

FOR IMMEDIATE RELEASE:
November 27, 2006

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Two Federal Research Grants For the Study of Acupuncture Have Been Awarded to Pathways to Wellness

BOSTON - Pathways to Wellness, a Boston-based holistic therapies clinic, recently announced that it has received funding from the National Institutes of Health's National Center for Complementary and Alternative Medicine (NCCAM) to study the use of acupuncture in treating individuals with HIV/AIDS. The organization also announced funding from the U.S. Department of Defense to examine the effects of acupuncture and relaxation in treating veterans affected by chemical dependency and substance use.

The \$450,000 NCCAM grant covers a three-year period and includes research partners from Boston Medical Center, Boston University School of Public Health, and Harvard's Mind-Body Institute.

It will fund a clinical trial that is based on a previous study conducted by researchers at Pathways to Wellness that examined the effects of acupuncture on controlling digestive side effects related to the use of antiretroviral medication. The previous research indicated that acupuncture may be effective in managing a variety of digestive symptoms, as well as favorably influencing adherence to medications. That study included 50 HIV-infected men and women who were taking HIV medications. Researchers at Pathways hope to enlist 100 participants in the new clinical trial.

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The \$175,000 U.S. Department of Defense grant will fund a one-year study that will enable acupuncturists from Pathways to Wellness to work in partnership with the Veterans Administration Hospital in Bedford, MA to examine the role of acupuncture and relaxation in diminishing alcohol and drug cravings and improving quality of life for veterans.

The study is one of just five in the U.S. funded by the Department of Defense, which issued a call for proposals using complementary and integrative approaches to health and wellness.

About Pathways to Wellness

For 16 years, Pathways to Wellness, a nonprofit public health organization, has provided equal access to high quality holistic therapies including acupuncture, shiatsu, and Chinese herbal medicine.

Open to all people needing care, Pathways practitioners work collaboratively in a team environment and in conjunction with Western medical professionals to offer an integrated approach to care.

Located at 142 Berkeley Street, 2nd Floor, Boston, MA 02116, Pathways to Wellness can be reached at 617-859-3036 or kporter@pathwaysboston.org. Additional information on Pathways to Wellness' services can be found on its web site at www.pathwaysboston.org

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