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PRESS RELEASE

New Research Highlights Four Ways Acupuncture Can Support Women Living with Endometriosis

The four ways acupuncture could support endometriosis care, backed by new research

The [Australian Acupuncture and Chinese Medicine Association \(AACMA\)](http://www.aacma.org.au), Australia's national peak body representing qualified and registered acupuncturists, says new international research is adding to the growing body of evidence supporting acupuncture as a complementary therapy for women living with endometriosis.

A recently published systematic review and meta-analysis in the peer reviewed journal [Frontiers in Medicine](https://www.frontiersin.org) examined multiple clinical trials investigating acupuncture as part of endometriosis care. The independent research reported positive outcomes for women receiving acupuncture, particularly when used alongside other treatments, reinforcing its role as an evidence based complementary therapy.

"For the one in nine Australian women living with endometriosis, the condition can affect every part of daily life, from work and relationships to mental wellbeing," said Kim Gatenby, Director, AACMA. "While medical management remains essential, many women are seeking additional, evidence based options to help manage their symptoms. Endometriosis is also associated with infertility, with research suggesting that between 30% and 50% of women living with the condition may experience difficulty conceiving, highlighting the importance of effective, evidence based management."

As we enter [Endometriosis Awareness Month](https://www.aacma.org.au), AACMA says the findings add timely evidence to broader conversations about how women can be better supported in managing this complex condition.

"Endometriosis Awareness Month provides an important opportunity to highlight emerging evidence. Increasing awareness of safe, evidence based complementary care options is a key part of improving understanding, choice and access for women living with endometriosis," said Kim.

According to AACMA, the research highlights four key ways acupuncture may support women living with endometriosis.



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1. **Meaningful pain relief without hormones**

Acupuncture can play a supportive role in reducing endometriosis related pain, offering an option for women who cannot tolerate hormonal treatments or who are looking for non-hormonal ways to manage symptoms alongside medical care.

2. **Better day to day functioning and quality of life**

For many women, managing endometriosis is about more than pain alone. Acupuncture may support improvements in daily functioning, helping women better manage work, social activities and everyday routines affected by ongoing symptoms.

3. **Support for whole body wellbeing**

Endometriosis can place significant strain on the nervous system and overall wellbeing. Acupuncture is commonly used to support nervous system regulation, which may contribute to improvements in sleep, fatigue and emotional balance for some women.

4. **A safe, low risk complementary care option**

When delivered by a qualified practitioner, acupuncture is considered a low-risk complementary therapy. This makes it a suitable option for women seeking additional support within a broader, integrative care plan.

AACMA stresses that acupuncture is not a replacement for medical treatment, but rather a complementary therapy that can be integrated into a broader care plan tailored to each woman's needs.

"These findings add to the growing evidence base supporting acupuncture as part of an integrative approach to women's health," said Kim. "For women living with endometriosis, having access to safe, evidence informed options can make a meaningful difference to how they manage their condition."

AACMA encourages women interested in acupuncture for endometriosis support to consult their healthcare team and seek treatment from a registered practitioner.

More information and a directory of qualified practitioners can be found at www.acupuncture.org.au.

For more information about Endometriosis Awareness Month and access to trusted resources, visit Endometriosis Australia at www.endometriosisaustralia.org.

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