

Diseases and Conditions

# Fibromyalgia

## Would acupuncture help lessen my fibromyalgia symptoms?

Answers from [Brent A. Bauer, M.D.](#)

Acupuncture appears to modestly reduce many types of chronic pain, so it's not surprising that many people with fibromyalgia are interested in trying it. While the studies on the effectiveness of acupuncture for fibromyalgia symptoms are somewhat mixed, most suggest that it may have a beneficial role.

Acupuncture involves the insertion of very fine needles to various depths into strategic points on your body. They are usually left in place for 20 to 30 minutes and sometimes are further stimulated by the addition of heat or electricity. When performed by a trained practitioner, acupuncture has few risks.

Fibromyalgia can be difficult to treat, and a combination of treatments may be necessary to control your symptoms. If you're having trouble finding relief for your fibromyalgia pain, it may be worth trying acupuncture. But if your symptoms don't begin to improve within a few weeks, acupuncture may not be the right treatment for you.

With

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## References

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