

Acupuncture Fact Sheet

- ❖ Studies show that incorporating acupuncture as a complementary therapy increases a patient's sense of well-being, reduces reliance on prescription medications, and saves on overall medical expense.
- ❖ The Mayo Clinic uses acupuncture as a complementary treatment for its patients.
- ❖ A recent study in Germany has shown that adding acupuncture to the treatment protocol of IVF (in vitro fertilization) patients increases their chances of becoming pregnant by nearly 50%.
- ❖ Patients who opt for acupuncture instead of a drug to prevent migraines report feeling fewer initial symptoms, fewer attacks, and fewer side effects from the treatment.
- ❖ According to a 2005 survey, most physicians consider acupuncture to be more effective than any other form of complementary and alternative medicine currently practiced in the United States, and 65% of doctors have recommended alternative medicine such as acupuncture to their patients.
- ❖ An estimated 8.2 million American adults have used acupuncture.

Reports issued by the World Health Organization (WHO), the United States National Institutes of Health (NIH) and/or independent scientific studies have concluded that acupuncture is a beneficial therapy for many conditions, including:

Addiction:

Alcohol, tobacco & narcotics

Cardiovascular & Hematological:

Angina pectoris; Cardiac neurosis; Hypertension; Hyperlipaemia; Hypotension; Leukopenia; Pain in thromboangiitis obliterans; Raynaud's syndrome

Dental:

Dental pain; TMJ

Dermatological:

Acne; Neurodermatitis; Pruritis

Endocrinological:

Diabetes mellitus (non-insulin dependent)

Gastro-intestinal:

Abdominal pain (gastro-enteritis or GI spasm); Biliary colic; Cholecystitis; Cholelithiasis; Constipation; Crohn's disease; Diarrhea; Dysentery; Epigastralgia; Gastrokinetic disturbance; Nausea & vomiting; Ulcerative colitis; Xerostomia

Genito-urinary & Renal:

Female urethral syndrome; Male sexual dysfunction; Overactive bladder; Prostatitis; Recurrent UTIs; Renal colic; Retention of urine; Urolithiasis

Ear/Eye/Nose/Throat:

Allergic rhinitis; Amblyopia; Earache; Epistaxis (nosebleed); Eye pain from subconjunctival injection; Meniere's disease; Sjogren's syndrome; Sore throat; Tonsillitis

Immunological:

Allergic rhinitis; Leukopenia; Rheumatoid arthritis; Sjogren's syndrome; Infectious diseases; Dysentery; Epidemic hemorrhagic fever; Hepatitis B carrier status; Herpes zoster (herpesvirus 3)

Neurology, Orthopedics, Pain,

Physical Rehab & Sports Medicine:

Arthritis; Back & neck pain; Bell's palsy; Cancer pain; Carpal tunnel syndrome; Competition stress syndrome; Craniocerebral injury, closed; Diabetic neuropathy; Facial pain & spasm; Fascitis; Fibromyalgia; Foot & heel pain; Frozen shoulder; Headache & Migraine; Knee pain; Myofascial pain; Periarthritis of shoulder; Peripheral neuropathy; Plantar fasciitis; Post-operative pain; Radicular & pseudoradicular pain; Reflex sympathetic dystrophy; Sciatica; Shoulder pain; Spine pain; Sprain; Stiff neck; TMJ; Tennis elbow or epicondylitis; Tietze's syndrome; Tourette's syndrome; Vascular dementia

Obstetrics & Gynecology:

Dysmenorrhea (painful period); Infertility; Hypo-ovarianism; Labor pain; Lactation deficiency; Malposition of fetus; Menopausal symptoms; Morning sickness; Menstrual cramps; Pelvic & back pain in pregnancy; Polycystic ovary syndrome; PMS; Postpartum depression; Vulvar vestibulitis

Oncology:

Reactions to radiotherapy & chemotherapy (nausea, vomiting, dry mouth, etc.); Breathlessness; Pain from Cancer; Ulcers

Pediatrics:

Autism; Bedwetting; Post-extubation in children; Whooping cough (pertussis)

Psychiatry:

Addiction; Anxiety; Competition stress syndrome; Depression; Insomnia; Schizophrenia

Respiratory:

Asthma

Miscellaneous:

HIV/AIDS side effects (diarrhea, peripheral neuropathy, etc.); Obesity & weight loss; Pain due to endoscopic examination; Post-operative pain & convalescence



For information on how acupuncture can address your needs, contact us at 513.373.5021.