

# TO THE POINT



Newsletter of the

**ACUPUNCTURE MEDICAL & RESEARCH CENTRE**

1600 West 38th St. Suite 402 Austin, TX 78731 Telephone: 512 371-1121

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## Dee Ann steps down as President, still on Board of Directors

Dee Ann just finished her two year term as Texas Acupuncture Association [TAA] President [1996-98] and she was reelected by the TAA general membership to serve two more years on the TAA Board of Directors. Previously, Dee Ann served on the Board of Directors as TAA English Secretary from 1994-96. Being active with this association has given Dee Ann the opportunity to increase the exposure of acupuncture to the media and the decision makers within the state and federal government. This next year, being a legislative year, several issues are being spearheaded by the Texas Acupuncture Association. One we feel very strongly about is equal parity. If a policy pays for a medical doctor to do acupuncture, then the same policy must pay for an acupuncturist to perform acupuncture. Not all policies offer acupuncture coverage, nor equal parity, and not all health professionals allowed to perform acupuncture have training. [See **Consumer Beware** on page 2 for more information.] Although we are getting more insurances to cover acupuncture therapy, we still have some way to go. Some of the companies that we know of that do cover acupuncture are: Worker's Compensation insurance policies, the City of Austin . . . Erisa insurance, Prudential, United Health Care, Guardian, Unicare, MetraHealth and Fireman's Fund. Your agent



## Dee Ann seeks State Board Appointment by Governor

Dee Ann has tossed her hat into the ring to serve on the Texas State Board of Acupuncture Examiners. If you would like to support her in this endeavor, write the appointments office at the Governor's office.

Attention: Appointments Staff  
Office of Governor George W. Bush  
P.O. Box 12428  
Austin, TX 78711

Telephone (512) 463-1828 or Fax (512) 475-2576

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**Thanks for your support and help with this matter.**

## Weight Loss, Quit Smoking Clinic Only \$25!!

Every Wednesday from 6-8 PM we are offering \$25 auricular acupuncture for weight loss or quit smoking. The auricular acupuncture points help curb your appetite, slow your salivary glands from producing saliva and anesthetize your stomach so you don't feel hungry. For quit smoking, acupuncture helps your lungs, kidneys, and liver function better so that your withdrawal from nicotine is minimal, possibly nonexistent. And of course, with both concerns we add stress reduction points so you are more relaxed. This program starts December 2, 1998, and will continue every Wednesday. No appointments are necessary; just show up. The \$25 rate is already discounted so no membership or other discounts apply.

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## TREATING TMJ / Lock jaw WITH ACUPUNCTURE

----**Case #94-2013** A female customer came in for TMJ, or lock jaw, having had it constantly for eight years. At the time of her first treatment, the pain was the worst it had ever been. Cold compresses made it feel better, but pressure made the pain worse. The client had also had a cervical fusion and orthoscopic surgery the same year the pain started. She was utilizing Anaprox, an anti-inflammatory pharmaceutical drug, to help with the TMJ. The pain was on both sides of the jaw. By the third treatment of acupuncture the client noted a 65 % improvement with the pain. By the fifth treatment little-to-no jaw pain was noted. I taught the client to use intradermal needles for home care. She has been back a couple of times for treatment over a 36 month time frame when the jaw has flared up. With these repeat visits, only one treatment each time was necessary to return to a low or zero pain level. Except for these two flare-ups, she has been able to control her TMJ pain completely with the intradermal home care therapy.

**Case #92-1428** A twenty-seven year old female was complaining of TMJ pain since the age of 15, and had been using Naprosyn, Valium, Tylenol, and Ibuprofen as needed. By the eighth treatment of acupuncture the client noted much improvement. She was then in a car accident where her jaw hit the car door window. Trauma created re-injury to the jaw. With two more treatments the client had recovered from pain completely. No reoccurrence was noted.

