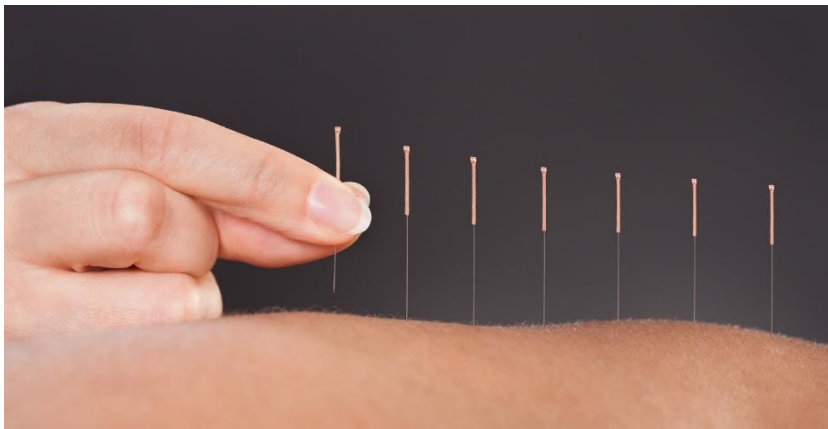


Patient Resources

Acupuncture

Acupuncture is one of many practices used in traditional Chinese medicine. Practitioners of acupuncture insert thin needles through the skin to stimulate specific points on the body.



Who is it for?

Acupuncture may be most beneficial for individuals with chronic pain, such as back and neck pain, osteoarthritis/knee pain, and headaches. *It is important that individuals with arthritis discuss their interest in receiving acupuncture with their rheumatologist to ensure that it is a safe option.*

Does it work?

The National Center for Complementary and Integrative Health (NCCIH) has conducted extensive research on acupuncture, although researchers are just now beginning to discover the effects of acupuncture on the brain and body. Some of the benefits of acupuncture may be directly associated with the individual's expectation and belief of the effectiveness of acupuncture, rather than the needling of acupuncture.

Before you make your appointment...

- Discuss your thoughts of receiving acupuncture with your rheumatologist to ensure that acupuncture is a safe option for you.
- Ask about the training, experience, and credentials of the acupuncturist you are considering. Most states require a license, certification, or registration to practice acupuncture. Although a license will not ensure quality of care, it does indicate the practitioner is held to a set of standards regarding the knowledge and use of acupuncture.
- Ask about the number of sessions that may be needed, the cost of each session, and insurance coverage.
- Inform your acupuncturist of your needs and physical condition.