

- **ClinicalTrials.gov** is a database of information on clinical trials, primarily in the U.S. and Canada, for a wide range of diseases and conditions. It is sponsored by the NIH and the U.S. Food and Drug Administration.

Web site:

www.clinicaltrials.gov



- **CAM on PubMed®** CAM on PubMed, a database on the Web developed jointly by NCCAM and the National Library of Medicine, offers abstracts of articles in scientifically-based, peer-reviewed journals on CAM. Some abstracts link to full-text articles.

Web site:

www.nlm.nih.gov/nccam/camonpubmed.html

LICENSED ACUPUNCTURISTS AT FIRSTHEALTH OF ANDOVER PC

- Use pre-sterilized disposable needles
- Comply with HIPPA and OSHA regulations

COOPERATION IN PATIENT CENTERED CARE

Finding solutions, while partnering with our patient's existing healthcare professionals, has been a hallmark of our practice philosophy. We have been successful at providing medical options to both patients and practitioners. Our staff welcomes your questions regarding our experience with specific conditions or the appropriateness of a referral. Should the need arise, please feel free to contact our clinic.

A PARTNER IN PROSPEROUS HEALTH

FirstHealth of Andover was created to bring together accomplished practitioners of complementary/alternative 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.

INTEGRATED HEALTH CARE

FirstHealth of Andover offers a variety of integrative therapies including:

- **OSHA Evaluation and Recommendations.** Assessments may include, but are not limited to, evaluation of monitor and keyboard positioning, chair ergonomics, postural awareness, repetitive strain injury management education, and environmental factors.
- **Clinical Exercise Specialist (CES).** A patient may have been cleared for exercise, but lack the necessary knowledge and tools to progress toward an optimal quality of life. A Clinical Exercise Specialist (CES) can bring the individual with medical limitations or those recently released from medical care closer to attaining their health.

A Clinical Exercise Specialist has a higher level of knowledge, skill and experience compared with a personal trainer. Our CES can work with your patients on improving or recovering strength, physical conditioning, range of motion, muscular endurance and cardiovascular function.

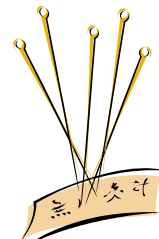
Depending on their condition or injury, they may also be offered neuromuscular re-education, or training to re-balance the strength in core muscles or extremities.

LECTURES AND DEMONSTRATIONS

The clinic staff has an active schedule of presentations with local organizations and clubs. We welcome the opportunity to provide an in-service for your organization to help clarify the potential benefits to your patients from using acupuncture therapy.

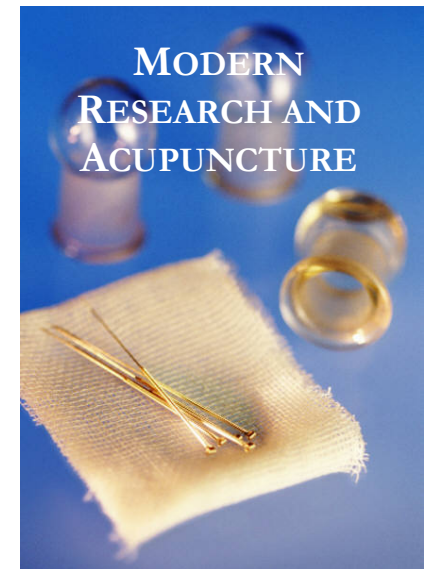
Learn more about all our services and the dynamic practitioners by visiting our website at

www.FirstHealthofAndover.com



A c u p u n c t u r e

EVIDENCE-BASED PERSPECTIVE FOR THE MEDICAL PROFESSION



MODERN RESEARCH AND ACUPUNCTURE

FIRSTHEALTH OF ANDOVER PC

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"To guide, teach, and assist in your body's natural ability to heal"

WIDESPREAD USE OF ACUPUNCTURE

Acupuncture has been employed as a health-care modality for over 3,000 years. In the past two decades, acupuncture has grown in popularity in the United States. The report from a Consensus Development Conference on Acupuncture held at the National Institutes of Health (NIH) in 1997 stated that acupuncture is being “widely” practiced—by thousands of physicians, dentists, acupuncturists, and other practitioners—for relief or prevention of pain and for various other health conditions. According to a 2002 National Health Interview Survey—the largest and most comprehensive survey of complementary and alternative medicine (CAM) use by American adults to date—an estimated 8.2 million U.S. adults had ever used acupuncture, and an estimated 2.1 million U.S. adults had used acupuncture in the previous year.

