

UTS:SCIENCE

Acupuncture: a prick for all occasions

By Dr Peter Meier and Mr Kirk Wilson

Date: Wednesday, 27 August 2008

Time: 6.00pm -7.00pm

**Venue: Room 4.29, level 4 (Ground level), Building 2, UTS City Campus
(Part of the Ultimo Science Festival)**

Synopsis of talk

Over 800,000 Australians live with depression each year and one in five people will experience depression at some stage in their life. While depression is recognised as a common and growing illness due to the stress of our everyday, fast paced lifestyles, the use of alternative therapies, in particular - acupuncture as a treatment is still widely unknown.

Acupuncture originated in China well before the time of Christ for a variety of conditions ranging from common everyday ailments such as muscle aches and pains to demonic possession and protection from hungry ghosts, what we today classify as common psychiatric illnesses including depression. It was introduced to Western Europe a little over 350 years ago and was practised by migrant Chinese in the Australian gold fields during the 1850s.

This seminar will explore the types of ailments and conditions that are successfully treated today, e.g. pain, digestive disorders and gynaecological and infertility problems to name a few. It will examine how acupuncture is currently practised, what you can expect from an acupuncture treatment and the basic mechanism of acupuncture.

The College of Traditional Chinese Medicine at the University of Technology Sydney also engages in a number of research trials and will report on the success of a recent trial of acupuncture for the treatment of depression.

For more information, email Nicole.Eng@uts.edu.au.