

ACUPUNCTURE FOR PAIN MANAGEMENT

WHAT YOU SHOULD KNOW

ACUPUNCTURE is an ancient Chinese therapy that targets peripheral nerves, unlike painkillers that target the central nervous system. This type of therapy:

- Uses heat and thin needles to apply pressure to certain places on the body
- Releases natural painkilling chemicals in the body
- Typically requires a course of treatment that includes 6 to 12 sessions over three months
- Restores the body's natural energy that has become blocked or unbalanced due to pain

Recent studies have found that acupuncture is effective for a number of chronic pain conditions, such as lower-back pain, arthritis, and headaches.

Source: National Institutes of Health

UNDERSTANDING ACUPUNCTURE AND WHAT IT CAN DO FOR YOU

Benefits

- Releases chemicals that can relax the body and decrease the inflammation that causes pain
- Regulates the body's natural painkilling hormones
- Is a technique that has been used safely for centuries
- Can eliminate the awareness of pain

Keys to Success

- Set realistic goals for your pain relief
- Realize that treatment takes time to show results
- Have a willingness to accept a mind-body solution to relieve pain
- Follow a treatment plan set by your acupuncturist and your health care provider
- Combine with other therapies for best results

HOW TO FIND A LICENSED ACUPUNCTURIST

Look for an acupuncturist who is licensed, which indicates the individual has completed at least 2,000 hours of training in an accredited program.

A licensed acupuncturist:

- Follows the standards set for delivering quality care
- Most often will have the credentials MSAc or MSTOM after his or her name
- Can be found by visiting the National Certification Commission for Acupuncture and Oriental Medicine's website — nccaom.org — and clicking on Find a Practitioner.



Talk with your health care provider to be sure this type of therapy is right for you. For more information, visit HelpsHereDE.com.