

# Acupuncture

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## FREQUENTLY ASKED QUESTIONS

### WHAT IS ACUPUNCTURE?

Acupuncture is an ancient medical treatment based on regulating and balancing the body's Qi (pronounced "chee") or "life energy" — which flows along pathways called meridians — to relieve pain and many other symptoms of disease.

### DOES IT HURT?

No. Most people find acupuncture treatments to be very comfortable and relaxing. Sometimes the needle insertion feels like a quick pinch that rapidly subsides. Some people report a mild tingling, heaviness, warmth or a dull ache at the acupuncture point when the needle is in place.

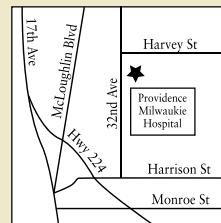
### HOW MANY TREATMENTS WILL I NEED?

The number of treatments required depends on the severity and duration of the symptoms being treated.

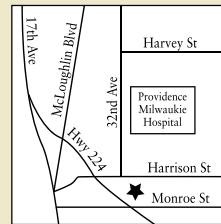
### DOES HEALTH INSURANCE COVER ACUPUNCTURE?

Not generally; however, some policies are beginning to include acupuncture because of its cost-effectiveness as a treatment. You may want to call your insurance company before scheduling an appointment to determine whether acupuncture is covered by your particular insurance plan. Our clinic can also check your insurance plan coverage for you.

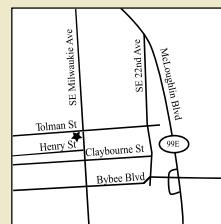
### NORTHWEST PRIMARY CARE LOCATIONS



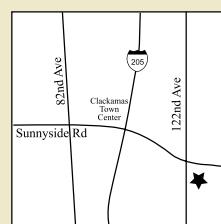
CLACKAMAS  
INTERNAL MEDICINE  
10024 SE 32nd Ave.  
Milwaukie, OR 97222  
(Patients 15 years and older)



MILWAUKIE  
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## WHAT IS ACUPUNCTURE?

Acupuncture is a technique of inserting very fine needles into specific points on the body and manipulating them for pain relief and other therapeutic purposes. Acupuncture is thought to have originated in China and is most commonly associated with Traditional Chinese Medicine (TCM). Chinese, Japanese, Tibetan, Vietnamese and Korean forms of acupuncture are practiced and taught throughout the world.

In the 1970s, acupuncture became popular in America after visitors to China brought back firsthand reports of patients undergoing major surgery using acupuncture as their sole form of anesthesia.

Most of the main acupuncture points are found on pathways called meridians through which Qi ("chee," or life energy) flows. Areas outside of specific meridians can also be utilized.

Treatment with acupuncture needles may be performed along several different meridians that correspond to organ systems (lungs, large and small intestine, stomach, spleen, heart, bladder, kidneys, gall bladder and liver).

## DIAGNOSIS FOR TREATMENT

Acupuncturists diagnose and determine which points to treat by questioning and examining the patient.

Traditionally, these diagnostic methods are used:

- Inspection focusing on the face and in particular, on the tongue, including analysis of the tongue size, shape, color, coating and teeth marks around the edge.
- Auscultation (listening for particular sounds coming from within the body, such as wheezing) and olfaction (identifying any body odors).
- Organ systems review to assess the quality of body temperature, perspiration, appetite, thirst, defecation, urination, pain, sleep and menses.
- Palpation, including feeling the body for tender points and assessing the pulses on both wrists.

## CAN ACUPUNCTURE HELP ME?

Acupuncture can provide relief from *acute or chronic pain* of the back, migraines and other headaches, whiplash, sprains or strains, repetitive stress injuries and painful joints.

*Respiratory problems*, such as colds and flu, chronic allergies, asthma and sinusitis can be treated with acupuncture.

Many *chronic digestive problems*, such as heartburn, gas, constipation and diarrhea can respond well to acupuncture.

Colitis, irritable bowel syndrome and *food allergies* can also improve with treatment.

Acupuncture can help treat *gynecological problems* by regulating menstrual cycles and by reducing cramping, pain, PMS irritability, depression, bloating and heavy bleeding. Infertility, hot flashes and night sweats can also improve with acupuncture.

*Symptoms of stress* like anxiety, depression and insomnia can be helped by acupuncture. Acupuncture can also help ease the side effects of medications, such as nausea or fatigue, in people being treated for illnesses such as cancer, AIDS and MS (multiple sclerosis).

## ACUPUNCTURE FACTS

- Acupuncture needles are stainless steel, pre-sterilized, single-use and disposable.
- Needles are about the size of three strands of hair.
- Patients are treated as unique individuals and not treated as "their disease."
- Healing times vary according to each individual.

## RECOMMENDED WEB SITE

National Institutes of Health  
[nccam.nih.gov/health/acupuncture](http://nccam.nih.gov/health/acupuncture)

