

# General introduction of Acupuncture Treatment

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“Acupuncture” means the stimulation of a certain point or points near the surface of the body via the insertion of thin needles. The purpose of acupuncture is to prevent or modify the perception of pain and is thus a form of pain control. In addition, through the normalization of physiological functions, it also often serves in the treatment of certain diseases or dysfunctions of the body. Based on the fundamentals of Chinese Medicine, acupuncture includes the techniques of electro-acupuncture, manual stimulation, cupping, Tui Na Massage, and/or moxibustion.

**The potential benefits:** Acupuncture is a health care service that is based on Traditional Chinese Medical (TCM) theory, diagnosis and treatment, based on these theories are used to promote health and treat organic or functional disorders. TCM has a great deal to offer as a health care system, it cannot replace the care of a medical physician. It is recommended that you consult a physician regarding any conditions for which you are seeking acupuncture treatment(s). This is a recommendation ONLY. Acupuncture may allow for the painless relief of one's symptoms without the need for drugs, and improve balance of bodily energies leading to the prevention of illness, or the elimination of the presenting problems.

Acupuncture and TCM have been used effectively to treat a variety of diseases for hundreds of years. We cannot guarantee the outcome of any course of treatment.

**Potential risks:** While acupuncture, Chinese medicine, and other treatments provided by this office have proven to be highly effective in correcting conditions and maintaining overall health and well-being, practitioners are required to advise patients that there may be some risks. Although practitioners cannot anticipate all of the possible risks and complications (slight pain or discomfort at the site of needle insertion, infection, bruises, weakness, numbness, fainting, nausea, and aggravation of problematic systems existing prior to acupuncture treatment. Cupping almost always causes bruising. Unusual risks of acupuncture include spontaneous miscarriage, nerve damage and organ puncture, including lung puncture (pneumothorax).) that may arise with each individual case, you should be aware that the following side effects can occur. If there are particular risks that apply to your case, your practitioner will discuss these with you.

**Use of Disposable Needles:** To reduce the possibility of infection from acupuncture, all needles are pre-sterilized, one-time-use needles made of surgical stainless-steel needles. After each treatment they are disposed of as medical waste, needles are never reused. Additionally, your acupuncturist has had training in Clean Needle Technique and Universal Precautions.

## **Lists of Common TCM diseases**

1. 感冒: Common Cold and influenza.
2. 咳嗽: Cough.
3. 黄疸: Jaundice
4. 眩晕: Dizziness and Vertigo.
5. 哮喘: Wheezing and Asthma/Breathless
6. 胃脘痛: Epigastric Pain/ Gastralgia.
7. 吐酸: Acid Reflux
8. 嘈杂: Gastric Upset
9. 腹痛: Abdominal Pain/Colitis.
10. 疳积: Indigestion for Children.
11. 虚劳: Tiredness/Fatigue 虚脱.
12. 痔疮: Hemorrhoids.
13. 泄泻 Diarrhea.
14. 便秘: Constipation.
15. 消渴: Diabetes.
16. 痹证: Painful Obstruction Syndrome/Arthritis.
17. 面痛: Facial Pain /Trigeminal Neuralgia: 三叉神经痛.
18. 腰痛: Lumbago/Sciatica.
19. 落枕: Neck Sprain/Stiff Neck.
20. 面瘫: Facial Paralysis/Bell's Palsy.
21. 头痛: Headache.
22. 中风: Stroke.
23. 痿证: Atrophy Syndrome.
24. 扭伤: Sprains.
25. 耳聋: Deafness.
26. 耳鸣: Ringing in the Ear.
27. 耳痛: Earaches.
28. 近视: Myopia.
29. 鼻渊: Sinus Infection.
30. 咽喉肿痛: Sore Throat.
32. 痤疮/粉刺: Acne
33. 缠腰火丹/蛇串疮: Herpes Zoster.
34. 阳痿: Impotence
35. 不孕: Infertility.
36. 月经前后诸证: Pre-Menstrual Syndrome (PMS).
37. 痛经: Pelvic Inflammatory Disease (PID)/ Dysmenorrhea
38. 阴痒: Vaginitis (itching).
39. 月经不调: Irregular Menstruation.

- 40. 妊娠恶阻: Morning Sickness.
- 41. 絕經前後诸证 : Menopausal Syndrome.
- 42. 经闭: Amenorrhea.
- 43. 崩漏: Abnormal Uterus Bleeding (including endometriosis).
- 44. 郁证: Anxiety/ Depression/ Stress. 癲狂/ 抑鬱
- 45. 不寐: Insomnia.
- 46. 胁痛: Hypochondriac Pain.
- 47. 呕吐: Vomiting.
- 48. 惊悸: Palpitation.
- 49. 水肿: Edema.
- 50. 癃闭: Urine Retention.
- 51. 厥證: Syncope 暈厥
- 52. 牙痛: Toothache