

HOT QUESTIONS WITH READY MADE ANSWERS

1. How does acupuncture affect overall health?

-Acupuncture normalizes the structures underneath it. In tight muscles it instantly relaxes tissue which allows oxygenated blood to flow in and flush out inflammation, which increases muscle movement and decreases pain.

2. Can a pregnant mom get acupuncture.

-The research recommends that women not receive acupuncture within the first trimester of pregnancy - but after that it is acceptable.

3. If a patient is suffering with severe pain and only gets relief with drugs, should we still suggest a withdrawal of them?

- Our scope of practice cannot allow me to tell you to discontinue medications. However, people who use acupuncture tend to consume less pain medication once they begin treatment, and work with their doctor to reduce their medications.

4. Why do I have to return when I feel no pain?

- Although you are feeling better, your tissues are more sensitive to inflammation and forces in general because you were in pain for so long. I recommend supportive care to help your nervous system recover and to prevent pain flare-ups.

5. If acupuncture can help, can it also make the problem worse?

-In any treatment, the main goal is to stimulate the immune system through the nervous system. Sometimes we get flare-ups because your system is very sensitive - but these periods are usually short lived while the body adapts to the new treatment and followed by much improvement.

6. Should homeopathy [or any other sub-specialty] be practiced by acupuncturists?

-If it falls under the scope of practice for that State, then they can practice complimentary techniques like homeopathy.

7. At what age can you give acupuncture to children?

- There is no age minimum. Your practitioner will recommend treatment based on the presentation and their clinical experience.

8. What would you do if you found a terminal illness?

-In the past when I come across a red flag I always want to try to confirm or rule out potential causes. For this I refer out for more testing and part of doing this is communicating with your family doctor.

9. How do you know how often to see maintenance care patients?

- It all depends on the individual. People who have had pain for months or years will come in more often (likely every 3-4 weeks) and those with lesser conditions could be anywhere from 6 weeks to 3 months. Supportive care is important because it allows for a reset of your nervous system. This is not that different from bringing your car in for scheduled maintenance. This ensures optimal function and can help recognize problems before they become bigger.

10. Do you have to go for the rest of your life?

-well, that all depends on your health goals. Our bodies are mechanical, electrical, filled with fluids, and structural. Our homes, and cars are also all of these things. Over time, these things break down unless we take care of them. <https://aseseminarsllc.com/product/how-to-double-or-triple-the-number-of-msk-pain-patients-you-see-a-day-and-still-get-outstanding-clinical-results/>

How To Double or Triple The Number of MSK/Pain Patients You See a Day – And Still Get Outstanding Clinical Results – Dr. Anthony Lombardi

11. If I have no pain, why do I need to see an acupuncturist?

-The goal is to promote optimal function and not allow the pain to return. Often the patient continues the activity that caused the problem, i.e. physical labor or sports, so they need treatment to offset that.

-see also: 11, 12

12. Why can't acupuncturists prescribe drugs?

-Our scope of practice does not permit it. However, some acupuncturists can prescribe herbs which can be as potent as drugs in some cases.

13. Does acupuncture have effects on the fetus?

-Acupuncture can affect the entire body because all of our nerves are linked together. How the fetus is stimulated is not fully known but we know it can have an effect. For this we avoid acupuncture in trimester 1.

14. Can acupuncture cure arthritis?

-Arthritis is a normal process of aging and can speed up due to trauma. Acupuncture can help with joint pain and in some cases help regenerate or preserve the cartilage in the joint.

15. Can acupuncture cure a slipped disc?

-It is not uncommon to have a disc injury. In fact, 1/3 of people over 30 have a disc bulge but no low back pain. Acupuncture can help control inflammation and keep muscles functioning at 100%

16. Can acupuncture improve constipation?

-yes. acupuncture can help normalize the digestive and excretory systems.

17. Can acupuncture improve Infertility?

-yes there are some practitioners who specialize in helping patients with infertility issues.

