

What about my other medical problems?

Part of the assessment for treatment involves consideration of your medical problems, past and present, and any medication you are currently taking. It's important to bring this information with you when you are seen.

Pregnancy?

You should inform Mrs. Macfarlane if you are pregnant. Acupuncture can be used quite successfully during pregnancy for related problems such as nausea.

Are there any special requirements for acupuncture?

It's advisable **not** to have treatment on an empty stomach, but try to have something light to eat before you arrive.

Alcoholic drinks must be avoided **before** treatment, and vigorous exercise e.g. aerobics, tennis or heavy supermarket shopping should be avoided **after** treatment if possible for several hours.

A companion or family member is sometimes helpful but not essential, particularly on the first visit.

Driving following treatment is normally not a problem.

Does my G.P. need to know?

You may discuss with your G.P. your intention to have acupuncture. A letter of referral is helpful, particularly if you have other health problems, but not essential. Do not stop taking prescribed medication. You may be referred to your G.P. if the acupuncturist is concerned about any underlying health conditions.

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Registered Acupuncturist and Chartered Physiotherapist

Member of the British Acupuncture Council
Advanced Member of the Acupuncture Association
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Acupuncture



Traditional Chinese
Medicine
complementary to
modern clinical
Practice

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What is Acupuncture?

Acupuncture originated as part of Traditional Chinese Medicine or TCM, and its use in China and other eastern cultures dates back about 2000 years. It is still used there today, often in combination with western medicine.

TCM believes in a concept of 'Qi' which is the body's vital energy and 'Qi' is said to flow throughout the body in channels or meridians. If there is a dysfunction of this process it will lead to an imbalance in the body's equilibrium and hence symptoms of pain or illness may occur.

Qi flow can become disturbed, depleted or blocked through poor lifestyle and nutrition, stress, anxiety, anger, grief, or even a change in the weather or season.

Acupuncture involves inserting fine needles into specific points along the meridians or channels on the body to affect and regulate the flow of 'Qi'. This treatment is aimed at the basis or root of your problem as well as the main symptoms in order to resolve the condition and promote a feeling of wellbeing. Physical and emotional harmony within the body is the holistic aim of TCM.

Acupuncture and Western science

There is good evidence from research that acupuncture stimulates the function of the nervous system both peripherally and centrally. It influences both local pain pathways and also central processes where the production of endorphins in the brain relieves pain and instils a sense of well-being. In addition, other basic functions such as hormone control, the immune system and cardiovascular regulation are activated encouraging the body's homeostasis (natural physiological balance), to help and heal itself.

Common questions

Q. Will acupuncture help me?

- A. Acupuncturists typically see patients with specific symptoms or conditions that have often not responded well to modern western medicine. e.g osteoarthritis of the knee. Some people use acupuncture to enhance well-being or because they fell unwell generally but with no obvious diagnosis.

Because traditional acupuncture aims to treat the whole person, it can be effective for a range of conditions.



Q. How will I be treated?

- A. Usually a health assessment according to Traditional Chinese medical practice is made, which includes feeling your pulses at the wrists and looking at your tongue in order to reach a diagnosis. A full general medical history, including any prescribed medication, is also taken.

Before any acupuncture treatment is started, your condition and a plan of treatment is discussed with you. Acupuncture points are selected according to symptoms as well as your underlying energy pattern. Techniques and approach can vary. If, for instance, you were to have neck and shoulder pain then you might be treated with more "Western" style acupuncture. This usually involves the needling of some superficial 'trigger points' in the painful area as well as more traditional points on meridians.

Q. How long will each treatment take?

- A. Usually at least an hour for the first consultation. Subsequent treatments take approximately 45 minutes to an hour depending on the nature of your problem.

Q. How much will it cost?

- A. The initial consultation which includes a treatment costs £46.00 as of 01/03/11
Further visits are £36.00 per session.

Q. Will my Private Health Insurance cover me?

- A. Private health insurance may cover your treatment. Please discuss this first with the office.

Q. How many treatments will I need and how often?

- A. There is no set number of treatments in a course but usually three or four sessions of weekly treatment are tried initially to establish an effect. Further treatments may then be advised and a time frame discussed.

Q. Do the needles hurt?

- A. Very fine sterile disposable needles, which come in sealed packs and are opened in front of you, are used and disposed of after single use. Members of the British Acupuncture Council observe a strict Code of Practice regarding hygienic procedures. The needles are quite unlike hypodermic injection needles and designed to be much less painful. When the needle is inserted you may feel a tingling sensation or dull ache which will settle after a few seconds.

