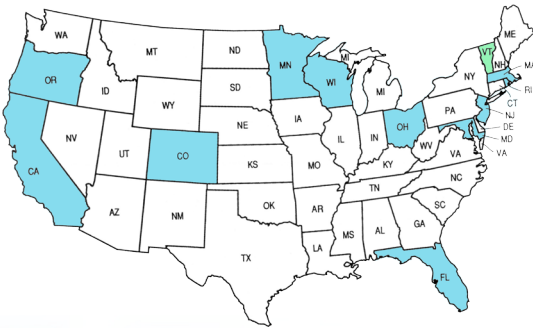


# Pain Free Colorado

## ACUPUNCTURE SAVINGS

Cost savings of **27%** compared to usual care without acupuncture

Cost savings of more than **\$3600** per participant per year



Emergency Room visits reduced by **61%**

Overall prescriptions reduced by **63%**

Opioid Prescriptions reduced by **86%**

Every **\$1.00** spent on CAM saves **\$2.41** in medical expenses

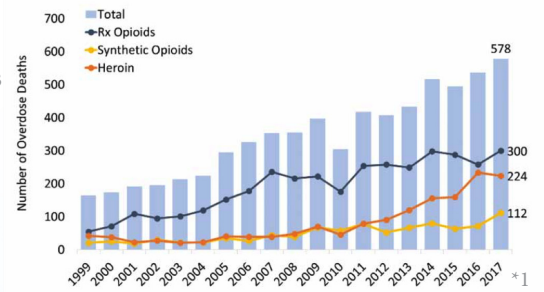
AMI of Rhode Island's ongoing Integrated Chronic Pain Program

## ACUPUNCTURE SAFETY

Acupuncture Deaths **0 / 100,000**<sup>\*2,3</sup>

Opioid Deaths **10 / 100,000**<sup>\*1</sup>

NSAID Deaths **83 / 100,000**<sup>\*4</sup>



1. <https://www.drugabuse.gov/drugs-abuse/opioids/opioid-summaries-by-state/colorado-opioid-summary>. Published 2019. Accessed May 6, 2019.

2. White. *Acupunct Med* 2004;22(1):34-39

3. Witt et al. *Forsch Komplementmed* 2009;16(2):91-97

4. Tramèr et al. *Pain* 2000;85:169-182

## ACUPUNCTURE EFFICACY

**25%** more effective than usual care when treating pain

**90%** of the benefits are retained at **12 months**

MacPherson et al. *Pain* 2017;158(5):784-793