### Stressed out?

During the holidays, people are so busy with preparations for family visits, presents and vacations, it's hard to find the time to take care of the most important priority....you! Acupuncture is an effective way to relieve stress.

**Dee Ann will not be taking appointments on these days:**

**December: 4, 10, 17, 24, 25, 31**

**January: 1, 7, 14, 21, 28**

**February: 4, 11, 18, 25**

**March: 5, 11, 18, 26**

## AMRC Staff Changes

Please help us welcome our newest addition to the Acupuncture Medical and Research Centre's staff.....**Jeri McLarty**.....who began employment with us on November 20, 1998. Jeri is a student at the University of Texas, majoring in psychology. We are very happy to have her with us!

Suzanne Morris, also a UT student, has worked with us the entire Fall '98 semester. She will be graduating from UT in December. She is leaving us to seek a full-time position with a Veterinarian. She will be attending veterinary school in College Station in September 1999. Suzanne is a valuable asset to us and we will miss her very much.

Working behind the scenes is Amy Chamrad. Amy is a student currently at ACC. She helps out with projects that she can do at home and hopes to work more hours in the office in the near future.

### Gift Certificates Available

Give the ones you love the gift of health. We offer gift certificates for quit smoking, health-related treatments, and nonsurgical facelifts. We can customize your gift in any dollar amount you wish. Just be sure to call ahead and specify that you want to purchase a gift. Give us the recipient's name, and we will prepare a customized certificate especially for that person.

### Membership Program Expanded!!

We have expanded our membership program to include 20% off all supplies and materials. This includes Chinese herbs, magnet wraps, needle kits, cupping sets and ear candles. A membership is a fantastic way to save your entire family money. Stop by today and get enrolled! This program is especially useful for those who do not have insurance or whose insurance is still in the dark ages and won't cover acupuncture.

### Consumer Beware!

Some medical insurance policies discriminate as to who is allowed to provide acupuncture. Some companies cover Texas State licensed medical doctors to perform acupuncture and oriental medicine [with or without training in acupuncture], but do not cover the same services done by professionally trained Texas State licensed acupuncturists . Go figure!

## Medical Examiners Recognize Complementary Medicines

At the August Texas State Board of Medical Examiners general meeting, an Ad-hoc committee met to help address the use of complementary and integrative medicine. In the past, if medical doctors strayed from orthodox Western medicine they were ostracized and sometimes even prosecuted through the law for doing nontraditional therapies. The ad-hoc committee helped set up guidelines so that medical doctors can merge into their practices medical procedures that are not traditional Western therapies. Guidelines were created for note-taking and documentation of providing nontraditional Western medicine to clients/patients. However, the committee set up no guidelines as to the required or necessary education in order to practice these therapies . . . which includes acupuncture and herbal medicine. How is that looking out for public safety? ....The primary purpose of the State Board of Medical Examiners is to protect the public. However, I'm not too certain that is what's happening. I find it very frustrating that I studied for four years and must take continuing educational units in acupuncture and Oriental medicine when a medical doctor is not expected to take any training in this therapy and can practice it anyway. Something's wrong with that picture.

## Financial Woes

We know how costly health care can become especially when you do not have insurance, or when your insurance simply won't cover acupuncture or oriental medical treatment. Here at the Acupuncture Medical and Research Centre we recognize the importance of making health care available to everyone, regardless of their financial status. Just stop by and talk with the Office Manager, Laine Leigh Downing, about our account program. We are happy to work with you individually so you can have the care you want and deserve.

## Hiring of Staff

We are looking for part-time staff to help out with special projects, such as this newsletter. If you know of someone looking for part-time work, please have them send their resume to us. They can fax it to 371-1181. They can E-mail us at AMRCAustin@AOL.com. Or better yet, have them stop by our offices to fill out an application.

Thanks..... Laine Leigh Downing, Office Manager.

