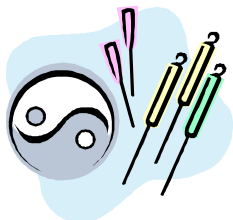


# Tell me about Acupuncture

## What is Acupuncture?



Acupuncture is a form of therapy in which fine needles are inserted into specific points on the body. The goal is to encourage the body to heal itself and thus improve overall function.

## Is Acupuncture Safe?

Acupuncture is generally very safe. Serious side effects are very rare – less than one per 10,000 treatments.

## Does Acupuncture have side effects?

You need to be aware that

- Drowsiness occurs after treatment in a small number of patients, and if affected, you are advised not to drive.
- Minor bleeding or bruising occurs after acupuncture in about 3% of treatments.
- Pain during treatment occurs in about 1% of treatments
- Symptoms can get worse after treatment (less than 3% of patients). You should tell your acupuncturist about this, but it is usually a good sign.
- Fainting can occur in certain patients, particularly at the first treatment.

## What is Electroacupuncture/PENS Acupuncture?

Electroacupuncture is a form of therapy in which fine needles are inserted into specific points on the body.

Percutaneous Electrical Nerve Stimulation (PENS) which utilizes acupuncture needles to deliver electric current and activate specific nerves in the body.

In both therapies the needles are then attached to a device that generates continuous electric pulses using small clips. These devices are used to adjust the frequency and intensity of the impulse being delivered, depending on the condition being treated. Several pairs of needles can be stimulated simultaneously, usually for no more than 30 minutes at a time.

## Is Electroacupuncture/PENS Acupuncture Safe?

Acupuncture is generally very safe. Serious side effects are very rare – less than one per 10,000 treatments.

## Does Electroacupuncture/PENS Acupuncture have side effects? *See side effects on the back*



There is the possibility of muscle twitching if the frequency is too high; you should notify your acupuncturist if you are experiencing this immediately so the frequency can be adjusted.

## What is Moxibustion?



A small, cone-shaped amount of moxa (herb called mugwort: *Artemisia vulgaris*) is placed on top of an acupuncture point and burned; but is extinguished or removed before it burns the skin. You will experience a pleasant heating sensation that penetrates

deep into the skin, but should not experience any pain.



## Is Moxibustion Safe?

The form of moxibustion used at Georgia Integrative Medicine is very safe when properly applied.

## Does Moxibustion have side effects?

You should know that moxibustion can cause:

- Blistering and or scarring if left in place too long or the patient has conditions that contradict its use.
- May produce a great deal of smoke and a pungent odor. Our clinic uses special air purifiers to minimize this effect. *If you have problems with this notify your acupuncturist immediately.*
- You have the right to request smokeless moxa sticks as an alternative.

If there are particular risks that apply in your case, your practitioner will discuss these with you.

### Things that your practitioner needs to know.

Apart from the usual medical details, it is important that you let your practitioner know:

- If you are pregnant
- If you have ever experienced a fit, faint or funny turn;
- If you have a pacemaker or any other electrical implants;
- If you have a bleeding disorder;
- If you are taking anti-coagulants (blood thinners) or any other medications;
- If you have damaged heart valves or have any other particular risk of infection

**Single-use, Sterile, Disposable needles are used in this clinic for all acupuncture treatments.**

