



## TREATMENT INFORMATION

**NATURE OF TREATMENT:** Your treatment may include acupuncture, acupressure and Tui Na, moxibustion, cupping, Gua Sha, electrical stimulation, infrared heat, botanical medicine, therapeutic exercises, dietary and lifestyle counseling based on the fundamentals of Chinese medicine.

- **ACUPUNCTURE:** Acupuncture involves the insertion of sterile, single-use disposable needles into the body at various points eliciting a therapeutic effect. It has been shown to be relatively safe with little to no side-effects for most people. There are some uncommon potential risks however. These risks may include but are not limited to: discomfort during and after needle insertion, localized minor bruising or swelling, dizziness, fainting or nausea, allergic reactions to metals used in acupuncture needles, organ puncture and nerve damage.
- **ACUPRESSURE AND TUI NA:** These methods of massage and physical manipulation utilize the points and channels of Chinese medical theory to treat the body without the use of needles. They can be used as an adjunct therapy to acupuncture, or as stand-alone treatments according to the patient's needs.
- **MOXIBUSTION:** This treatment method involves the combustion of the therapeutic herb *Artemisia argyi*, commonly known as mugwort, either directly on or over various points of the body. This therapy produces warmth and heat in the area of application, and exhibits other therapeutic effects attributed to the herb as described in the Chinese material medica.
- **CUPPING:** Fire is used to create a vacuum inside of sterilized glass cups that are then placed on the patient's skin for myofascial release. This vacuum has a mild to strong suctioning effect, depending on the nature of the treatment as determined by the acupuncturist. The most common side effects are reddening of the skin that may last for a few days and bruising.
- **GUA SHA:** Gua Sha is a form of soft tissue mobilization whereby a sterilized tool is used to scrape along the surface of the skin. In Chinese medical theory, it has a wide range of therapeutic uses. The most common side effects are reddening of the skin that may last a few days and bruising.
- **ELECTRICAL STIMULATION:** Pairs of acupuncture needles are attached to a device that generates continuous electrical pulses using small clips. These devices are used to adjust the frequency and intensity of the impulse being delivered, depending on the condition being treated. Please inform your acupuncturist if you have any implanted medical devices.
- **INFRARED HEAT:** A far-infrared heat lamp may be utilized during treatment to either enhance the treatment or for the comfort of the patient. Please inform your acupuncturist if you have any conditions that are exacerbated by the direct application of heat.



- **BOTANICAL MEDICINE:** Patients may be prescribed Chinese herbs as part of their treatment plan. Prescriptions generally consist of a combination of several herbs into a customized formula according to the patient's signs, symptoms, and overall constitution. The herbs that are recommended are traditionally considered safe in the practice of Chinese medicine within their prescribed dosages and methods of administration. Some possible side effects of taking herbs are nausea, gas, stomach upset, diarrhea, and tingling of the tongue. Patients must be sure to inform the acupuncturist of all the medications and supplements they are currently taking, as well as any known allergies.
- **THERAPEUTIC EXERCISES:** These include stretches, light exercise, meditation, and breathing exercises that the patient may be asked to perform at home.

**SPECIAL SITUATIONS:** Some herbs and acupuncture points are contra-indicated during pregnancy. Please notify the acupuncturist if you think you might be pregnant. Additionally, please inform us if you have severe bleeding disorders, if you are wearing a pacemaker or other electronic medical device, and if you have any known allergies to foods or medications.

**USE OF DISPOSABLE NEEDLES:** All needles are sterilized, single-use needles made of surgical stainless steel. After treatment they are disposed of in an approved medical waste sharps container; needles are never re-used. Very rarely, the acupuncturist may overlook a needle when removing them at the end of treatment. If you find that you have a needle with you after you leave the office, do not be alarmed. Simply remove the needle, place it in a hard container, and return it to the office on your next visit for proper disposal.

**OUTCOME OF TREATMENT:** The purpose of treatment is to resolve your chief complaint, i.e. the reason you are seeking treatment. Acupuncture is a health care service that is based on Traditional Chinese Medicine (TCM) medical theory. Diagnosis and treatment based on this theory is used to promote health and treat organic or functional disorders. This medical system utilizes a holistic approach, thereby treating the entire persona and not singular symptoms. You may experience changes in your physical, mental, or emotional health that may seem unrelated to your complaint. If you have any questions or concerns regarding any changes or new symptoms that arise during the course of treatment, please inform your practitioner.

The World Health Organization lists multiple diseases for which acupuncture and its adjunctive therapies have been proved through controlled trials to be an effective treatment, as well as listing many more diseases for which acupuncture has been shown to have a therapeutic effect. However, we cannot guarantee the outcome of any course of treatment.