18. Does acupuncture help animals?

- yes it can work very well to help animals with msk injury, but some states/countries insist you have special certifications in addition to owner consent, or that only Veterinarians can treat animals with acupuncture.

19. Why did you choose acupuncture as a profession?

-if i have to answer this for you it's time for a career change.

20. Is the acupuncture profession saturated?

-Stats tell us that at most 10% of the population uses acupuncture. We also know that up to 80% of the population suffers from msk pain. So, there is plenty of room to expand our services to those not using them.

21. Can acupuncture treat all diseases?

-Not all illnesses or conditions can be treated with acupuncture.

22. Is it dangerous to give acupuncture to yourself?

- acupunctureists do this all the time but this should only be performed by trained acupunctureists.

23. Why should an MD refer a patient to you?

-Ideally your answer needs to be: Because I am the best in the community for the assessment and treatment of muscle and joint pain. My goal is to achieve outstanding clinical results for my patient.

24. Can acupuncture help with headaches?

- acupuncture can help decrease the number, intensity, and duration of headaches.

25. If I only have neck pain, why do a full exam?

-it's because neck pain can be due to over-compensations from the mid back and shoulder, so we need to determine where it starts. My physical exam will find what the cause is.

26. Can acupuncture have any effect on fever?

-I am not familiar with any research about acupuncture and fevers. However, acupuncture has empirically been used to reduce fevers. For high fevers you should always consult with a medical doctor.

27. Can acupuncture influence infections?

-I am not familiar with any research about acupuncture and infections.

28. Isn't it possible to hurt someone by putting a needle in their neck or back?

-Understanding the anatomy is an important part of providing acupuncture. We make sure we have carefully selected the point location before inserting.

29. Why does acupuncture take so much time during a visit?

-During a visit I make sure to get a full understanding of your problem by asking questions and doing orthopaedic tests, to make sure we are treating the area that needs to be treated.

30. Why do you use electricity with acupuncture?

- Using electricity helps amplify the pain-relieving effect and helps drive away inflammation.

31. Why don't you use electricity with the needles?

- This depends on the preference and type of acupuncture the practitioner uses, as well as what is being treated.

32. Do you need my MRI report to treat me?

- MRI's are not needed because many things in an MRI are normal findings even if they seem irregular. Disc bulges, muscle tears and arthritis are typically a normal process of aging. If there is a problem on MRI it can almost always be revealed in the history or assessment we do. ie. cartilage tear or other significant injury.

33. Why don't you take insurance?

- Insurance increases my costs for additional staffing, and often they only pay a low percentage - well below my normal fee/rate.

-Superbill: We can provide a superbill for the patient to submit to their insurance company as a courtesy service.

34. Can I get a disease like HIV/AIDS from the needle>

- all needles are one time use, and then disposed in a sharps container.

35. Can the needle break?

- It is possible but not likely. The evolution of the materials makes the needle much more flexible and stronger today. Also, my needling skills are gentle.

36. What happens if you forget a needle and i go home with it? Do I have to call 911?

- sometimes this can happen if a needle comes out and gets caught in long hair, or gets caught in a waistband. If you discover a needle just drop it in an empty plastic bottle and bring it in next time.

37. Are you saying there is no need for medical doctors or medicine?

- Not at all. However, acupuncture can treat muscle and joint conditions with greater specificity than general oral pain relievers.

-Every practitioner has their place and a need in the health system. The use of acupuncture for muscle and joint pain can work independently or with co-treatment from other practitioners.

38. If acupuncture really works, why aren't medical doctors using it?

-Sometimes other practitioners do not have the time or opportunity to learn acupuncture. Many times it's easier to refer out to one.

39. It sounds like acupuncturists are some type of nerve specialist. Why don't they work with neurologists?

-well we do work with neurologists if our patient is seeing one or we make recommendations for the patient to see a neurologist, if we determine it's needed during our assessment. Neurologists often refer patients to acupuncturists too.

40. When a person sees an acupuncturist, do they ever need to see another doctor?

- Each doctor in the health system plays an integral role in helping respective conditions.

