

FAQs

Q: What are the diseases and disorders that can be treated with acupuncture?

The diseases or disorders for which acupuncture therapy has been tested in controlled clinical trials reported in the recent literature can be classified into four categories as shown below.

- 1 Diseases, symptoms or conditions for which acupuncture has been proved-through controlled trials-to be an effective treatment,** such as Adverse reactions to radiotherapy and/or chemotherapy, Allergic rhinitis (including hay fever), Biliary colic, Depression (including depressive neurosis and depression following stroke), Dysentery, acute bacillary Dysmenorrhoea, primary Epigastralgia, acute (in peptic ulcer, acute and chronic gastritis, and gastrosplasm), Facial pain (including craniomandibular disorders), Headache, Hypertension, essential Hypotension, primary, Induction of labour, Knee pain, Leukopenia, Low back pain Malposition of fetus, correction of Morning sickness, Nausea and vomiting, Neck pain, Pain in dentistry (including dental pain and temporomandibular dysfunction), Periarthritis of shoulder Postoperative pain, Renal colic, Rheumatoid arthritis, Sciatica, Sprain, Stroke, Tennis elbow
- 2 Diseases, symptoms or conditions for which the therapeutic effect of acupuncture has been shown but for which further proof is needed.** Diseases such as Abdominal pain, Acne vulgaris, Bronchial asthma, Cancer pain, Competition stress syndrome, Female infertility, Facial spasm, Fibromyalgia and fasciitis and so on.
- 3. Diseases, symptoms or conditions for which there are only individual controlled trials reporting some therapeutic effects, but for which acupuncture is worth trying because treatment by conventional and other therapies is difficult.** Diseases such as Chloasma, Deafness, Neuropathic bladder in spinal cord injury, Pulmonary heart disease and so on.
- 4. Diseases, symptoms or conditions for which acupuncture may be tried provided the practitioner has special modern medical knowledge and adequate monitoring equipment.** Diseases such as Coma, Convulsions in infants, and so on.

For full detail information please go to WHO website

<http://www.who.int/medicinedocs/en/d/Js4926e/#Js4926e.3>

Q What is Acupuncture?

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.

Q How does Acupuncture work?

The classical Chinese explanation is that channels of energy run in regular patterns through the body and over its surface. These energy channels, called meridians, are like rivers flowing through the body to irrigate and nourish the tissues. An obstruction in the movement of these energy rivers is like a dam that backs up in others.

The meridians can be influenced by needling the acupuncture points; the acupuncture needles unblock the obstructions at the dams, and reestablish the regular flow through the meridians. Acupuncture treatments can therefore help the body's internal organs to correct imbalances in their

digestion, absorption, and energy production activities, and in the circulation of their energy through the meridians.

The modern scientific explanation is that needling the acupuncture points stimulates the nervous system to release chemicals in the muscles, spinal cord, and brain. These chemicals will either change the experience of pain, or they will trigger the release of other chemicals and hormones which influence the body's own internal regulating system.

The improved energy and biochemical balance produced by acupuncture results in stimulating the body's natural healing abilities, and in promoting physical and emotional well-being.

Q 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.

Q 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.

All acupuncture needles used is sterile and single-use, there is no risk of infection from the treatments.

Q 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, or consume alcoholic beverages 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.
- Wear loose, comfortable two pieces clothing.

Q Is Acupuncture covered by Private Health Insurance?

Yes, it is. But the amount of coverage depends on the individual insurance company and the policy that you have. Simply give your insurance company a ring to find out.