ACUPUNCTURE RESEARCH



The National Center for Complementary and Alternative Medicine (NCCAM) at the NIH was established by Congressional mandate in 1998. The Center's predecessor, the Office of Alternative Medicine, was established in 1992. NCCAM currently has an annual research budget of \$123 Million. Research on acupuncture falls into two categories: clinical, to establish if acupuncture is effective for specific diseases; and mechanistic, to understand how acupuncture works.

According to the NIH Consensus Statement on Acupuncture, there have been many studies on acupuncture's potential usefulness. Promising results have emerged, showing efficacy of acupuncture, for example, in adult post-operative and chemotherapy nausea and vomiting and in postoperative dental pain. There are other situations—such as addiction, stroke rehabilitation, headache, menstrual cramps, tennis elbow, fibromyalgia, myofascial pain, osteoarthritis, low-back pain, carpal tunnel



syndrome, and asthma—in which acupuncture may be useful as an adjunct treatment or an acceptable alternative or be included in a comprehensive management program.

Because of the complexities with study design, some study results have been mixed. Common research issues—like study design and size—are combined with unique issues for acupuncture research such as choosing and using placebos or sham acupuncture.

HOW ACUPUNCTURE WORKS

According to Conventional Science

There has been much scientific investigation into the mechanism of acupuncture over the past few decades, which has revealed great insights into how it works. Such studies have shown that acupuncture:

- Causes the release of endorphins and a range of other neuropeptides that suppress pain and modulate the neurological system.
- Modulates the endocrine and immune systems through the hypothalamus-pituitary system.
- Modulates a wide range of physiological processes.

Furthermore, acupuncture points:

- Have unique electrical conductivity properties.
- Have specialized connective tissue features, which may elicit effects through a mechano-transduction mechanism.

fMRI studies have shown that stimulation of acupuncture points activates specific regions of the brain that directly correspond to the use of the point according to Chinese medicine theory.

According to Chinese Medicine

According to a simple and basic interpretation of Chinese medicine, the body becomes ill when imbalances and disharmonies develop. These are caused by a combination of factors affecting the mind and the body (e.g., diet,



sleep, exercise, relations with others, and work). Acupuncture is based on the existence of pathways through which energy or qi flows through the body. Along these pathways or meridians, there are specific regions of influence called acupuncture points. Stimulation of these points facilitates the movement of qi and keeps the body balanced.

EDUCATION FOR LICENSED ACUPUNCTURISTS

Diagnosis and treatment in Chinese medicine is based on a complex body of theoretical knowledge which includes several conceptual frameworks (yin/yang, five phase, Zhang Fu, 8 principles, and TCM pattern diagnosis). It takes many years of training and clinical experience to fully understand and clinically apply this theoretical knowledge to patient care. Many states, such as Massachusetts, offer a three-year Masters degree in Oriental Medicine. This degree requires a bachelor's degree as a prerequisite and has a strong biomedical focus. Once they have passed the state board examinations, acupuncturists in Massachusetts are licensed at the MA Board of Registration in Medicine.

GETTING MORE RESEARCH INFORMATION

More information about acupuncture use and research is available from the following U.S. government sources:

- **NCCAM Clearinghouse.** The NCCAM Clearinghouse provides information on CAM and NCCAM, including publications and searches of Federal databases of scientific and medical literature. The Clearinghouse does not provide medical advice, treatment, referrals, or recommendations to practitioners. Toll-free in the U.S.: 1-888-644-6226; for deaf and hard-of-hearing callers: 1-866-464-3615

Web site: www.nccam.nih.gov

E-mail: info@nccam.nih.gov