

EATING DISORDERS AND SUBSTANCE MISUSE

OP-249

The use of acupuncture integrated in the treatment of alcohol addiction: the Florence Day Service Center for Alcoholism’s experience

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**Background:** For centuries, acupuncture has been used in China and other countries to treat several diseases including drug addiction. Treatment of alcoholism includes many strategies, but for some patients recidivism is common and achieving abstinence is very difficult.

**Aim:** To perform a study in which the traditional approach to alcohol treatment was compared with acupuncture in patients with unremitting alcoholism.

**Methods:** We randomly assigned 44 patients to a two-arm treatment. Twenty-two patients with at least 3 months of active alcohol dependence in spite of psychological treatment for alcoholism were enrolled in acupuncture treatment. We also included a control group that performed only self-help during the study period.

**Results and conclusion:** With this study, we observed that acupuncture represents a valid strategy in the treatment of alcoholism when integrated with conventional therapies. The Tuscan region has approved in 2005 a project for which acupuncture has become part of the standard array of treatments used to cure alcoholism at the Day Service Center for Alcoholism, UFM C at the Medical Center of Florence.

http://dx.doi.org/10.1016/j.eujim.2012.07.744

OP-250

Traditional Chinese medicine (TCM) and serious eating disorders: a pilot trial

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**Background:** Recent studies have shown that eating disorders (EDs) are constantly increasing in Western industrialised countries. Out of 100 girls aged 12-25 years, 8 out of 10 suffer from EDs, and among them one out of two is affected by the most well-known types such as anorexia and bulimia, the others by lesser known conditions such as eating disorder not otherwise specified (EDNOS) and binge eating disorder (BED). EDs are
Background: There is insufficient evidence about the effectiveness of acupuncture in smoking cessation compared to sham acupuncture in randomized controlled trials (RCTs). This randomized controlled trial (RCT) was aimed at evaluating the effectiveness of traditional Chinese medicine (TCM) acupuncture, drugs and counselling compared to sham acupuncture and counselling.

Aim: This randomised controlled trial (Cochrane 2011) was aimed at evaluating the effectiveness of traditional Chinese medicine (TCM) acupuncture, drugs and counselling in smoking cessation compared to sham acupuncture and counselling.

Methods: A total of 477 smokers were randomized in three groups: TCM (pharmacological and acupuncture) and counselling; sham TCM (pharmacological and acupuncture) and counselling; and sham TCM and sham acupuncture and counselling. They received three sessions of the TCM (pharmacological and acupuncture) and counselling, seven sessions of the sham TCM and sham acupuncture and counselling.

Results: At the end of the observational period, the sample size and the clinical condition of the patients were significantly higher in the TCM group compared to the control group. The difference between the groups was significant for all tested parameters, including the primary outcome (cessation rate).

Conclusions: TCM is an effective treatment for smoking cessation used in combination with other techniques, and it can be recommended as a complementary therapy for smoking cessation.

http://dx.doi.org/10.1016/j.eurpub.2012.07.076