

WISDOM & WONDER OF THE GOLDEN YEARS



More women are being asked to share their wisdom and expertise in the boardroom while multitasking their way with family and friends. Their accumulated skill is valued by their children who have now become parents and by service organizations who want someone that

they can rely on to get the job done. More than most of our mothers, women are identifying themselves through achievements at home and in a career. Many of the therapies at **FirstHealth of Andover** lend themselves to assisting you continue an active and fulfilling lifestyle. Conditions commonly addressed include:

- Fatigue
- Menopausal symptoms
- Chronic digestive complaints
- Headaches/migraines
- Arthritis and joint pain
- Muscle aches and pains
- Poor conditioning and overall strength
- Hypertension

CONSISTENT AND CONVENIENT

The range of services that **FirstHealth of Andover** can deliver include:

- **Facial Rejuvenation Acupuncture**
 - Reduces fine lines while diminishing larger wrinkles
 - Increases collagen production
 - Helps to eliminate puffiness and reduce bags under the eyes
 - Encourages muscle tone and elasticity
 - Helps to lift drooping eyelids
 - Minimizes double chins

- Reduces stress lines in the face
- Promotes overall health/well being
- Stress release and relaxation

- **Personal Training—Injured Athletes Rehabilitation.** Are you afraid to go for the workout you desire because of chronic pain or an old nagging sports injury? Let our staff of practitioners and trainers help you regain your confidence. We specialize in assisting motivated individuals end the cycles of pain and re-injury by getting back into shape and staying there. Achieve the results in physical fitness you know can be yours with safe and effective guidance from our skilled trainers and therapists. Learn how to take care of yourself for a lifetime of optimal health.
- **CranioSacral Therapy.** CranioSacral Therapy is performed on a fully-clothed person. Using a light touch – generally no more than the weight of a nickel – the practitioner monitors the rhythm of the craniosacral system to detect potential restrictions and imbalances. The therapist then uses delicate manual techniques to help alleviate a range of illness, pain, and dysfunction including but not limited to:
 - Migraines and headaches
 - Stress and tension-related problems
 - Temporomandibular joint syndrome (TMJ)
 - Learning disabilities

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

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WELLNESS OPTIONS FOR A JOYFUL LIFE



FIRSTHEALTH OF ANDOVER PC

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

www.FirstHealthofAndover.com

Celebrating Hope, Health,
and Wellness

LIVE LIFE TO IT'S FULLEST!

Life can be an exhilarating kaleidoscope filled with images of friendship, love and new experiences. We are often consulted by women who feel that they are being held back from embracing their full potential by health obstacles. Our philosophy of working together as a team with your existing conventional medical providers has encouraged a spirit of better communication and care for our patients.



CONDITIONS COMMONLY TREATED AT FIRSTHEALTH OF ANDOVER

- Fibromyalgia
- Stress
- PMS (premenstrual syndrome)
- Anxiety
- Fatigue
- Chronic bladder infections
- Migraines/ Headaches
- IBS (irritable bowel syndrome)
- Interstitial cystitis
- Depression
- Asthma

PATIENT TESTIMONIAL

"Acupuncture has made a significant difference in the amount of bladder irritation I experience with interstitial cystitis. I feel less bladder pain with each treatment and I am urinating less frequently as well. I have reduced the amount of medication that I was taking previously."

M.R., Andover, MA



MOTHERHOOD OPTIONS FOR CHANGE & CHALLENGES

For those who wish to embrace the journey of motherhood we have found potential solutions for some of the changes and challenges that may occur along the way. We acknowledge that these are important and often emotionally charged issues. In an attempt to keep you fully informed, we post the latest research studies on our website for many of the conditions treated in this brochure.

INFERTILITY

We continue to work in concert with many of the regions physicians and fertility clinics. Both partners are advised to have medical evaluations in order to assist us in planning your acupuncture treatment protocol. Acupuncture therapy is used most successfully to compliment your existing care.

Recently acupuncture has been featured in many newspaper articles and television programs for its therapeutic ability to increase the chances for pregnancy during in vitro fertilization or IVF. An article published entitled "Influence of Acupuncture on the Pregnancy Rate in Patients Who Undergo Assisted Reproduction Therapy," appeared in the April 2002 issue of Fertility and Sterility. The authors went on to say that "The analysis shows that the pregnancy rate for the acupuncture group is considerably higher than for the control group (42.5% versus 26.3%)."



Conditions commonly addressed during treatments for infertility include:

- **Amenorrhea**
absence of menstruation
- **Chronic bladder infections**
- **Dysmenorrhea**
painful menstruation

- **Endometriosis**
- **Fatigue**
- **Menorrhagia**
heavy uterine bleeding during menstruation
- **Menstruation**
early, delayed or irregular
- **Metorrhagia**
uterine bleeding between menstrual periods
- **Ovarian cysts**
- **Ovulatory dysfunction**
- **Polycystic ovarian syndrome**
- **Stress reduction**

POSSIBILITIES DURING PREGNANCY

Acupuncture has been used for thousands of years as treatment for a variety of conditions that occur during the course of a women's life. As more studies are done, we have recognized potential uses for acupuncture for women whom are pregnant and are seeking safe options for care. Some of the more common issues addressed by acupuncture include:

- **Morning Sickness**
pregnancy induced nausea/vomiting
- **Breech**
presentation of a fetus
- **Induction of Labor**
once the mother's due date has passed

PATIENT TESTIMONIAL

"During the 34th week of our pregnancy, our baby was transverse. Our midwife recommended acupuncture as a potential means of getting the baby to turn into the proper head-down position. David Sollars of FirstHealth taught us a daily procedure that we performed ourselves; within a couple of weeks, our baby had turned.

We again sought David's help when our pregnancy rolled into week 42, at which point our healthcare providers wanted to induce labor. The day before we were due to visit our midwife to discuss induction, we visited David, who performed a needle-acupuncture procedure designed to induce labor naturally. Within 12 hours, labor began and our son arrived in perfect health the following day."

J&K Z, Andover, MA