41. My medical doctor says that acupuncturists are voodoo medicine.

-well that's not nice! I can tell you that this acupuncturist is not a voodoo practitioner. We select the treatment locations based on our assessment.

42. Is acupuncture the same as dry needling?

- the premise is the same. The use of thin filliform needles being inserted into the skin and at times into the muscle. Acupuncture is more systematic and can be used to neuromodulate a variety of conditions while dry needling is more symptom based for muscle and joint problems.

43. At what age should a person start seeing an acupuncturist?

- There are no age minimums. My youngest patient is [blank] years old.

44. My medical doctor says that you can hurt children with acupuncture care, is that true?

-well it's not true. I don't know why your medical doctor would say that. In fact if we are keeping score, medication side effects have harmed exponentially more people than acupuncture ever has. Acupuncture is a safe treatment option - that's why my malpractice insurance is much less than an MD's.

45. Why do medical doctor's put down alternative care?

- that's a great question. No professional should put down any other professional. Alternative care is safe and in many instances more effective than any conventional treatments. That's a question your MD should answer for you.

46. Anxiety and emotion can cause disorders and disease. Does acupuncture have value in this field?

-acupuncture can neuromodulate the autonomic nervous system. This means it can normalize those emotions or conditions and it works best when co-treated with a mental health professional.

47. The endocrine system (endocrine glands) produces hormones that circulate in the blood. How can acupuncture care have any effect on systems such as this?

Acupuncture has a direct effect on the brain where these hormones are born. Proper application can make tremendous changes to the endocrine system.

48. How can you tell where Qi is if you can't see it?

- Our bodies are made of energy. Each cell has a certain amount of energy. Diseased cells have less and healthy cells have more. Acupuncture normalizes the body's energy to help restore normal function. This energy or functioning of the body, can be referred to as Qi.

49. Is there any scientific proof that Qi exist?

- There are no studies that I am aware of - but there are studies which show that an acupuncture needle can boost the energetic field of an injured cell. Again, there have been many translations of Qi including blood flow and oxygen. Both of these are vital to the functioning and healing of our body.

50. If I keep myself physically fit, can I expect to need less treatment?

- I believe so. exercise, stretching, proper diet, enough sleep and stress management will keep you away from the doctor longer.

51. This Qi sounds spiritual. Is acupuncture a religion?

- acupuncture is not a religion but total health does involve a combination of body, mind, and spirit.

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52. What role does nutrition, exercise and rest play in health and wellness?

- They play a huge role in tissue growth and injury repair.

53. Why does acupuncture need a philosophy?

- Every organization or process needs a plan to be consistently successful. Each practitioner has their own to adapt to the needs of their patients.

54. If the environment is so polluted and the food we eat so contaminated, can we ever hope to be healthy?

-Thankfully we have the freedom of choice to choose where and how to live. Also we can make the choices of what we eat. The downside is that money can limit what we eat and how healthy are able to become.

55. What do acupuncturists think about vaccinations?

-answer based on your beliefs and scope of practice.

56. What type of birth control does an acupuncturist recommend?

- I am not properly trained to counsel patients on that, so I defer to another health professional.

57. What can acupuncture do for a spastic leg muscle?

- for a muscle spasm, acupuncture can regulate muscle physiology by instantly reducing muscle tightness and improving circulation of oxygenated blood to the area.

58. Can Acupuncture straighten a scoliosis?

-acupuncture can help with many conditions. For those conditions that involve scoliosis- acupuncture works best when co-treated with another health professional such as a chiropractor or an orthopedic surgeon. Acupuncture can help the symptoms of scoliosis and improve muscle function.

59. I am three months pregnant; could acupuncture harm my baby?

- The research is not clear, but the conservative consensus is that it could have an undesirable impact within the first trimester.

60. If I get into a whiplash accident, could acupuncture help?

-acupuncture can help muscles function better after being injured during the accident. This helps with your ability to move which decreases inflammation and pain. It is important to start treatment as soon

as possible after the injury.