## ICE MAN DOES ACUPUNCTURE

VIENNA - Tattoos found on a prehistoric Alpine mummy are evidence that Europeans practiced acupuncture some 2,000 years before the Chinese, scientists said in Vienna. The tattoos on the Tyrolean Neolithic man were not intended to impress the opposite sex, but may have formed an ancient acupuncture chart used long before the therapy was developed in the Far East, they said. "It looks like an early form of acupuncture originated in central Europe," said Frank Bahr, president of the German Academy for Acupuncture, who was in Vienna to present the results of a study into the tattoos. The 5,200-year-old corpse discovered in a glacier in the Alpine Oetz valley between Austria and Italy in 1991 showed 15 groups of simple tattoos on the back and legs which tallied with those used in modern acupuncture. "I was amazed, 80 percent of the points correspond to those used in acupuncture today," Bahr told a news conference. Ancient Chinese acupuncture is thought to have originated in about 1,000 BC and scientists said the iceman's therapeutic tattoos were applied in 3,200 BC. "It is the oldest evidence we have of an early form of acupuncture," Bahr said.

*Article from unknown source, received from Randy Mack, RMT & Rolfer*

## SURVEY RESULTS

Many of you were mailed a survey to be filled out for some research I'm doing. The results from those who responded to the allergy survey are as follows:

Of the 37 that responded:

- 3 100% relief from allergies
- 6 90%
- 7 80%
- 3 70%
- 5 60%
- 5 50%
- 3 30%
- 2 no change
- 3 noted improvement but no percentage was given.

Further questions? Contact me by---

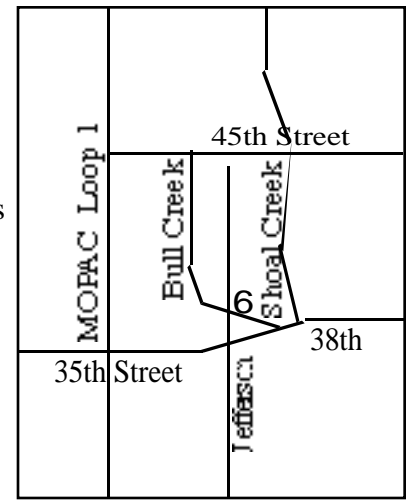
**Fax:** (512) 371-1181; **Telephone:** (512) 371-1121.

**Email:** AMRCAustin@aol.com

# Ask Dee Ann!

**Q:** Does acupuncture hurt?

**A:** Not with Dee Ann. Dee Ann does her best to be sure you do not feel discomfort with the acupuncture needles. She is trained in a pain-free style of insertion and uses the two smallest needles that are on the market [a 38 and 40 gauge needle size]. A hypodermic needle is typically an 18 or 23 gauge needle. The higher the number of the gauge, the smaller the diameter of the needle. A 40 gauge is so small that it is known to surgeons as a surgical wire, being smaller than a human hair. In using the smallest needles on the market, patient discomfort is extremely rare. Actually, most clients fall asleep during the treatments due to the relaxing nature of acupuncture.

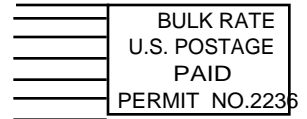


*X= The Jefferson Bldg.  
1600 West 38th St. # 402*

**Q:** Do I have to believe in acupuncture for it to help?

**A:** No. Just like with Western medicine you do not have to believe in it to have it help. And just like with Western medicine, acupuncture does not work on every single condition or disease every time. The percentage of improvement can vary. Some of my best clients are those who don't believe in acupuncture and are not expecting miracles. That way if they see changes they are really surprised. Clients usually experience a 5-20% improvement with each treatment. Occasionally a client will get dramatic results within one to three treatments. Successful acupuncture therapy typically takes a series of treatments before dramatic changes are noted. A series being ten treatments.

Acupuncture Medical & Research Centre  
1600 West 38th Street, Suite #402  
Austin, TX 78731-6407



McM 5/11