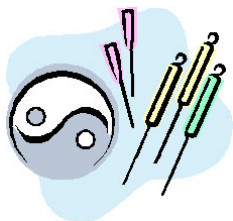


And Finally....

WHAT ARE THE NEEDLES LIKE? DO THEY HURT?

People experience acupuncture needling differently. Most patients feel only minimal pain as the needles are inserted; some feel no pain at all. Once the needles are in place, there is no pain felt. Acupuncture needles are very thin and solid and are made from stainless steel. The point is smooth (not hollow with cutting edges like a hypodermic needle) and insertion through the skin is not as painful as injections or blood sampling. The

risk of bruising and skin irritation is less than when using a hollow needle. Because your doctor uses only sterile disposable needles there is no risk of infection from the treatments.



DOES ACUPUNCTURE REALLY WORK?

Yes. In the past 2,000 years, more people have been successfully treated with acupuncture than with all other health modalities combined. Today acupuncture is practiced widely in Asia, the Soviet Union, and in Europe. It is now being used more and more in America by patients and physicians. Acupuncture treatments can be given at the same time other techniques are being used, such as conventional Western medicine, osteopathic or chiropractic adjustments, and homeopathic or naturopathic prescriptions. It is important that your physician-acupuncturist know everything that you are doing, so he or she can help you get the most benefit from all your treatments.

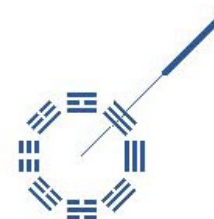
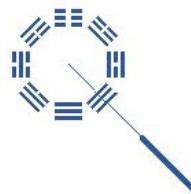
Jim W. Turnage, M.D., M.P.H.
7930 Frost Street
Suite 103
San Diego, California 92123
Phone: 858-569-6800
Fax: 858-569-6807
drjimturnage@drjimturnage.com

Medical
Acupuncture

Information

Dr. Turnage wants
you to know

A Family Physician for the
Body, Mind, and Spirit



Tel: 858-569-6800

A Brief Explanation

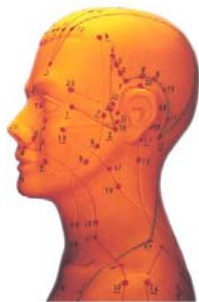
ACUPUNCTURE: WHAT IS IT?

Acupuncture is a method of encouraging the body to promote natural healing and to improve functioning. This is done by inserting needles and applying heat or electrical stimulation at very precise acupuncture points.

HOW DOES ACUPUNCTURE WORK?

The classical Chinese explanation is that channels of energy run in regular patterns through the body and over its surface. These energy channels, called meridians, are like rivers flowing through the body to irrigate and nourish the tissues. An obstruction in the movement of these energy rivers is like a dam that backs up in others.

The meridians can be influenced by needling the acupuncture points; the acupuncture needles unblock the obstructions at the dams, and reestablish the regular flow through the meridians.



Acupuncture treatments can therefore help the body's internal organs to correct imbalances in their digestion, absorption, and energy production activities, and in the circulation of their energy through the meridians.

The modern scientific explanation is that needling the acupuncture points stimulates the nervous system to release chemicals in the muscles, spinal cord, and brain.

These chemicals will either change the experience of pain, or they will trigger the

release of other chemicals and hormones which influence the body's own internal regulating system. The improved energy and biochemical balance produced by acupuncture results in stimulating the body's natural healing abilities, and in promoting physical and emotional well-being.

WHAT IS MEDICAL ACUPUNCTURE? IS IT DIFFERENT FROM ORDINARY ACUPUNCTURE?

Acupuncture is a very old medical art, and there are many approaches to learning and practicing it. Medical acupuncture is the term used to describe acupuncture performed by a doctor trained and licensed in Western medicine who has also had thorough training in acupuncture as a specialty practice. Such a doctor can use one or the other approach, or a combination of both as the need arises, to treat an illness.



WHAT IS THE SCOPE OF MEDICAL ACUPUNCTURE?

Medical acupuncture is a system which can influence three areas of health care: promotion of health and well-being, prevention of illness, treatment of various medical conditions. While acupuncture is often associated with pain control, in the hands of a well-trained practitioner it has much broader applications. Acupuncture can be effective as the only treatment used, or as the support or adjunct to other medical treatment forms in many medical and surgical disorders. The World Health Organization recognizes the use of acupuncture in the treatment of a wide range of medical problems, including:

- Digestive disorders: gastritis and hyperacidity, spastic colon, constipation, diarrhea.
- Respiratory disorders: sinusitis, sore throat, bronchitis, asthma, recurrent chest infections.
- Neurological and muscular disorders: headaches, facial tics, neck pain, rib neuritis, frozen shoulder,

tennis elbow, various forms of tendinitis, low back pain, sciatica, osteoarthritis.

- Urinary, menstrual, and reproductive problems.

Acupuncture is particularly useful in resolving physical problems related to tension and stress and emotional conditions.

HOW MANY TREATMENTS WILL I NEED?

The number of treatments needed differs from person to person. For complex or long-standing conditions, one or two treatments a week for several months may be recommended. For acute problems, usually fewer visits are required, and for health maintenance, four sessions a year may be all that is necessary.

ARE THERE ANY SIDE EFFECTS TO THE TREATMENT?

Usually not. As energy is redirected in the body, internal chemicals and hormones are stimulated and healing begins to take place. Occasionally the original symptoms worsen for a few days, or other general changes in appetite, sleep, bowel or urination patterns, or emotional state may be triggered. These should not cause concern, as they are simply indications that the acupuncture is starting to work. It is quite common with the first one or two treatments to have a sensation of deep relaxation or even mild disorientation immediately following the treatment. These pass within a short time, and never require anything more than a bit of rest to overcome.

