



The Integrative Medicine Clinics Acupuncture

Feel your best every day, at every age. At The Edward-Elmhurst Health Integrative Medicine Clinics we address your mind, body and spirit to assist you in living a better life now!

What is acupuncture, and how does it feel?

Acupuncture is the art and science of inserting very fine needles into specific points on the skin to relieve a variety of medical problems. This method encourages the body to naturally heal itself and improve overall function. Acupuncture can help treat current issues, heal previous problems, and help prevent new ones.

During an acupuncture treatment, very fine single-use, disposable needles are inserted into various therapeutic areas of your body. Patients typically feel nothing or only a very slight pinch as the needles are inserted. Sometimes heat or mild electrical stimulation is applied to the site of the needle insertion.

Once the needles are in place, you won't be aware of them. The needles are left in place for anywhere from 10 to 40 minutes, depending on your condition. During that time you'll listen to calming music and rest quietly—you may even fall asleep! People often feel like they “float out of a treatment.” In total, your acupuncture treatment will usually take 45-60 minutes.

How does acupuncture work?

Acupuncture is the insertion of needles into points to stimulate the body to release natural chemicals in the muscles, spinal cord, and brain. These substances either change the experience of pain, trigger the release of other chemicals, or hormones that influence the body's own internal regulating system. The needles also reduce muscle spasm and cause a healing response at the site of insertion. Numerous well-designed studies show that acupuncture is effective for treating chronic pain and other conditions. Please ask your acupuncturist for studies specific to your conditions.

Most importantly, acupuncture stimulates the body's natural healing by raising the state of function to improve the healing process and as a result create emotional well-being.

What conditions can be treated by acupuncture?

Acupuncture can influence three areas of health: promotion of health and well-being, prevention of illness, and treatment of various medical conditions. Our acupuncturists will address all three at each of your acupuncture treatments.

While acupuncture is often associated with pain control, it actually has much broader applications that can be effective as the only treatment used or as the support to other modalities of medical treatment.

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EEHealth.org/services/integrative-medicine

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The World Health Organization recognizes acupuncture for the treatment of a wide range of medical problems.

Our physicians often recommend acupuncture as the supportive or sometimes primary treatment for a wide variety of conditions:

- **Pain including Chronic & Acute, Back & Neck pain, and much more.** Pain issues, including spinal, pelvic and abdominal pain, arthritis, and fibromyalgia, are all responsive to acupuncture treatment
- **Cancer treatment.** It is helpful for chemotherapy side effects such as nausea, mucositis, fatigue and peripheral neuropathy. Acupuncture can also help with the side effects of radiation therapy, including dry mouth, colitis, cystitis, and pain.
- **Digestive problems.** Nausea, morning sickness, diarrhea, constipation, reflux (GERD), and vomiting irritable bowel syndrome and inflammatory bowel diseases, including Crohn's disease and ulcerative colitis.
- **Women's health issues** (all stages). Infertility, pregnancy, premenstrual syndrome (PMS), menstrual problems, menopause symptoms, low libido, and sexual health
- **Men's health issues.** Benign prostate hypertrophy (BPH), low libido, and general sexual health
- **Neurological problems.** Headaches, including chronic daily headaches, tension headaches, migraines, carpal tunnel syndrome, Bell's palsy, neuralgia, post-herpetic neuralgia (shingles), and peripheral neuropathy. Acupuncture can also be helpful with stroke rehabilitation.
- **Psychological problems.** Often highly effective for reducing symptoms from psychological problems including anxiety, depression, stress, and post-traumatic stress disorder (PTSD).
- **Respiratory problems.** Asthma, seasonal environmental allergies, sinusitis, sore throat, and recurrent chest infections, can all be helped by acupuncture.
- **Sports injuries and joint problems.** Pain and lack of mobility, joint problems, acute sports pain and injury, bursitis, tendonitis, tennis elbow, golfer's elbow, plantar fasciitis (heel pain), and rotator cuff impingement all usually respond well to treatment.
- **Urinary tract problems.** Can be helpful for relieving the symptoms of interstitial cystitis and kidney stones.
- **Chronic fatigue syndrome** (CFS)
- **Insomnia**
- **Meniere's disease** (vertigo)
- **Smoking cessation/Addiction**
- **Promote Wellness.** One of the most profound benefits of acupuncture is its ability to produce a state of well-being. Our patients who come in regularly report they get sick less often and enjoy having their minor aches and pains taken away.

How many treatments will I need?

Our approach to acupuncture treatment is completely individualized, so the length of treatment varies from person to person. Treatments are usually divided into a relief and correction phase, followed by a maintenance phase. In general, 6-10 treatments may be recommended initially.

What does it cost?

- Acupuncture therapy is \$99 (60 minutes) for the first session which includes assessment and therapy, and \$75 for up to 60 minute follow up sessions. Prices subject to change.
- Acupuncture can be covered by insurance, please check with your provider or contact the Integrative Medicine Clinics for guidance. FSA or HSA may cover with a referral.

Where do I begin?

Please call the Integrative Medicine Clinic at **(331) 221-6135** to make an appointment.