

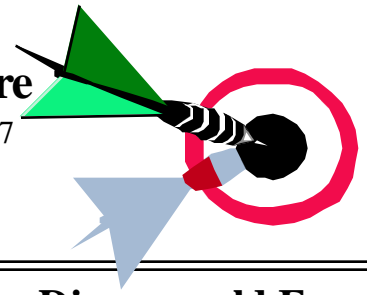
To The Point.....Newsletter of the Acupuncture Medical and Research Centre

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Acupuncture Approved in Some Cases

Washington--Government panel issues statement from the National Institutes of Health.

A consensus panel convened by the National Institutes of Health (NIH) concluded there is clear evidence that needle acupuncture treatment is effective for postoperative and chemotherapy nausea and vomiting, nausea of pregnancy, and postoperative dental pain.

The 12-member panel also concluded, in their consensus statement, that there are a number of other pain-related conditions for which acupuncture may be effective as an adjunct therapy, an acceptable alternative, or as part of a comprehensive treatment program, but for which there is less convincing scientific data. These conditions include, but are not limited to, addiction, stroke rehabilitation, headache, menstrual cramps, tennis elbow, fibromyalgia (general muscle pain), low back pain, carpal tunnel syndrome, and asthma.

"We need more high quality research to validate what appears to be useful for the millions of Americans that have used acupuncture in this country," said panel chairman David J. Ramsay, D.M., D. Phil., president of the University of Maryland, Baltimore.

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Treating Broken Bones with Acupuncture

Acupuncture can be very effective with the treatment of broken bones, whether it is a clean even break or a spiral fracture. Acupuncture stimulates blood and lymph fluid circulation within the muscle tissue to help reduce swelling and pain. The use of electricity along with acupuncture helps to increase the actual blood flow within the bone structure to enhance bone growth. So the next time you or someone you know breaks a bone....think Acupuncture. Dee Ann would be glad to help in any way she can.

Acupuncture Makes Disneyworld Fun

By Sarah Sanders

Since I was a child, I've suffered severe motion sickness from amusement park rides. When I dared to ride a rollercoaster, not only did I feel horrible afterwards, but I physically re-lived the experience each time I would lay down. Naturally, I developed a habit of avoiding high-motion rides at amusement parks. However, the motion sickness was so prevalent that I even got sick shopping for glider rockers five years ago while I was pregnant. With a family trip to Disneyworld on the horizon, I thought to ask Dee Ann to treat me for motion sickness before I left. Dee Ann also put in miniature needles and instructed me to change them every other day. Even though acupuncture has helped me with so many things (from asthma, allergies, and back pain to having a pregnancy with virtually no morning sickness), I must admit, I was still skeptical.

My skepticism did not last long. I rode every high-motion ride I had the nerve for and over the course of 5 days, had only 3 very minor episodes of queasiness (which abated after a small snack and a few moments of rest on a nearby bench). I was so thrilled with the results, my family invested in season passes for Fiesta Texas this summer. Thanks Dee Ann. You've made my life a bit more thrilling!

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Curious about Insurance Coverage?

It would be wonderful if all insurance policies treated acupuncture like any other covered benefit. Nation wide, Acupuncturists are fighting to gain coverage of oriental medicine within ALL insurance policies. There are some policies that will cover acupuncture. Below is a list of insurance companies that we know WILL cover your acupuncture charges.

- AustinHealth Network (City of Austin Medical Plan)
- American Specialty Health Networks
- United Health Care (20% Discount)
- Workers' Compensation
- Guardian (\$25.00 per visit)
- Fireman's Fund
- Aetna
- Aetna Natural Alternatives (\$30 per visit)
- Private programs/policies are the responsibility of the insured to file with their personal insurance company.
- Most policies require meeting your annual deductible and will only pay for a percentage of the treatment (i.e. 90%, 70%, cap. of \$25.00/treatment or \$1000.00 for treatments/year).

If your insurance company is not listed, there are things you can do to find out if you are covered for acupuncture or not. First, call your provider and ask them if acupuncture is covered on your policy. It is important to find out if you will need....1.) Preauthorization 2.) A doctor's referral. Other important questions to ask are, "How many treatments are covered? What percentage will be paid?" In order for the Acupuncture Medical and Research Centre to bill your insurance company on your behalf, we typically need an authorization or referral number. It is also helpful to have a doctor's referral, although it is not always required.

There are some insurance companies that will pay for acupuncture if administered by a physician. Did you know that physicians typically do NOT have specialized training in acupuncture? Luckily, on January 1, 2000, Texas House Bill 2049 went into effect and states, insurance companies that reimburse for acupuncture must pay whether services are provided by a medical doctor or a licensed acupuncturist. Since no training or education requirements for medical doctors to practice acupuncture exist, it makes sense to see the highest qualified, extensively trained licensed acupuncturist. Check your insurance policy today.

Federal Acupuncture Coverage Act

-In 1996 Representative Hinchey (D, NY) introduced the Federal Acupuncture Coverage Act (HR 3292) to provide for coverage of qualified acupuncture services under Medicare and the Federal Employees Health Program. Although the bill failed, Rep. Hinchey did not give up. He has reintroduced the bill, now HR 1038 and needs your support. If this bill were passed by Congress it would have a major impact on the profession. Not only would it provide access to acupuncture services for millions of people within Medicare and the Federal Employees Health Program, but it would be another strong indicator of acceptance of acupuncture by the US government. This would be a major step forward in mainstreaming acupuncture and would provide additional pressure on third party payors, hospitals, clinics, etc. to incorporate acupuncture in their programs. This bill needs your help. Write your congressional representative today and ask him or her to vote YES on HR 1038.

