

A 2003 study found that approximately 20 million American adults (nearly 1 in 10) had tried acupuncture.

The World Health Org. endorses acupuncture for

• **Ear, Nose & Throat**

Toothaches, pain after tooth extraction, acute or chronic otitis, gingivitis, acute sinusitis, acute rhinitis, nasal catarrh, and acute tonsillitis

• **Respiratory**

Bronchial asthma

• **Gastrointestinal**

Esophageal and cardio spasm, hiccup, acute or chronic gastritis, gastrop-tosis, sour stomach, chronic duodenal ulcers, acute/chronic colitis, acute bacillary dysentery, constipation, diarrhea, and paralyticileus

• **Eye Disorders**

Acute conjunctivitis, central retinitis, nearsight- edness (in children), and uncomplicated cataracts

• **Neurological & Muscular Disorders**

Headaches, migraines, trigeminal neuralgia, facial paralysis (within the first 3-6 months), post-stroke paresis, peripheral neuritis, neurological bladder dysfunction, bed wetting, intercostal neuralgia, cervical syndrome, frozen shoulder, tennis elbow, sciatica, low back pain and osteo-arthritis

• **Other**

Acupuncture has been used for centuries in China to treat knee pain, sprains & strains, and most gynec-

# Acupuncture Fact Sheet

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## Statistics

This information is based on the study designed and conducted by Claire M. Cassidy, Ph.D. Director of research at the Traditional Acupuncture Institute,

### Patient Symptoms

78% said some symptoms disappeared

14% said some symptoms improved

**A total of 91.5% report “disappearance” or “improvement” of symptoms!**

### Most of the Time they...

- 76% feel better
- 64% work better
- 58% have more energy
- 58% am more focused
- 64% have less pain
- 71% miss fewer work days
- 69% get along better with others

### \$\$ Acupuncture Cost \$\$

84% saw their M.D. less

79% reduced their use of prescription drugs

77% were asking for fewer reimbursements from their insurance company.

70% of those who had been recommended surgery before treatment were able to avoid it after treatment

59% saw a therapist less

78% saw a physical therapist less

3 months of acupuncture average 6 visits) = **\$264.40**

3 months of Biomedical costs (average 2.2 visits) = **\$409.09**



Acupuncture Needles

In 2002, 64% of physicians recommended complementary treatments such as acupuncture.

Acupuncture is endorsed by the National Institute of Health (NIH), the US Food and Drug Admin. (FDA), and the World Health Organization (WHO).

## Acupuncture Relationships

In the Claire M. Cassidy study cited above, respondents were asked to say what type of relationship they had with their acupuncture practitioners. In general, relational words were overwhelmingly favored over authoritarian words. The most popular descriptions were: “Friend,” “Guide,” and

“Partner.” The only favored authoritarian term chosen was “doctor,” and only when the practitioner had a doctoral degree (Ph.D. or O.M.D.).

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A 2006 study found that a patient's perception of an acupuncturist's empathy affects the patient's healing.

**For information on how acupuncture can address your needs, contact Shams Deckter at 706.201.5605**



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