

Table des matières

1. Systematic Reviews and Meta-Analysis	1
1.1. Ang 2020	1

Diabetic Retinopathy

Rétinopathie diabétique : évaluation de l'acupuncture

1. Systematic Reviews and Meta-Analysis

☆☆☆	Evidence for effectiveness and a specific effect of acupuncture
☆☆	Evidence for effectiveness of acupuncture
☆	Limited evidence for effectiveness of acupuncture
∅	No evidence or insufficient evidence

1.1. Ang 2020

Ang L, Song E, Jun JH, Choi TY, Lee MS. Acupuncture for treating diabetic retinopathy: A systematic review and meta-analysis of randomized controlled trials. *Complement Ther Med*. 2020. [212300]. [doi/](#)

Objective	This review aimed to examine the effectiveness of acupuncture for the treatment of diabetic retinopathy (DR).
Methods	Fourteen databases (5 English, 4 Chinese, and 5 Korean) were searched from their inception until May 20, 2020. Randomized controlled trials (RCTs) using acupuncture for DR treatment were included. The study selection and data extraction were performed by two independent reviewers. The Cochrane risk of bias tool version 2 (RoB 2.0) and the Grading of Recommendations Assessment, Development and Evaluation (GRADE) were used to assess all the included RCTs.
Results	Of 864 citations, 6 RCTs met the inclusion criteria of our review. Four studies reported the beneficial effects of acupuncture with standard medication or acupuncture alone compared with standard medication or no treatment on the effective rate. Only three studies showed that acupuncture combined with standard medications significantly improved visual acuity compared to standard medication alone. None of the studies reported on adverse events. The risk of bias of the included studies was judged to be of "some concern" and was marked with a moderate and low certainty of evidence in different outcomes.
Conclusion	Our results suggest the potential benefit of acupuncture in treating DR. Acupuncture in the form of combined therapy with standard medication or acupuncture alone may be more effective in the treatment of DR than standard medication alone. Further rigorous clinical trials are needed to confirm these findings.

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