

ALL YOUR QUESTIONS ANSWERED

# WHAT TO EXPECT WITH ACUPUNCTURE



**MERIDIAN**  
HEALTHCARE

ACUPUNCTURE

[MeridianHealthCare.net](http://MeridianHealthCare.net)

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## What to Expect with Acupuncture

Despite having a history spanning over 3,000 years, it's only been in the last few decades that acupuncture treatment has gained more understanding and acceptance in Western medicine.

The acupuncture process involves using fine needles to stimulate certain points on the body. These points lie along channels called "meridians," which traditional acupuncture practitioners believe contain the body's life energy, or "chi." This energy can get blocked or disrupted, and according to traditional belief, these blockages lead to pain and other health issues.

If your primary care physician has recommended acupuncture treatment (or you're seeking it out yourself), you may be wondering what's in store for you. No need to worry, because we're here to fill you in on everything you can expect from your first acupuncture visit!

## Initial Interview and Exam

Similar to Western medicine, the acupuncturist will start by sitting down with you to discuss issues and goals. This initial interview helps to gain insight into the reasons you're seeking acupuncture treatment, as well as paint a picture of your overall health.

Next, the acupuncturist will examine the problem area (or areas). He or she will check for redness, swelling, and pain. This examination helps to formulate your individualized treatment, known as the "needle plan," which is the guide that the acupuncturist will follow for your session(s).

What's interesting to most new patients is that the needle plan may include placing needles in points far from the location of your pain or issue (this is because the meridians travel through the entire body). So, even though a needle point may not be near your problem area, it can still lie on a meridian that corresponds to your reason for seeking treatment.

## What Your Acupuncturist Needs to Know

It's important that you inform your acupuncturist of any metal allergies before your treatment session. Some individuals can have allergic reactions to iron and nickel.

If you are pregnant, have diabetes, an autoimmune disease, cancer or are dealing with a nerve, sensory, or bleeding disorder, it's important that your acupuncturist know in advance.

The above mentioned conditions don't necessarily rule you out for acupuncture treatment, but informing your acupuncturist about them will aid him or her in forming your treatment plan.

## Getting Comfortable with Your First Treatment Session



You will be directed to lie on a padded table. Before your session starts, the acupuncturist will wipe any areas to be treated with an alcohol solution. He or she will then open the needles that will be used. At Meridian HealthCare, our acupuncturists only use sterilized, disposable acupuncture needles.

Since there are over three hundred acupuncture points on the body, your acupuncturist may need access to your back or abdomen. For your first visit, and for any following treatments, it's best to wear comfortable, loose-fitting clothing.

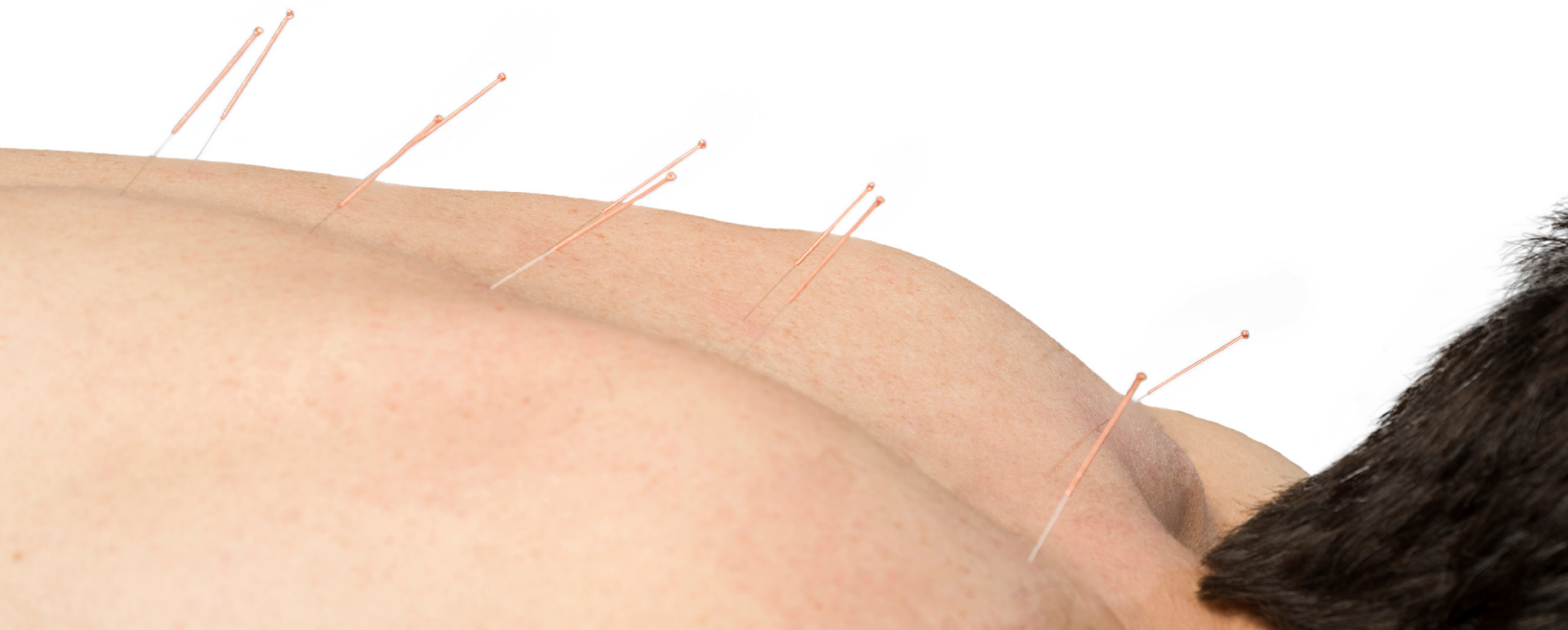
As the acupuncturist inserts the needles, you may feel a slight pinch that some patients have described as a mosquito bite. That being said, most patients don't feel anything at all. After the acupuncturist inserts all the needles according to the needle plan, he or she leaves them in place for a certain period of time, which can range from five to 30 minutes.

