

ACUPUNCTURE & TCM

UNIVERSITY OF COLORADO HOSPITAL
THE CENTER FOR INTEGRATIVE MEDICINE

WHAT ARE ACUPUNCTURE AND TCM?

Acupuncture is part of a system of healing called Traditional Chinese Medicine (TCM). Practiced for over 2000 years, TCM also includes Chinese herbal treatment and Tui Na (pronounced “twee nah”), or Chinese massage. These treatments can be used alone or as complements to one another.

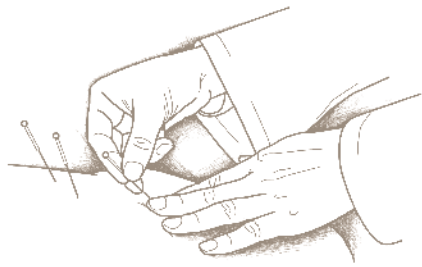


fig. 1 - During acupuncture, hair-thin needles may be inserted at specific acupoints on your head, body, hands or feet.

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FOUR THINGS YOU SHOULD KNOW ABOUT ACUPUNCTURE AND TCM:

1.

Traditional Chinese Medicine is based on the management of a life force or energy called Qi (pronounced “chee”). According to TCM theory, Qi flows freely through channels in the body called meridians. Each meridian connects to a specific organ that governs a particular function of the body. When healthy, Qi maintains a balance between two opposing energies: the yin (negative, dark, feminine) and the yang (positive, light, masculine). Illness occurs when Qi becomes blocked or unbalanced. Acupuncture and other TCM treatments restore the balance and flow of the Qi. For certain conditions, TCM may work well as a stand-alone treatment, but for many conditions TCM therapy works most effectively when combined with Western care.

2.

Acupuncture is the most well known Traditional Chinese Medicine practice. The World Health Organization and the National Institutes of Health recognize acupuncture as a viable treatment option for a wide range of conditions and illnesses. Acupuncture has been scientifically proven to be effective for pain relief and post-surgery, chemotherapy-related and pregnancy-related nausea. It has also been shown to trigger the release of endorphins and anti-inflammatory chemicals. Acupuncture is administered by inserting hair-thin needles into the skin to stimulate specific points of the body in order to alleviate pain and treat physical and emotional conditions. To reduce infection risk, all needles are single use, and our practitioners use the Clean Needle Technique, which is above the community standard.

3.

Chinese herbals are complex formulas developed by acupuncturists to treat specific conditions. Unlike Western Herbalism, which is rooted in Native American and European folk tradition, Chinese herbals have been used and studied by medical professionals for over 2,000 years. Chinese herbal formulas are potent forms of medication and can potentially interact with other medications. They are not regulated by the FDA, and it is recommended that you use them only when advised by an experienced TCM practitioner.

4.

Tui Na and acupressure are two other components of TCM. Tui Na is a form of medical deep tissue massage and manipulation used to free blockages of Qi to activate circulation, improve range of motion in joints, reduce muscle tension and restore balance. Acupressure stimulates acupoints without needles. To maintain the benefits of your treatment, your TCM practitioner can teach you acupressure techniques to do at home. Both Tui Na and acupressure are very safe.

WHAT HAPPENS DURING YOUR TREATMENT:

BEFORE YOUR APPOINTMENT

We recommend that you wear loose, comfortable clothing and try to avoid arriving to your appointment excessively fatigued, thirsty, hungry or full. For your safety, please tell your practitioner if you have a pacemaker, take any medications or are pregnant. In order to determine the best possible treatment plan for you, your TCM practitioner will ask you for a detailed medical history before beginning treatment.

DURING YOUR TREATMENT

Each appointment will begin with your TCM practitioner taking your medical history and performing a specialized physical exam. Generally, he or she will take your pulse, observe your tongue and palpate your abdomen. Depending on your condition, your treatment may include acupuncture, Tui Na, Chinese herbals or a combination of the three. During acupuncture treatment you will lie on a padded table and hair-thin needles will be inserted into your body at specific acupoints. If, based on your condition, your acupuncturist decides to recommend Chinese herbal treatment, he/she will determine an appropriate formula for your individual symptoms.

HOW MANY TREATMENTS WILL YOU NEED?

Every acupuncture, Tui Na and Chinese herbal treatment plan at The Center for Integrative Medicine is specially designed for the individual. Your acupuncturist will explain your personalized program and what treatment is recommended. Acute or temporary illnesses may require only a few treatments, while chronic conditions may require regularly scheduled treatments over several months.

CONDITIONS HELPED:*

MUSCULOSKELETAL:

**CARPAL TUNNEL SYNDROME
FIBROMYALGIA
LOW BACK PAIN/SCIATICA
OSTEOARTHRITIS
PAIN**

DIGESTIVE:

**CONSTIPATION
DIARRHEA
HYPERACIDITY
INDIGESTION
NAUSEA/VOMITING**

GYNECOLOGICAL:

**ENDOMETRIOSIS
INFERTILITY
IRREGULAR MENSES
MENOPAUSE
MENSTRUAL CRAMPS**

NEUROLOGICAL:

**HEADACHE/MIGRAINE
NEUROGENIC BLADDER
NEUROPATHIES
STROKE REHABILITATION**

RESPIRATORY:

**ASTHMA
CHRONIC BRONCHITIS
COMMON COLD
SINUSITIS**

DERMATOLOGY:

**ACNE
DERMATITIS
ECZEMA**

MIND/BODY:

**ANXIETY
DEPRESSION
INSOMNIA
STRESS**

**Please note that this list of conditions is not exhaustive.*

SCHEDULE YOUR APPOINTMENT

If you would like to schedule an acupuncture/TCM appointment, please call The Center for Integrative Medicine at 720.848.1090. Appointments can be made Monday through Friday, 8:30 am - 5:00 pm, with limited evening spaces also available.

HOW MUCH DOES IT COST?

The cost of therapy varies depending on the type and the length of each visit. Some insurance companies cover acupuncture, so please contact your provider to see if you are covered. If so, your rate will vary based on your coverage. If your insurance does not cover the treatment, the charge for your first acupuncture treatment is approximately \$95, and return visits are approximately \$65. The cost of Tui Na is \$23 per 15 minutes of therapy. Treatment length varies depending on your needs and typically lasts 30 to 45 minutes. Much like with vitamins or other herbal supplements, insurance companies do not cover the cost of Chinese herbals. A bottle of Chinese herbals costs \$22.

All prices are subject to change.

CONTACT INFORMATION

THE CENTER FOR INTEGRATIVE MEDICINE

UNIVERSITY OF COLORADO HOSPITAL
ANSCHUTZ MEDICAL CAMPUS
ANSCHUTZ OUTPATIENT PAVILION

1635 Aurora Court, MS F743
Fifth Floor, Suite 5501
Aurora, Colorado 80045
P: 720.848.1090 | F: 720.848.1277
www.uch.edu/integrativemed

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