

**4716 Alliance Blvd. Pavilion II, Suite 270
Plano, Texas 75093
214-577-1777**

Acupuncture

What is Acupuncture?

Acupuncture is the stimulation of specific points along the skin of the body involving various methods such as penetration by thin needles or the application of heat, pressure. Acupuncture is used to alleviate pain and to treat various physical, mental, and emotional conditions. Originating in ancient China, acupuncture is now widely practiced in the West.

How does Acupuncture work?

In Chinese medicine, health issues arise when there is an imbalance in the body. Acupuncture works by correcting these imbalances. We see the body as a system of meridians that are interconnected and can be used to manipulate each other. These meridians aren't nerves or blood vessels; they're an entirely different system that was discovered over hundreds of years. With modern technology, scientists can actually see that acupuncture points do have physiological differences than surrounding areas and those different points stimulate different parts of the brain.

What does Acupuncture treat?

Although it is most known for pain relief, acupuncture can help almost any condition. It can complement Western medical treatment, and may alleviate conditions that cannot be helped by Western medicine (i.e. when lab results come back normal and there's no explanation for your condition). The World Health Organization lists the following conditions as being indications for acupuncture treatment: respiratory (sinusitis, rhinitis, common cold, acute tonsillitis, bronchitis, asthma); gastrointestinal (hiccups, gastroptosis, hyperacidity, gastritis, duodenal ulcer, colitis, constipation, diarrhea); neurological (headache, migraine, trigeminal neuralgia, facial paralysis, peripheral neuropathy, sciatica); orthopedic: tennis elbow, rheumatoid arthritis, lumbar pain); and optical and dental (acute conjunctivitis, central retinitis, cataract, toothache, gingivitis) among others.

Is there any science behind Acupuncture?

Recently there's been much more research into acupuncture, and we now know that acupuncture produces measurable changes in the body. "Feel good" hormones increase, stress hormones become regulated, natural pain killers increase, and white blood cell activity increases. Acupuncture can also improve circulation and reduce inflammation. *Time* recently included acupuncture treatments on a list of "35 Smart Things to Do With \$1000 Now" because of their effect on stress.

What is an Acupuncture treatment like?

A treatment can be broken down into a few basic parts. The acupuncturist will first go through your forms with you and ask you questions about each body system. Part of this will also involve looking at your tongue and feeling your pulse. After this, needles will be inserted and you'll lie on the table for 30 minutes. (Some patients feel so relaxed that they even fall asleep!) After that, the acupuncturist may give you instructions on how to treat yourself at home with acupressure or diet and lifestyle changes.

Does Acupuncture hurt?

Acupuncture needles are about the diameter of a human hair. They are tapped in to the skin in a way that bypasses superficial nerve endings, so the insertion itself doesn't usually hurt. As circulation increases in the area, sensations like warmth, coolness, throbbing, or heaviness may occur. This doesn't happen at every point and may not happen at all. Sometimes this circulation causes an intense reaction like a shock, but that goes away within a few seconds. If at any time a needle feels uncomfortable, though, the acupuncturist can easily adjust or remove it.



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Acupuncture Informed Consent

_____ I hereby request and consent to the performance of acupuncture treatments and other procedures within the scope of the practice of acupuncture on me (or on the patient named below, for whom I am legally responsible) by the acupuncturist named below and/or other licensed acupuncturists who now or in the future treat me while employed by, working or associated with or serving as back-up for the acupuncturist named below, including those working at the clinic or office listed below or any other office or clinic, whether signatories to this form or not.

_____ I understand that methods of treatment may include, but are not limited to, acupuncture, moxibustion, cupping, electrical stimulation, Tui-Na (Chinese massage), Chinese herbal medicine, and nutritional counseling.

_____ I have been informed that acupuncture is a generally safe method of treatment, but that it may have some side effects, including bruising, numbness or tingling near the needling sites that may last a few days, and dizziness or fainting. Bruising is a common side effect of cupping. Unusual risks of acupuncture include spontaneous miscarriage, nerve damage and organ puncture, including lung puncture (pneumothorax). Infection is another possible risk, although the clinic uses sterile disposable needles and maintains a clean and safe environment. I understand that while this document describes the major risks of treatment, other side effects and risks may occur.

_____ I do not expect the clinical staff to be able to anticipate and explain all possible risks and complications of treatment, and I wish to rely on the clinical staff to exercise judgment during the course of treatment which the clinical staff thinks at the time, based upon the facts then known is in my best interest. I understand that results are not guaranteed.

_____ I understand that the essential oils used by the acupuncturist may cause irritation to the skin or other complications

_____ I understand the clinical and administrative staff may review my patient records and lab reports, but all my records will be kept confidential and will not be released without my written consent.

I acknowledge that I have read and understand the information and instructions of an acupuncture treatment. I feel I have been adequately informed of the risks of an acupuncture treatment as well as alternate methods of treatment. All of my questions have been addressed and answered to my satisfaction. I agree to the terms of this agreement. With this in mind, I hereby consent to an acupuncture treatment, performed by Medical Aesthetics of North Dallas.

Signature of Patient

Date: _____

Signature of Patients Parent/Legal Guardian, if Patient is Under 18

Date: _____

Kathleen Ellerie, L. Ac., Dipl. O.M. (AC 01537) Medical Aesthetics of North Dallas

Date: _____