



MAPLEGATE REHAB INC.

PAIN MANAGEMENT & REHABILITATION

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• Chiropractic • Physical Rehab • Massage • Medical • Acupuncture • DOT • Laser

ACUPUNCTURE

1.) What is acupuncture?

Acupuncture is a technique that originated in China, which involves the temporary insertion of tiny disposable needles into the skin at specific body points in order to relieve pain, harmonize imbalances of bodily systems, and promote healing. The goal of acupuncture is to restore good health by removing blockages in the flow of *qi* (Chinese word meaning *vital force*) and correcting internal imbalances; thus alleviating pain, discomfort, and body disharmony.

2.) What does acupuncture treat?

Acupuncture treats many ailments. According to the World Health Organization, acupuncture is an effective treatment for many conditions. A few commonly treated ailments are neck pain, back pain, knee pain, extremity pain; such as arm, leg and shoulder pain, sports injuries, stress, anxiety, insomnia, depression, headaches, premenstrual syndrome and menopausal symptoms, chemical dependencies, arthritis, and many others.

3.) What type of needles is used?

Acupuncture needles are disposable, single-use, hair-thin, solid, and metallic. The U.S. Food and Drug Administration (FDA) regulates acupuncture needles for use by licensed practitioners, requiring that needles be manufactured and labeled according to certain standards. For example, the FDA requires that needles be sterile, nontoxic, and labeled for single use by qualified practitioners only. Most needles are stainless steel, and the diameter is between the size of a human hair and a cat whisker.

4.) What are the benefits of acupuncture?

Some of the benefits of acupuncture include increased circulation, release of endorphins, enhanced immune function, regulation of endocrine function, decreased healing time for musculoskeletal and other injuries, and overall increased sense of well-being and calm during and after acupuncture treatments.

5.) What does "CAM" stand for?

CAM is an abbreviation for *Complementary Alternative Medicine*. In the United States, where practitioners incorporate healing traditions from China, Japan, Korea, and other countries, acupuncture is considered to be part of *Complementary Alternative Medicine*. *CAM* includes a group of diverse medical and health care systems that are presently not considered to be part of conventional medicine. *Complementary Alternative Medicine* can be used together with conventional medicine.

6.) What is the status of acupuncture in the United States?

Acupuncture is becoming increasingly popular in the United States. According to the 2007 National Health Interview Survey, which included a comprehensive survey of *CAM* use by Americans, an estimated 3.1 million U.S. adults and 150,000 children had used acupuncture in the previous year.

*For more information, contact the National Center for Complementary and Alternative Medicine (NCCAM). The NCCAM can be reached by phone: 1-(888) 644-6226 or online: www.nccam.nih.gov.