

Welcome

... to the Holistic Cancer Care Centre at The James Cook University Hospital. The aim of this leaflet is to provide you with some general information about your acupuncture treatment and answer some of the most commonly asked questions. You may find it helpful prior to your first visit, to make a note (on the back of this leaflet) of the things you would like to ask.

what is acupuncture?

Acupuncture involves the use of very fine, sterile needles (barely thicker than a hair) to balance the flow of energy (Qi) around the body. Needles are inserted at various points on the body and treatment is not painful. Most people say they feel a mild ache or tingling sensation once the needles have been put in place.

Acupuncture can be used to treat a variety of conditions such as stress, depression, panic attacks, pain headaches and insomnia. All practitioners are members of the British Acupuncture Council.

what should I do before treatment?

Try not to have a big meal within an hour of your appointment as the process of digestion will alter the flow of energy around the body. Also avoid alcohol and food or drinks which colour your tongue (such as coffee) immediately prior to treatment.

what will happen on my first visit?

Your first consultation may be longer than subsequent sessions. The acupuncturist needs to assess your general state of health in order to identify the underlying pattern of disharmony and give you the most effective treatment.

You will be asked about your current symptoms and what treatment you have received so far, your medical history and that of your close family, your diet, digestive system, sleeping patterns and emotional state.

To discover how the energies are flowing in your body, the acupuncturist is likely to feel your pulses on both wrists and check your tongue.

A properly trained experienced acupuncturist will use a selection of perhaps 10 or 12 points for each treatment. It is quite usual that during a course of treatment, different points will be selected as the patient's condition changes.

how will I feel after acupuncture?

Usually rather relaxed and calm. Occasionally you may feel tired or drowsy for a few hours if the treatment has been particularly strong.

The benefits of acupuncture frequently include more than just relief from a particular condition. Many people find that it can also lead to increased energy levels, better appetite and sleep as well as enhanced sense of overall well being.

how many treatments will I receive?

This varies between patients. Certainly a course of treatment is required; one-off miracle cures are unusual! Some changes either in yourself generally, or in your condition directly, should be noticed after 4 to 6 treatments.

