

December 27, 2007

Dear Health Care Professional,

The integration of complementary and alternative practices into the standard medical model offers the potential to greatly improve patient outcomes and satisfaction. I have practiced Complementary and Alternative Medicine in Ann Arbor since 1988. I have known, through first hand knowledge, the benefits of these therapies; however, clinical studies have been lacking. This is in the process of changing, and the results of some recent studies concerning one of our therapies has prompted me to write to you now. I am referring specifically to acupuncture and its potential benefit in assisting couples with fertility issues. Although the studies I am referring to refer directly to acupuncture improving the success rate of IVF, it has benefit for almost any couple trying to conceive.

Acupuncture is a system of treatment that dates back at least 3000 years. It has gained some acceptance in the United States, since the 1970's, for the treatment of pain. Acupuncture involves placing hair-fine (disposable) needles into specifically described points on the body. The Chinese say that these needles balance Chi, or body energy, which then restores health. Western studies have shown both local (increased local circulation and a local anesthetic effect) as well as systemic (alterations in brain/spinal cord chemistry, immune response, and hormones) effects. None of these studies have definitively described how acupuncture accomplishes all that it does. It is thought to benefit fertility through its actions on uterine blood flow, hormone balance, and immune system modulation.

In 2006, three prospective randomized clinical trials were published in the May issue of *Fertility and Sterility*. These studies revealed significantly higher pregnancy rates in the acupuncture groups compared with the control groups. I have enclosed information along with this letter, related to the studies. In addition to these, a prospective study of 160 women, published April 2002 in the reproductive journal *Fertility and Sterility*, a group of German researchers found that adding acupuncture to the traditional IVF treatment protocols substantially increased pregnancy success. Clinical pregnancies were documented in 34 of 80 patients (42.5%) in the acupuncture group, whereas, the pregnancy rate was only 26.3% (21 out of 80) in the control group (Paulus 2002). There have also been two retrospective studies published which also reveal statically significant improved pregnancy rates with the addition of acupuncture to traditional IVF. I have enclosed the results of the studies along with the references for your convenience. If you would like copies of the studies or need more information you can reach me at 734-995-3200. Additional information can also be found at our web site: www.bioenergymedicalcenter.com.

It appears, based on personal and study experience, that acupuncture has a significantly positive impact on fertility and IVF. The addition of acupuncture does not in any way detract from the traditional approach; it merely improves probability of a successful outcome. We have found that most patients, when presented with this data, jump at the chance to improve their outcome with a little extra cost and time. We are in the process of reaching out to the medical community to provide this service to any of your patients who might be interested and to assist you in any way that we can to improve your outcomes. Your involvement would simply be to inform patients of this opportunity and literature that we will be happy to provide.

I thank you in advance for your time and consideration in this matter. I would be more than happy to meet with you or your staff to further explain and demonstrate acupuncture.

Yours in Health,

James R. Neuenschwander, M.D.