

To The Point

The Acupuncture Medical and Research Centre News

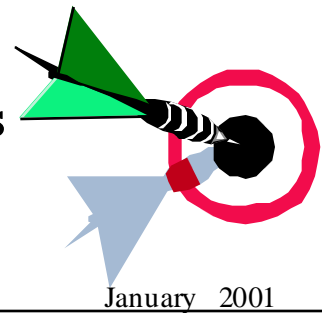
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Renovation Creates New Treatment Room, Herbal Pharmacy By Laine Downing,

If you've been to the office in the past two months, you may have noticed a few new doors and walls. We recently did some renovations this past fall in order to create an extra treatment room, a much needed storage room, and a new office for Laine, the Office Manager. We are utilizing the extra treatment room for clients who need assistance right away [for example, a client with a migraine]. When you are having a rough time, for whatever reason, we can more than likely get you in for an acupuncture treatment on the same day, even if our schedule is booked. We are also taking walk-in clients. Scheduling in advance is always recommended so that your wait time is minimal. In addition, we have expanded our herbal pharmacy so that we will have more popular herbs and supplements available. We are also carrying a new line of vitamins and supplements, including a superior capsule of Aloe Vera, which can be difficult to find. Stop by and see how the new renovations look and be sure to stock up on all of your herbal needs while you are here.

Prevention & Maintenance By D.A. Newbold, L.Ac.

With Acupuncture and Oriental Medicine many people are opting to prevent future illness and maintain their good health. For example, several of my clients that have been treated with acupuncture for allergies in the past, are coming in for prevention treatments prior to their "bad" season. Clients headed for surgery are utilizing acupuncture to diminish pain, circumvent bleeding difficulties, and speed recovery time. They are also using it after surgery for swelling, and pain control. The best occasion to receive treatment depends on what is being addressed. For allergies, the best time to come in is approximately 3-4 weeks prior to the onset of the season that bothers you. Two to three prevention treatments are given, then you need not come back until next year unless symptoms begin to appear. Many of our clients tell us how glad they are to have had "prevention" acupuncture before the latest cedar season hit. With surgery, one to two treatments prior to the surgery and one or two treatments after are recommended (depending on the severity and length of time in surgery).

Case Studies By D. A. Newbold, L.Ac.

Back Pain Case Study #179500

This client came to my office complaining of sciatic nerve pain, which she had been living with for over 15 years. Aggravated by her profession, the back pain was constant and, at times, so severe it would cause her to stay home in bed until the muscles relaxed enough for her to be upright and able to walk again. Within eight treatments of acupuncture, infrared heat and cupping therapy, the client noted little to no pain in her back. In addition, the therapy also significantly helped the client to gain control of the migraine headaches she was having. Before acupuncture, this client had been taking prescription medication weekly in order to function normally with migraines. Today, she is able to relieve the migraines with minimal assistance, occasionally using only 1/2 tablet of her pharmaceutical medication.

Migraine Case Study #170080

Client came into my offices in October via a referral from a co-worker. She had chronic migraines on a regular basis since June.



"Pain is inevitable, suffering is optional."

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Below is a list of dates that the AMRC offices will be closed for seminars, TSBBoAE meetings, vacations and CEU classes over the next two years. Save these dates for future reference.

2001

January 1, 12, 22 & 23
 February 9 & 12
 March 9 & 12
 April 20 & 23
 May 25 & 28
 June 15
 July 4 & 23
 August 31
 September 13
 October 5 & 8
 November 9, 22 & 23
 December 24, 25, & 31

2002

January 1 & 11
 February 8 & 11
 March 14 & 15
 April 12 & 15
 May 24 & 27
 July 4,5 & 19
 August 29 & 30
 September 2
 October 4 & 7
 November 1, 28 & 29
 December 25 & 31

Acupuncture Not Just for Adults

Did you know that acupuncture is extremely helpful for humans of all ages? Dee Ann has treated clients from 4 weeks old to 96 years old. With the 4 week old baby, Dee Ann helped with Colic by using acupressure and laser. She also showed the mother how she could do home care on the infant.



If you have an email address, let us know. At some point we will be able to send our newsletters via email. We are also looking at the possibilities of scheduling online. See you in the future!

News about Insurance Coverage

From the Office manager: Laine Downing

As acupuncture gains acceptance across the nation, insurance companies are beginning to include benefits for the coverage of acupuncture treatments. Although these benefits typically only cover acupuncture if the treatment is for anesthesia or pain control, it is, at least, a start. This past year Dee Ann has become a provider for several insurance companies. However, even though Dee Ann is a provider, coverage is not always guaranteed. Each individual policy is different where coverage and benefits are concerned. Your best bet is to call the customer service center of your insurance company and inquire as to whether acupuncture is covered. It is important that you make sure your insurance company knows why you are seeking acupuncture treatment, ie. back pain, headaches. Also, if you want to make a copy of BOTH sides of your insurance card and either fax it or mail to me, I will call for verification. I need your social security number, the health condition you want treated with acupuncture and at least 4 business days before your first appointment to verify coverage.

*The following is a list of insurance companies that will cover some or all of your acupuncture charges at the Acupuncture Medical and Research Centre.

