



## Dr Mike Armour

BSc(Hons), BHSc(Acu), PhD



Dr Mike Armour is a senior research fellow at NICM Health Research Institute at Western Sydney University.

Mike has a biomedical degree with honours from the University of Auckland, and is a qualified acupuncturist and Chinese medical herbalist.

In 2016 he was awarded his PhD from Western Sydney University on the use of acupuncture to treat dysmenorrhea (period pain).

Mike's research focuses primarily on clinical trials of non-pharmacological interventions for endometriosis and period pain, including acupuncture, herbal medicine and exercise.

Mike has been one of the lead investigators on four randomised controlled trials in the area of endometriosis or period pain and as of early 2020 has published over 35 academic articles and book chapters on women's health.

Mike is a member of the advisory panel on endometriosis for The China-Australia International Research Centre for Chinese Medicine and a member of the Endometriosis Expert Working Group (EEWG) for the Royal Australian and New Zealand College of Obstetricians and Gynaecologists (RANZCOG).

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