Electroacupuncture for Hypertension in Women

The Susan Samueli Center for Integrative Medicine at UC Irvine is Recruiting Patients for a Study

Principle Investigators:  Dr. Stephanie Tjen-a-Looi and Dr. Shaista Malik

We are studying the actions of electroacupuncture (EA) in hypertension related to menopause. Data show EA at select acupoints for 30 min once weekly for eight weeks decreases blood pressure in majority of premenopausal women but only in a few menopausal and postmenopausal hypertensive patients. Patients are being recruited to determine if acupuncture at other select acupoints is a good therapy to decrease hypertension in middle-aged women.

If you have high blood pressure in the range of 140-170/90-110 mmHg and are able to stop taking anti-hypertensive medications, you may be eligible* to participate. Patients will receive a total of eight therapy sessions with EA, once weekly, and may be eligible for more extended treatment, depending on the initial response. EA has few side effects and will be provided at no cost. Treatment will be performed by experienced licensed acupuncturists in the Susan Samueli Center for Integrative Medicine located at 1202 Bristol Street, 2nd Floor, Costa Mesa, CA 92626.

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*Eligibility will be determined by the investigators based on the study criteria before treatment.