

## **Acupuncture, Complementary & Integrative Medicine: Evidence in Pain Management**

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Complementary and Integrative Medicine (CIM) is growing in popularity for various reasons, especially so for patients having chronic pain. Many of us do not understand and accept concepts of CIM and is heavily influenced by preconceptions. Thus, we find it difficult to acknowledge the evidence and potential benefits for chronic pain patients. Evidence for CIM is appearing slowly, but criticism are aplenty. Is placebo controlled, randomised trial the only way to look at evidence? Should we dismiss and deny CIM for chronic pain patients? Would dismissing CIM short-change our patients? As Confucius quoted: "Everything has its beauty, but not everyone sees it". So, let's try to understand and explore CIM together!