61. I have heard that too many acupuncture treatments can make you addicted. Is that true?

- That is untrue. There is no evidence whatsoever of that.

62. Can someone get acupuncture with a fused vertebrae?

- Yes, vertebral fusions do not limit the use of acupuncture or electroacupuncture.

63. Why are there so many acupuncture techniques?

- Well there are many different types of problem presentations. With that we sometimes need to use a variety of approaches to find a solution.

-The history of acupuncture is long and with that, many systems and styles have been developed. I use the techniques I have found to be most effective.

64. Can acupuncturists treat an extremity or joint?

- without a doubt: Yes! Acupuncture can help neuromodulate all muscle and joint pain conditions.

65. Why do I have to wear a gown?

- wearing a gown allows us to see the entire back and spine, the skin and any inconsistencies that may be present. Sometimes discovering even a skin discoloration can be a sign of an inflammatory condition like arthritis.

66. Why don't I have to wear a gown?

- When the complaint is an extremity like a knee, ankle or wrist - then the practitioner may omit the wearing of a gown.

67. If I get a gallbladder attack, should I get acupuncture?

- with any organic problem that may be something serious ie. Heart attack or potentially - we should seek emergency attention first. Then - possibly acupuncture can help with the correction once the emergency is ruled out.

68. Why don't acupuncturists work in hospitals?

- That is not entirely true. In Asia and some parts of North America - acupuncturists are on staff especially in privately funded hospitals.

69. Who invented acupuncture?

- It is not clear, but the history is long and spanned thousands of years. The first written documentation of acupuncture dates to circa 187 b.c. Since then the technique has been refined and adapted to modern times.

70. How can I tell if an acupuncturist is good?

- that's a great question. Many have different interpretations of what is good. It's best to ask around and do your research so you can learn who is the best acupuncturist for you. It may also be best to find someone who has additional training that specializes in your condition.

71. What happens to the nervous system innervating an organ after it is surgically removed, such as with a mastectomy?

-the sensory nerves are damaged which typically results in numbness.

72. My cousin had his arm amputated. He still feels it as though it's there. What happened to the nerve system in this case?

-this is called phantom pain. Even when a limb is physically disconnected from the body there remains a part of the brain responsible for feeling and moving it. This is why people can still "feel and move" their arm even after amputation.

73. If chiropractors practice acupuncture, does that make them bad at it?

- Well no. Many different practitioners practice acupuncture and are permitted to do so. It's unprofessional to make that judgement. It's best to work hard to make sure that you are the very best you can be.

74. Can acupuncture improve joint degeneration?

- acupuncture and electroacupuncture can help improve blood flow to arthritic joints and in some cases help regenerate cartilage.

75. Do acupuncturists have to take X-rays?

- no they do not. If they feel their patient needs further testing they will refer them out.

76. Can I get hepatitis from acupuncture?

- Today in North America - no. But there was a time where the needles were reused and disinfected using an autoclave. That still may take place in other countries. So please ask if you ever receive acupuncture away from home.

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77. Is it ok to do acupuncture through clothes? Why is it bad?

- no, it is not okay. The needle could drive bacteria into the skin causing infection. Also we don't know what is under the clothes ie an open sore etc.

78. Can you treat newborns? Why would you?

- I do not have any experience treating newborns with acupuncture but some pediatric specialists in acupuncture may do so for certain conditions.

79. What is the difference between health and symptoms?

- Health could be seen as the absence of symptoms. However, symptoms are the way doctors are able to recognize what may be ailing our patient.

80. If acupuncture is so great, how come they only treat 10% of the population?

- Great question. I believe in North America people are more exposed to traditional medicine such as on TV and in media, but if they were exposed to more acupuncture promotions they would be more apt to try it.

81. Why do I have to come twice per week?

- Initially we need to stimulate the nervous system to change the soft tissue repair process and reduce inflammation. Without visits in close proximity we are unable to help the patient effectively.

82. How has acupuncture influenced your life?

- answer how based on your experience.

- answer it how you wish.

