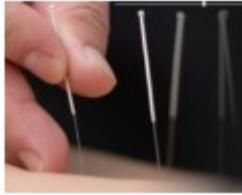


# About Acupuncture



Information provided by The American Academy of Medical Acupuncture

## **ACUPUNCTURE: WHAT IS IT?**

Acupuncture is a method of encouraging the body to promote natural healing and to improve functioning. This is done by inserting needles and applying heat or electrical stimulation at very precise acupuncture points.

## **WHAT IS MEDICAL ACUPUNCTURE? IS IT DIFFERENT FROM ORDINARY ACUPUNCTURE?**

Acupuncture is a very old medical art, and there are many approaches to learning and practicing it. Medical acupuncture is the term used to describe acupuncture performed by a doctor trained and licensed in Western medicine who has also had thorough training in acupuncture as a specialty practice. Such a doctor can use one or the other approach, or a combination of both as the need arises, to treat an illness.

## **HOW MANY TREATMENTS WILL I NEED?**

The number of treatments needed differs from person to person. For complex or long-standing conditions, one or two treatments a week for several months may be recommended. For acute problems, usually fewer visits are required, and for health

## **WHAT ARE THE NEEDLES LIKE? DO THEY HURT?**

People experience acupuncture needling differently. Most patients feel only minimal pain as the needles are inserted; some feel no pain at all. Once the needles are in place, there is no pain felt. Acupuncture needles are very thin and solid and are made from stainless steel. The point is smooth (not hollow with cutting edges like a hypodermic needle) and insertion through the skin is not as painful as injections or blood sampling. The risk of bruising and skin irritation is less than when using a hollow needle.

Because your doctor carefully sterilizes the needles using the same techniques as for surgical instruments, or uses disposable needles, there is no risk of infection from the treatments.

## **ARE THERE ANY "DO'S AND DONT'S" FOR ME ON THE DAY OF A TREATMENT?**

Yes. To enhance the value of a treatment, the following guidelines are important:

- Do not eat an unusually large meal immediately before or after your treatment.
- Do not over-exercise, engage in sexual activity, or consume alcoholic beverages within 6 hours before or after the treatment.
- Plan your activities so that after the treatment you can get some rest, or at least not have to be working at top performance. This is especially important for the first few visits.
- Continue to take any prescription medicines as directed by your regular doctor. Substance abuse (drugs and alcohol) especially in the week prior to treatment, will seriously interfere with the effectiveness of acupuncture treatments. Remember to keep good mental or written notes of what your response is to the treatment. This is important for your doctor to know so that the follow-up treatments can be designed to best help you and your problem

Acupuncture is offered by Dr. Kathleen Stienstra, her medical acupuncture training took place at McMaster University School of Medicine in Ontario.

For more information or to schedule an appointment, please contact

**Kathleen Auen Stienstra, MD**

1801 North 6th Street, Suite 600

Terre Haute, IN 47803

(812) 235-4867