

About Acupuncture

Acupuncture is part of an integrated system of primary health care, known as Traditional Chinese Medicine (TCM) that has an uninterrupted history of development dating back thousands of years in China and other parts of East Asia.

The origins of acupuncture in China can be traced back at least two thousand years, making it one of the oldest and most long-standing health care systems in the world.

Today, acupuncture is an effective, natural and increasingly popular form of health care that is being used by people from a wide range of cultural and social backgrounds.

Acupuncture takes a holistic approach to understanding normal function and disease processes and focuses as much on the prevention of illness as on the treatment.

When healthy, an abundant supply of *qi* (pronounced chee) or "life energy" flows through the body's meridians (a network of invisible channels through the body). If the flow of *qi* in the meridians becomes blocked or there is an inadequate supply of *qi*, then the body fails to maintain harmony, balance and order, and disease or illness follows. This can result from stress, overwork, poor diet, disease pathogens, weather and environmental conditions, and other lifestyle factors and becomes evident to TCM practitioners through observable signs of bodily dysfunction. TCM practitioners look carefully for these signs of health and dysfunction, paying particular attention not only to the presenting signs and symptoms, but also to the medical history, general constitution, and the pulse and tongue.

Acupuncture treatment involves the insertion of fine, sterile needles into specific sites (acupuncture points) along the body's meridians to clear energy

blockages and encourage the normal flow of *qi* through the individual. The practitioner may also stimulate the acupuncture points using other methods, including moxibustion, cupping, laser therapy, electro-stimulation and massage, in order to re-establish the flow of *qi*.

As a natural form of healing, acupuncture has the following benefits:

- provides drug-free pain relief
- effectively treats a wide range of acute and chronic ailments
- treats the underlying cause of disease and illness as well as the symptoms
- provides an holistic approach to the treatment of disease and illness, linking body, mind and emotions
- assists in the prevention against disease and illness as well as the maintenance of general well-being
- reduces or eliminates medications to avoid side effects

Acupuncture is known to treat a wide range of disorders including:

Neurological disorders: headaches, migraines, difficulty sleeping, nervous tension, facial and intercostal neuralgia, trigeminal neuralgia, some forms of paralysis, sequelae of poliomyelitis and stroke, peripheral neuropathy

Cardiovascular disorders: high or low blood pressure, fluid retention, chest pain, angina pectoris, poor circulation

Respiratory conditions: bronchial asthma, acute and chronic bronchitis, rhinitis, sinusitis, hay fever, chronic cough

Digestive disorders: gingivitis, mouth ulcers, hiccough, spasms of the esophagus, gastric and duodenal ulcers, heartburn, flatulence, paralytic ileus, colitis, diarrhea, constipation and weight control

Urogenital disorders: cystitis, prostatitis, orchitis, low sexual vitality, premature ejaculation, urinary retention, nocturnal enuresis, and neurogenic bladder dysfunction.

Gynecological and obstetric disorders: premenstrual cramps, painful, heavy or irregular, or the absence of periods, abnormal uterine bleeding or discharge, hormonal disturbances, menopause associated disorders, uterus or bladder prolapse, infertility and morning sickness.

Skin conditions: eczema, dermatitis, psoriasis, herpes zoster, acne and hair loss.

Musculoskeletal disorders: muscle cramps, osteoarthritis, sciatica, low back pain, rheumatoid arthritis, gout, synovitis, bursitis, sprained joints cartilage problems, shoulder and neck pain, "frozen shoulder", and "tennis elbow".

Psychological conditions: depression, phobias, emotional disturbances, anxiety, drug and smoking cessation.

Frequently asked questions

How widely is acupuncture used in the United States?

In the past two decades, acupuncture has grown in popularity in the United States. According to the 2002 National Health Interview Survey, an estimated 8.2 million U.S. adults had ever used acupuncture, and an estimated 2.1 million U.S. adults had used acupuncture in the previous year.

Do I need a doctor's order to see an acupuncturist?

No. In Illinois, you do not need a doctor's order to receive acupuncture treatment.

What does acupuncture feel like?

Acupuncture needles are metallic, solid, and hair-thin. People experience acupuncture differently, but most feel no or minimal pain when the needles are inserted and sore or pressure sensation during manipulation of the needles.

Is acupuncture safe?

In general, acupuncture is very safe. Few complications have resulted from inadequate sterilization of needles and from improper delivery of treatments. In Acu-Care, our doctor is board certified and has extensive experience for several decades. We use disposable needles exclusively.

Does acupuncture work?

According to the NIH Consensus Statement on Acupuncture, there have been many studies on acupuncture's potential usefulness, promising results have emerged, showing efficacy of acupuncture, for example, in adult postoperative and chemotherapy nausea and vomiting. There are other situations--such as addiction, stroke rehabilitation, headache, menstrual cramps, tennis elbow, fibromyalgia, myofascial pain, osteoarthritis, low-back pain, carpal tunnel syndrome, and asthma--in which acupuncture may be useful as an adjunct treatment or an acceptable alternative or be included in a comprehensive management program. An NCCAM-funded study recently showed that acupuncture provides pain relief, improves function for people with osteoarthritis of the knee, and serves as an effective complement to standard care.

How many treatment will need?

It depends on the chronicity and severity of your condition when you begin a treatment. To resolve most of the conditions, A course of treatment is usually needed. This will typically consist of 10-20

treatments starting several times a week and spacing further apart when your condition improves.

Will it be covered by my insurance?

Acupuncture is one of the CAM therapies that are more commonly covered by insurance. However, you should check with your insurer before you start treatment to see whether acupuncture will be covered for your condition and, if so, to what extent. Some insurance plans require preauthorization for acupuncture.

What should I expect during my first visit?

During your first office visit, the practitioner may ask you at length about your health condition, lifestyle, and behavior. The practitioner will want to obtain a complete picture of your treatment needs and behaviors that may contribute to your condition. Inform the acupuncturist about all treatments or medications you are taking and all medical conditions you have.

Our Doctor:

Dr. G. Chen is a board certified acupuncturist. After obtaining his medical degree in China, he has been practicing and successfully treated many patients with various conditions since 1960's. He is compassionate and gentle.

Our location:

Rush Copley Healthplex, 1900 Ogden Ave, Suite 200, Aurora, IL 60504

Telephone: (630)696-8448 for appointments

Acu-Care Acupuncture
And
Alternative Medicine Center

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