83. Can acupuncture help after surgery?

- yes, acupuncture is used to stimulate tissue repair and activate muscles that have been inhibited, for example, following a joint replacement surgery.

84. Why do some acupuncturists use cupping?

Some doctors use cupping to help stimulate blood flow and aid in tissue repair. Others do not use this technique based on their practice model.

85. How come some acupuncturists burn incense?

You may be referring to moxibustion which is the lighting of an herb to produce heat and stimulate acupuncture points. Also, some practitioners use incense to light the moxibustion. The heat improved blood flow and helps neuromodulate the nervous system.

86. Why does the acupuncturist treat my neck when my wrist hurts?

- the nerve in your wrist originates in your neck. So addressing the problem from the nerve root can be part of the solution based on your assessment.

87. Why do you treat my ankle to help my neck?

-Acupuncture works on the nervous system, and there are neural pathways in the brain and extremities that include these types of connections.

88. If an ailment is "all in someone's head," can acupuncture do anything for it?

— Often times patients are told this when others have not been able to help. If a condition does involve the mind, emotions, or psychology, acupuncture can be an effective co-treatment with another health professional.

89. My physical therapist does dry needling and said I should try it.

-While dry needling can be helpful, it is more symptom specific. My toolbox is deep and acupuncture can treat the causes of your pain, including neuromodulation and tissue repair.

90. My [PT or other practitioner] said I don't need acupuncture while I am treating with them.

-I have treated this problem many times with success when the patient completes the course of care.

-The PT does not specialize in acupuncture. After you complete acupuncture treatment, the PT may be able to provide some exercises to prevent the condition from returning.

-Too many treatments can cloud what is being helpful. Also, over treatment is a concern, so I recommend you stick with my plan of care first and see if you even need PT.

91. I had great results with dry needling I got from my PT. Do you offer dry needling?

-Yes, I offer many types of acupuncture that are very effective to [your condition]. After I complete an exam, I will tell you my treatment plan to get you pain free and back to [enter activity] gardening again.

92. My friend came to you and had 2 acupuncture visits and was cured. Why do I need so many?

-Every condition and person are different and respond at different rates. There is no one size fits all or point prescription. In rare cases, there is rapid improvement or resolution of pain. My goal is to get you better as quickly as possible.

93. Why does it take so many treatments?

-Your problem has existed for [x number of years]. It is well known that the longer a problem existed the more treatments it will take.

94. If I come in once per week, will I still get benefit?

-No, the problem will continue to return. In the beginning of treatment, it is important to come in more often so we can make the changes needed in the [body, tissues, etc.]. Otherwise, it's one step forward, one step back and we will not get ahead of it.

-Later in the treatment plan when you start to improve, the recommendations will include reducing the frequency of treatment.

95. When will I start to feel better?

-I expect you to notice an improvement (decrease in pain) quickly, but it depends on your history and exam. I do re-evaluations to check in and see where we are at, and where I expect you to be going forward, so you never guess what's going on.

96. My last acupuncturist used these points. Can you do these?

-The areas I treat are based on my examination and what I find. I can't use points based on what someone else did since I do not know how they practiced or why they chose the points.

-My approach is very effective and based on my clinical findings.

97. My doctor said my disc bulge is causing my pain. Why aren't you needling my disc/back?

-Acupuncture is not just going to the area of pain. In fact, there are many causes of pain and your body has to be functioning properly to not put strain on your back. I have to treat these other causes of your back pain to treat the root of your problem.

-Can also reference above question & answer about MRI findings

98. My last acupuncturist worked on my Chakras. I want my Chakras balanced. (This can be any patient who insists on getting a specific type of acupuncture)

-I do not offer that in my clinic. I can refer you to someone in the area who may be able to offer this to you.

99. I'm afraid of needles.

-I have other techniques I can use, but it will take longer to get results. You will have to come in more frequently for longer too.

-Acupuncture is not for everyone, but most people try it and have no problem. We can always start slow and try one point, and then I can use other treatments. We can add more points as you come in.

