

## Who Can Benefit From Acupuncture?

Through ongoing medical research, acupuncture has been shown to be beneficial in treating many conditions and disorders. Some of these conditions include:

- Headaches
- Acute and Chronic Pain
- Facial Pain and TMJ
- Neck and Back Pain
- Sciatic Pain
- Neuralgias
- Tendonitis
- Musculoskeletal Problems
- Carpal Tunnel Syndrome
- Arthritic Conditions
- Stress and Insomnia
- Addictions (Smoking Cessation)
- Nausea & Morning Sickness



**Headaches - Acupuncture may be an effective treatment option.**

Please contact our office to have any of your questions answered.



# HealthWorks

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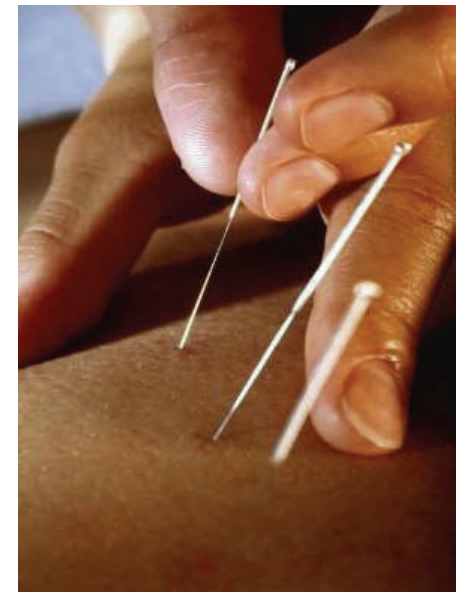
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HealthWorks  
Acupuncture

## What is Medical Acupuncture?



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## HealthWorks Acupuncture



**What is acupuncture all about? I don't understand how it can really work.**

The goals of medical acupuncture treatment are to provide clinical improvement in your condition or your symptoms through the activation of the body's natural pain control and healing mechanisms.

Acupuncture is an age old form of treatment with it's roots in Southeast Asia and China. With the growing acceptance of

acupuncture in western countries, modern clinical studies are beginning to shed light on the physiological effects that acupuncture has on the body. Considerable evidence had found that acupuncture initiates the release of the body's natural pain control chemicals, opioid peptides, which create an analgesic effect. The activation of the nervous system and certain parts of the brain have also been shown to be involved through the secretion of certain chemicals, changes in blood flow and an alteration in the way that the injured or problem area is sending information to and receiving information from the brain.

### Is Acupuncture Treatment Covered?

Acupuncture treatment at HealthWorks is covered by most private insurance and group benefit plans. Because each plan is different, contact your insurance provider or employer to clarify your coverage and if a physician's referral is needed.

### How Does Acupuncture Help Pain?

Pain has been defined as "an unpleasant sensory and emotional experience associated with actual or possible of tissue damage." One aspect of pain is "nociception", which relates to the body's perception of pain. This perception of pain can be altered in several ways with acupuncture. One intervention is to alter the transmission of the pain signals throughout the nervous system by utilizing two systems. The first system is to help the body filter out some of the pain signals by painlessly stimulating the nerves that supply the area of injury with strategically placed acupuncture needles. As well, these needles will cause the body to release special chemicals to help chemically block pain signals at the spinal cord level. The second system is to stimulate the release of the body's natural pain relief substances to help relieve pain.

There are many aspects associated with the effectiveness of acupuncture, some of which are starting to be explained through modern western research. The alteration of pain is only one benefit achieved through acupuncture. Other benefits include restoring function to the musculoskeletal system, increasing blood flow in specific areas of the body, normalizing communication within the nervous system, stress and anxiety relief through neurochemical release, and many other processes.



**For health and safety reasons, only single use, sterile, disposable needles are used at HealthWorks.**

### Why Do You Put Needles All Over?

For acupuncture to be most effective, there is a complex strategy used to create responses on many different levels. The first is the use of needles local to the area being treated. Second is the targeting of the nerves that supply the area being treated at the spinal levels. Thirdly, the use of classical Chinese acupuncture points known to have a direct or reflex benefit to the condition being treated. Some of these points have yet to be fully explained or understood under the western medical model, but they usually correspond to major nerves and blood vessels. These points provide strong neurological responses when stimulated with acupuncture needles. The fourth is to use points that provide further reinforcement to the dysfunctional area, such as points in the ear. Finally needles can be used to directly affect muscles, joints, ligaments or other tissues involved in the assessed dysfunction.

### Is Acupuncture Going To Hurt?

Acupuncture is essentially painless. The needles are as fine as a human hair and are very sharp. When the needle enters the tissue, it parts the tissue where a typical hypodermic needle cuts the tissue, resulting in pain. Some people feel only a small prick as

the needle passes the skin, many don't feel anything at all. There may be a sensation of heaviness, slight ache or a twitch as the needle reaches the correct spot, or there may be no sensation felt at all. One important aspect of medical acupuncture is to provide non-painful stimuli to the spinal cord and brain, thus it is very important for the treatment to be as painless as possible.