- Aetna [Must have prescription from Doctor and prior approval.]
- Aetna Natural Alternatives [\$30 each acupuncture therapy visit]
- American Specialty Health Networks (ASHN)
- AustinHealth Network (City of Austin Medical Plan-ERISA) [\$15 co-pay]
- Beech Street
- Family Wellness America, BodyGuard Card [25% off customary fees]
- Fireman's Fund
- Galaxy Health Network (GHN)
- Healing Arts Network (HAN) [20% off customary fees]
- Holistic Healthnet [35% off customary fees]
- Humana [benefits vary according to your specific plan]
- PHCS [benefits vary according to your specific plan]
- SaveWell.com [25% off customary fees]
- The Guardian [\$21 for acupuncture, office visits paid at one visit per 30 days]
- United Health Care [20% off customary fees]
- Workers' Compensation

*Please keep in mind that while I can do the necessary filing of your claims, I can not make your insurance company pay for your treatments. Your insurance policy is an agreement between you and the carrier and any unpaid charges are your responsibility. Beyond submitting your claims and treatment information, there is little else I can do.

Case Studies Continued from page 1

Migraine Case Study #170080...

The migraine pain was getting more intense with each passing month. The client noted that her pain increased through the day, a total of 4-6 days a week. After 19 acupuncture treatments, over a 2 1/2 month period, the client now has only mild headaches just prior to her menstrual cycle. She is able to control these headaches with over the counter pain relievers.

Depression Case Study #160074

This client came to my offices in July for the treatment of seasonal affected disorder [SAD], otherwise known as seasonal depression. Every September since her teenage years, the client noted slowly falling into an emotional slump that would climax through the holidays and last until March/April. The depression was gradually getting worse each year. She had tried pharmaceutical medications and psychotherapy with only slight improvement.

I have treated the client with 25 treatments of acupuncture over a period of six months. At the beginning of treatment, the client was reserved, anxious and actually scared, not of the needles, but of going into a deep depression during the winter months once again. After about three treatments the client started to note feeling better, even joking around with family and friends. Because the condition was chronic the client did have a brief worsening of the condition for about one week's time in October. We continued treatment through this aggravation and once again the client noted feeling better, less weepy, less melancholy. Even her husband and her mother noted she was doing much better. The client has come in once a week during October & November. Once she makes it through the winter, treatment will cease until next August and September, at which time we will do a few preventative treatments. After which her treatments will be on an as needed basis.

Lost and Found

Acupuncture works so well on some of our clients that they sometimes leave behind personal items in the treatment room. We have a lost and found box which we store these items in. If you think you have lost anything at our office, please give us a call and describe the item(s) you may have left here. If your description matches the item in question, we can hold it until you can come by and pick it up.



Texas State Board of Acupuncture Examiners [TSBoAE] Update

Ms. Newbold has served on the TSBoAE since May, 1999. She will serve as a member through 2005. Presently she is serving as the Chair of the Education Committee. She will attend four Board meetings each year.

Family Membership vs. Insurance

The AMRC Family Membership plan is offered for cash paying or non-insured clients. It is an excellent way to save 20% off all treatments, herbs and supplies, especially when insurance plans will not cover acupuncture treatments. As of January 1, 2001 we will send claims to an insurance company for those clients that do **not** have a membership. If you have a membership plan with us and wish for us to bill your insurance for you, the membership will **not** apply during the time period for which we are sending claims to your insurance company, however, we will still continue to offer the 20% off herbs and supplies. If you wish to continue receiving the full benefit of the membership plan, we will be happy to give you a receipt which you can then submit to your insurance plan.



Please Welcome...

Heather Stanford has been with us for 5 months and is dedicated and a very hard worker. Heather brings customer service experience and a delightful smile to AMRC. When you walk in to the clinic Heather is at the front desk to greet you with a big smile and a terrific personality. She takes care of scheduling clients, answering the phone, stocking rooms, and about a hundred other duties. We are VERY happy to have Heather working with us and look forward to a long and mutually beneficial relationship with her. Thanks Heather for all your terrific work!

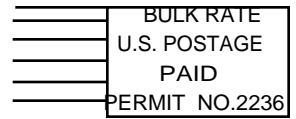
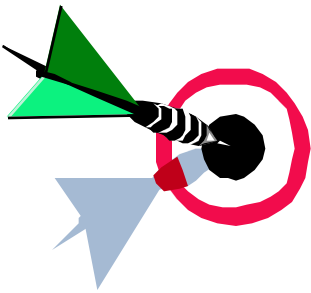
Ask Dee Ann:

Q: I've taken several internet quizzes that say I have mild chronic depression. What can Acupuncture do to help me?

A: Grief and depression are natural emotions that we all go through. This past year my father suddenly passed away, so I have an increased appreciation of what my clients go through with depression. The lingering of depression can interfere with your ability to participate in life and to enjoy it. Acupuncture and Oriental Medicine have much to offer for depression. Acupuncture can lighten the depression and can help you recover from depression faster. Because acupuncture helps balance and improve your circulation it is also very helpful with muscle relaxation. Seek help with a Texas state licensed acupuncturist for your depression. Psychotherapy and pharmaceutical medication can also be utilized at the same time with acupuncture. The side effects of acupuncture are minimal making it an attractive means of addressing depression.

Q: I've heard that acupuncture is effective for allergies and other types of sinus conditions. Can acupuncture really help with mine?

A: 90-92% of the entire world population responds to acupuncture. Of that percentage, 80-85% get good to excellent results from acupuncture treatments. Realize that allergy reactions are a response your body gives when over exposed or over dosed with products that your body considers toxic or harmful. **The range of -----# of toxins** can be simple (allergic to dairy products) or complex (cedar, pollen, grasses, mold, perfumes). Acupuncture can help desensitize your system so the reach given is minimalized and/or subdued. Depending **on the severity with determine and the number of treatments, success potential (50, 80, 100%)**



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