Most people have reported feeling increased energy or relaxation during the session, which is totally normal. Modern science attributes this to the body's immune response, and for some individuals this feeling can last for hours (or even days) following acupuncture treatment. Another uncommon but normal natural immune response is the body pushing a needle out during the acupuncture session. This is nothing to worry about, and the acupuncturist can easily address the acupoint if this occurs.

## Following Your Acupuncture Treatment

After your session, you may experience slight redness or tenderness at the site where the needles were placed, or occasionally a tiny amount of bleeding. However, most patients note that they don't experience any after effects.

A subsequent session will usually take place within a week – after that, treatment is dependent upon the issue being treated and the successful outcomes of previous appointments. Many people choose to do monthly sessions as a form of "maintenance" once desired results are achieved. For some patients, session frequency can be spaced out to every six months!



# ACUPUNCTURE Q&A:

## Common Questions Answered

What should I look for in an acupuncturist before I schedule an appointment?

You can schedule an appointment with either a licensed acupuncturist or a licensed chiropractor with a valid board-approved acupuncture license. You can visit the [Ohio State Chiropractic Board](#) for valid/current licenses.

I've heard that acupuncture can help with anxiety. Is that true?

Acupuncture is a promising solution for the treatment of anxiety. It's safe, effective, and has few side effects. The best part is that it can be used alongside other treatment options like anxiety medication or therapy.

Are there side effects from acupuncture treatment?

Just like any therapy, acupuncture may cause rare or mild side effects like numbness, tingling, or bruising in the area where the needles were inserted.

Is acupuncture treatment covered by insurance?

Some plans cover acupuncture treatment while others do not. When seeking services from Meridian HealthCare we will work directly with you to see what may or may not be covered. In some cases, VA benefits, Medicaid and Medicare options may be available in addition to paying privately for services.



# ACUPUNCTURE Q&A:

## Common Questions Answered



Can you utilize acupuncture with other healthcare services to treat issues?

Absolutely! Meridian HealthCare offers a complete continuum of care, meaning that our providers have access to a comprehensive range of health services in order to effectively treat disease, disorders, pain, and more. In many cases, acupuncture is utilized in conjunction with chiropractic care, counseling, or addiction-related treatment to achieve optimal wellness.

How does acupuncture feel?

Many patients note that they leave an appointment feeling either relaxed or invigorated. During treatment itself, some mention feeling a prick or tingle, while others feel nothing at all.

Who can receive acupuncture treatment?

There are little to no limitations for treatment in terms of age or condition. People of all ages can safely and effectively receive treatment conducted by a licensed acupuncturist.

What kinds of conditions can be treated?

The positive effects of acupuncture span a wide range of concerns and conditions. In addition to providing migraine or chronic pain relief, acupuncture treatment can also positively impact musculoskeletal pain, mental health issues, gynecological concerns, sinus or respiratory problems, and digestive issues. It can also address the immune system, blood circulation, blood pressure, cancer treatment effects, and fibromyalgia.



# CONDITIONS THAT BENEFIT FROM ACUPUNCTURE

The most common conditions that patients seek acupuncture treatment for are back pain, neck pain, and headaches. But, there are many other concerns that can be addressed from acupuncture treatment!

## Morning Sickness & Nausea



Acupuncture is a safe, natural and effective treatment for the morning sickness associated with pregnancy. Acupuncture has also been shown to be highly effective in treating nausea associated with chemotherapy.

## Stress



By improving relaxation and sleep quality, acupuncture can reduce anxiety and help with stress-related conditions. Acupuncture can also help relieve pain associated with stress.

To achieve the best results, acupuncture should be used with other complementary stress reduction strategies, such as meditation and cognitive behavioral therapy.

## Menstrual Cramps



Acupuncture treatment with follow-up sessions can be very effective for reducing the pain of menstrual cramps when compared to non-steroidal anti-inflammatory drugs or no treatment at all.

## Depression



The effect that acupuncture can have on depression is twofold – not only can treatment help with the mental aspects of depression, such as stress and sleep loss, but it can also relieve chronic pain that can sometimes manifest as a symptom of depression.

# ACUPUNCTURE IS SAFE, EFFECTIVE, AND DRUG-FREE



Acupuncture is one of the safest methods for pain relief, as well as a number of other conditions. After reading this, We hope you have a better idea of what to expect when you're ready to head in for your first appointment. If you're considering acupuncture, Meridian HealthCare is ready to help.

**Call now to schedule your appointment: [330.892.9155](tel:330.892.9155)**

