

## A PARTNER IN PROSPEROUS HEALTH

FirstHealth of Andover was created to bring together accomplished practitioners of integrative medicine to guide, teach, and assist the members of our community with their health concerns. Motivating patients' interest and revitalizing their ability to heal are at the center of our shared philosophy.

## COMPLAINTS COMMONLY TREATED

Complaints commonly treated at *FirstHealth of Andover* include:

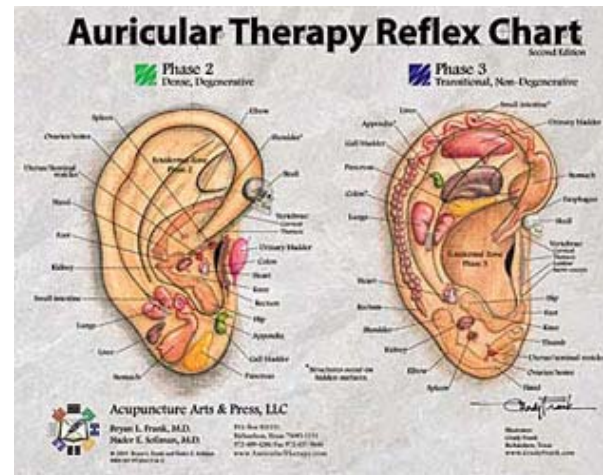
- Asthma
- Eczema
- TMJ
- Infertility
- Neuralgia
- Bell's palsy
- Poor circulation
- Back pain/sciatica
- Arthritis (joint pain)
- Facial Rejuvenation
- Allergies and sinusitis
- Gastrointestinal disorders
- Weakened immune system
- Carpal tunnel syndrome
- Gynecological problems/PMS
- Chronic constipation/diarrhea
- Headaches (migraine, tension)
- Plantar fasciitis (bottom of feet)
- Chronic and post-operative pain management
- Pediatric asthma & chronic ear infections
- Sports injuries (sprains and strains)
- Musculoskeletal/neurological disorders
- Pregnancy-induced nausea and vomiting
- Chemotherapy-induced nausea/vomiting

## ELECTRO AURICULAR ACUPUNCTURE THERAPY

This form of acupuncture offers a safe alternative to needles. FirstHealth of Andover's unique treatment technique offers a very high success rate for disorders such as:

Insomnia	Hay Fever	PMS
Anxiety	Headaches	Sciatica
Arthritis	Tendonitis	Smoking Cessation
Back Pain	Colitis	Sinusitis

... and more.



## LECTURES AND DEMONSTRATIONS

The acupuncture staff has an active schedule of presentations with local organizations and clubs. They welcome the opportunity to interact with your group on clarifying the emerging field of complementary medicine and enhancing your knowledge of this beneficial health process.

Learn more about all our services and the dynamic practitioners by visiting our website at

[www.FirstHealthofAndover.com](http://www.FirstHealthofAndover.com)

# ACUPUNCTURE

DISCOVER  
THE  
BENEFITS  
OF  
3,000  
YEARS  
OF  
HEALING  
HISTORY



## FIRSTHEALTH OF ANDOVER PC

One Dundee Park  
Suites 1&2  
Andover, MA 01810  
978/474-9994

[www.FirstHealthofAndover.com](http://www.FirstHealthofAndover.com)

Celebrating Hope, Health,  
and Wellness

**Acupuncture** is one of the oldest, most commonly used medical procedures in the world, originating in China more than 3,000 years ago.

### ACUPUNCTURE IS PART OF THE PICTURE

The complete system of Oriental Medicine includes acupuncture as one of the most well known and rapidly growing therapies in our medical community. Other traditional techniques such as herbal medicine, massage, therapeutic exercise, and nutrition make up a versatile group of healing systems.

The National Institutes of Health describes acupuncture as a family of procedures involving stimulation of anatomical locations on the skin by a variety of techniques. The most studied mechanism of stimulation of acupuncture points employs penetration of the skin by thin, solid, metallic needles, which are manipulated manually or by electrical stimulation.

### NO PAIN WITH LOTS OF GAIN

Acupuncture needles are so thin that most first-time patients hardly notice when they've been used. The relaxation and pain relief achieved through using these fine, flexible needles continues to pleasantly surprise our patients.

### HOW ACUPUNCTURE WORKS

As more studies are funded, our understanding of the mechanisms of acupuncture continuously evolves. The latest discoveries suggest relationships of cause and effect between several reoccurring events.

#### Conduction of electromagnetic signals.

Scientists have found evidence that acupuncture points are strategic conductors of electromagnetic signals.

**Activation of opioid systems.** Research has found that several types of opioids may be released into the central nervous system during acupuncture treatment, thereby reducing pain.

Changes in brain chemistry, sensation, and involuntary body functions. Studies have shown that acupuncture may alter brain chemistry by changing the release of neurotransmitters and neurohormones. Acupuncture has also been documented to affect the parts of the central nervous system related to sensation and involuntary body functions, such as immune reactions, blood pressure, blood flow, and body temperature.

### DIAGNOSIS AND TREATMENT OF CONDITIONS

Initial evaluation averages a one-hour office visit. Oriental diagnosis is based on:

- Patient past medical history
- Family medical history
- Conventional medical diagnosis
- Overall health evaluation
- Observation (Tongue)
- Palpation (Pulse)



**There is clear evidence that needle acupuncture is efficacious for adult post-operative and chemotherapy nausea and vomiting and for the nausea of pregnancy.**

**Much of the research to date relates to various pain problems. There is evidence of efficacy for postoperative dental pain. There are reasonable studies (although sometimes only single studies) showing relief of pain with acupuncture on diverse pain conditions such as menstrual cramps, tennis elbow, and fibromyalgia.**

### ACUPUNCTURE IN THE UNITED STATES

- 38 states and the District of Columbia have passed statutes or regulations for the practice of acupuncture and Oriental medicine.
- In 1996, the FDA classified acupuncture needles as medical devices for general use by trained professionals.
- Acupuncture is a three-year masters-level program. Oriental medicine is a four-year masters-level program. Pre-med is a requirement for both. Over 40 colleges are accredited or in candidacy status.
- In Massachusetts, licensed acupuncturists are required to attend 30 hours of continuing education every 2 years.
- The FDA estimated in May 1993 there were 9-12 million patient visits each year for acupuncture.
- Evidence clearly shows that acupuncture is very safe when performed by a well-trained practitioner. At FirstHealth of Andover,

practitioners have passed state and national boards, practice universal precautions, and use only stainless steel, disposable needles.

**ENJOY  
THE  
MANY  
BENEFITS  
OF ACUPUNCTURE**