State Board of Acupuncture Examiners: Update

Dee Ann started serving on the State Board of Acupuncture Examiners past last May. Since then she has attended four full meetings. Presently she is reviewing the current rules and regulations that the Board utilizes to maintain business.

**Acupuncture treats over 200
health concerns.**

Some of Dee Ann's specialties are:

Headaches and Migraines
Infertility
Sports Injuries
Allergies
Neck and Back Pain

Acupuncture Ok'd....Continued from Pg. 1

Acupuncture is a family of procedures, the most well known of which involves penetration of specific anatomic locations on the skin, called acupuncture points, by thin, solid, metallic needles. It is one of the oldest and most commonly used forms of traditional medicine in the world--dating back for at least 5300 years. The general theory of acupuncture is based on the premise that there are patterns of energy throughout the body that are essential for optimal health.

To enhance the acceptance of acupuncture in the U.S., the panel emphasized the need for improved understanding of perspectives between acupuncture practitioners and today's conventional health care community. The panel commended the ongoing increase in improved training and called for more uniform licensing, certification, and accreditation of acupuncturists among states, which would help the public identify qualified acupuncture practitioners and build more assurance in quality of service. Thirty-four states license or otherwise regulate the practice of acupuncture by nonphysicians, and have established training standards for certification to practice acupuncture.

The panel issued their consensus statement following an extensive review of the existing medical literature and a series of presentations by acupuncture research experts at a 3-day NIH Consensus Development Conference on Acupuncture. The full NIH Consensus Statement on Acupuncture is available by calling 1-888-NIH-CONSENSUS (1-888-644-2667) or by visiting the NIH Consensus Development Program Web site at <http://consensus.nih.gov>.

The National Institutes of Health Consensus Development Program was established in 1977 and is the premier health technology assessment and transfer program in American medicine.

This conference was sponsored by the NIH Office of Medical Applications of Research and the NIH Office of Alternative Medicine. The conference was cosponsored by the National Cancer Institute, the National Heart, Lung, and Blood Institute, the National Institute of Allergy and Infectious Diseases, the National Institute of Arthritis and Musculoskeletal and Skin Diseases, the National Institute of Dental Research, the National Institute on Drug Abuse, and the NIH Office of Research on Women's Health.

This article can be accessed directly at:

<http://www.healthscout.com/cgi-bin/WebObjects/Af?ap=52&id=47950>

AMRC Membership

Did you know that AMRC offers a lifetime membership to help reduce the cost of treatments and supplies? For \$60 you can purchase a Family Membership. This will entitle you and your immediate family to save 20% off your treatments and supplies. It also qualifies you to purchase our prepaid package of ten (10) treatments for \$40 each. Weight Loss, Quit Smoking and Non-Surgical Facelifts are excluded from discounts.

Lose Weight and Quit Smoking

Now that the stress of Y2K has passed and a new age has begun, why not give yourself the gift of health? At the Acupuncture Medical and Research Centre, we offer a clinic every Monday and Wednesday from 6pm-7pm. For \$25, Dee Ann will give you Auricular Acupuncture to help you give up tobacco or to shed some extra pounds. Auricular Acupuncture consists of tiny little needles called intradermals being placed in the ear. The treatment lasts for 5 to 7 days and is 90% effective. There is no appointment necessary for the clinic, so stop by the office on Monday or Wednesday evening between 6pm and 7pm to get ear points. We will see you there!

Thank You from Dee Ann

The sudden passing of my father, Duane Newbold, on February 2, 2000 was a difficult time for my family and me. I sincerely appreciate all of you for offering your sympathies in considerate words, warm hugs, empathetic cards and gorgeous flowers. Your support was so thoughtful and kindhearted. My father was involved in many clubs and served on numerous boards. He also was serious about nature conservancy and planted hundreds of trees on his land in Minden, Nebraska to ensure that birds, squirrels and other wildlife would have shelter and food. I am grateful to have had him as a father and teacher. I will be donating money, in his name, to the Wildflower Center here in Austin and I will also be planting a special tree in my yard to honor his memory. Again, thank you all for the loving and generous support extended to me during this difficult time.

**The human spirit is stronger than anything that can happen to it. George C. Scott*

Ask Dee Ann:

Q: What is a nonsurgical facelift and does it really work?

A: The nonsurgical facelift is exactly what it sounds like. It is a procedure that uses acupuncture needles and herbal masks, instead of surgery, to diminish wrinkles and fine lines. It works by increasing circulation in the face and neck which helps to tighten the skin and reduce puffiness and soften wrinkles. I send a facial mask home with you to be used within 24 hours of your treatment. Yes, they really do work. 90-92% of the population will respond to acupuncture in general.

Q: How many facelift treatments will I need and how much do they cost?

A: I usually recommends a series of ten (10) to twenty (20) treatments depending on the condition of your skin. Some people may need more, it depends on your life-style. Do you have sun damage, smoke, drink alcohol, or over/under weight? After a consultation with you, I will be able to better tell how many treatments you will need. Also, you will need to commit to coming in at least once, preferably twice, a week for the series of treatments to see consistent results. This isn't something you can come to once every other week and be able to see a significant improvement. The effect is accumulative so consistency and frequency make a difference. The cost for the face lift is \$75.00 per visit and includes a mask. Membership discounts do not apply for nonsurgical facelifts.



Non-Surgical Facelift Coupon

Present this coupon for \$20 off your first Non-Surgical Facelift Treatment.

Not Valid with any other offer.

Expires July 1, 2000.

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