

## Acupuncture

### What is acupuncture?

Acupuncture is an ancient form of Chinese medicine over 5000 years old. It is based on the idea that the body has specific channels where energy called “qi” (pronounced ‘chi’) flows. When this qi flows well there will be no pain or disease. If there is not enough qi flowing, then pain and/or disease can happen. Acupuncture needles are placed at specific points on the skin to move qi to help bring healing.

### What are the benefits of acupuncture?

Studies suggest that acupuncture is an effective treatment for: nausea and vomiting, some types of pain, hot flashes, dry mouth and fatigue. It may also help with constipation, loss of appetite, numbness in fingers and toes, and stress. Acupuncture may also help normalize the body functions, boost the immune system, help with drug or alcohol withdrawal, losing weight, stopping smoking and reducing stress, tension and depression.

### What are the risks of acupuncture?

Few issues have been reported, but if not done properly by a qualified provider there may be some common side effects, such as dizziness or lightheadedness after needle placement, bruising/bleeding, and temporary increase in pain.

Discuss this treatment option with your doctor. Inform your doctor if you have a pacemaker, are at risk for infection, chronic skin issues, pregnant, have body implants or taking blood thinners.



### What can I expect prior to acupuncture treatment?

Prior to treatment your provider will review your medical conditions, lifestyle and behaviors. Additionally, the provider will look at your tongue and wrist pulses.

### What can I expect during treatment?

During your treatment you will lie down on a padded table and thin needles will be placed on specific points of your body. The needles are sterile, metallic, solid, and the size of a strand of hair. There is little or no pain. This treatment may energize or relax you. The needles are removed after 10-30 minutes. The treatment may be repeated over several sessions or weeks.

### Is acupuncture covered by insurance?

Your insurance may cover the cost. Check with your insurance company before your appointment.

To schedule an appointment with Dr. Carolina Salvador in our Integrative Oncology and Health Clinic to assess possible benefit from acupuncture, call **800-600-3606**.

