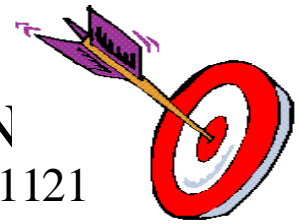


# To The Point



## The Acupuncture Medical & Research Centre N

1600 West 38th Street Suite 402 Austin, Texas 78731-6407 (512) 371-1121

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### CDC: One in Three Suffer Arthritis

Arthritis and other chronic joint problems are far more widespread than estimated just five years ago, affecting one in three U.S. adults, or 69.9 million people in all. Health officials and advocates say the numbers are expected to rise as the baby boom generation reaches old age. A new survey by the Centers for Disease Control and Prevention reflects, in part, a real increase in arthritis, connected to the aging of baby boomers. A total of 212,000 people from 50 states were interviewed by telephone and asked if, in the previous year, they had pain, stiffness or swelling around a joint for at least a month. The arthritis level ranged from 17.8 percent of adults in Hawaii to 42.6 percent of adults in West Virginia. States in the central and northwestern parts of the country had the highest rates. "The public has very little understanding about arthritis," said Dr. John Klippel, medical director for the Arthritis Foundation. "Many people associate arthritis with the process of aging, they assume aches and pains are an inevitable part of aging when in fact it is not a natural part of aging."

People can reduce their risk of arthritis through exercise, weight management and a healthy diet.

<http://www.cnn.com/2002/HEALTH/conditions/10/24/cdc.arthritis.ap/index.html>

Note: Acupuncture can be effective for relieving the pain of arthritis. By improving circulation, reducing swelling and increasing the body's natural painkillers, (endorphins) acupuncture can help break the cycle of arthritis.



One can expect to be healthy if the regimen one follows is healthful.--Anonymous

Treat your body with loving kindness. Feed it healthy foods, exercise it and keep it hydrated with plenty of water.

### Premenstrual Syndrome (PMS)

Acupuncture is very effective in the treatment of PMS symptoms. Dee Ann has over 18 years experience working with women who suffer from PMS by providing acupuncture, heat therapy, herbs and supplements. The following herbs can be very useful for the management of PMS symptoms. These include, chasteberry, evening primrose oil, Dong Quai, Milk Thistle, St. John's Wort, Black Cohosh and Red Clover.

More than 150 symptoms are attributed to PMS. Some of the most common include backache, headache, joint pain and swelling, sore throat, runny nose, hives, allergies, sugar cravings, weight gain, bloating, migraine, dizziness, faintness, constipation, and urinary tract infections. However, not all PMS symptoms are negative. According to Susan Lark, M.D., an expert on women's health, "One study found that women with PMS show heightened awareness of their environment, have better memories, and a greater sensitivity to their surroundings than those who don't have PMS."<sup>1</sup> Adding certain nutrients to one's diet can help reduce or alleviate PMS and its symptoms.

#### The "Magnificent Seven" Nutrients for PMS

A nutritious diet containing a variety of foods can

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# In the News

## Laser Therapy, TENS effective for Carpal Tunnel Syndrome

The incidence of carpal tunnel syndrome, or CTS, has increased dramatically in the past 25 years, with the majority of cases occurring in workers whose tasks involve repetitive hand movements. The condition has had a debilitating effect, literally and figuratively, on the American work force. In 1995, 50% of all workers diagnosed with CTS missed 30 or more days of work due to the condition.

Only about 40% of patients who undergo surgery for carpal tunnel syndrome regain normal use of their hands; approximately one-third continue to experience pain and loss of function, and another five percent actually get worse.

Scientists have looked at ways of treating, or even curing, those already diagnosed with the condition. A new study published in the Archives of Physical Medicine and Rehabilitation has delivered promising news for longtime CTS sufferers. Using a combination of laser acupuncture and electrical stimulation (TENS), researchers were able to reduce pain and tingling in the affected hands and wrists, with results so dramatic that every patient who received treatment was able to return to their original jobs after the study ended.

The researchers noted an enormous potential cost savings in treating CTS with laser acupuncture compared to more traditional methods. Using a baseline of \$65 per office visit, a series of 15 laser acupuncture and TENS sessions would cost \$975, compared to the estimated \$5,246 it currently takes to treat one case of carpal tunnel syndrome in the U.S. without using surgery. "Thus, there is a potential savings of at least \$4,000 per mild to moderate CTS case," they concluded.

In an interview with Reuters Health, Dr. Margaret Naeser, a neurologist at Boston University School of Medicine and lead investigator of the study, said the reasons behind laser acupuncture and TENS' effectiveness in treating carpal tunnel syndrome remain unknown. However, she added that laser  
(Continued on Page 3 See Laser for CTS)

# AVAILABLE

*Now*

For people that are taking JuicePlus or want to take JuicePlus, we offer it in a convenient "chewable" form. This is a much easier way to take JuicePlus, especially if you do not like taking capsules or can't. Also, children love them! Eating the recommended daily allowance of fruits and vegetables has never been easier.

## PMS...(Continued from Front page)

certainly help women get the recommended levels of essential nutrients. A form of "nutritional insurance" would contain the multivitamin/minerals listed below.

- ~Vitamin B Complex--vitamins that work together to help with energy, stress, and mood. They are particularly important in times of emotional stress, such as PMS.

- ~Choline and Inositol--enable the body to move fats in and out of cells and assist the liver in breaking down estrogen. Inositol is often recommended to help calm premenstrual anxiety and irritability.

- ~Vitamin B6--may help regulate a variety of PMS symptoms including mood swings, irritability, and fluid retention.

- ~Calcium--helps soothe emotional upset and curb fluid retention, cramping and muscle pain.

- ~Magnesium--a mineral needed for energy production, calcium absorption, and healthy blood flow. In PMS, magnesium appears to soothe cramps and control premenstrual cravings for sugar. It also helps stabilize mood. Research suggests that women with PMS symptoms may often be deficient in magnesium.

- ~Manganese--a mineral needed for healthy skin, bone, and cartilage.

- ~Zinc--is involved in many complex chemical reactions inside the body. It's important to have adequate levels of zinc because it competes with copper for cellular binding sites. An excess of copper can increase estrogen levels and negatively influence PMS symptoms.

If you are interested in finding out more information about how acupuncture, herbs and supplements can help you with PMS symptoms, we recommend scheduling a consultation with Dee Ann. See page 3 for our business hours.

1. Lark, S. (2002) "PMS: When things go wrong."

## Earth Savers

Just a few highlights of things you can do now to help preserve your home, the Earth.

Turn off the faucet while you're brushing your teeth and you'll save a gallon of water; take a quick shower instead of a bath and you'll save many more.

Check your home thermostat and heat settings to make sure you're not wasting energy. Keep your thermostat set at 68° or below in the daytime in winter, and lower it at night. Set the water heater to about 120°. During the day, open curtains, blinds and shades to let the sun naturally warm up your home.



Buy a young tree from your local nursery and plant it near your home. "Trees take carbons—huge contributors to global warming—out of the atmosphere and lower the levels of pollution-causing nitrogen and sulfur compounds in the air," says Gary Moll, vice president of the Urban Forest Center at American Forests, a nonprofit conservation organization ([www.americanforests.org](http://www.americanforests.org); 202-955-4500). "In urban areas, they also provide habitats for songbirds and squirrels."



## Laser for CTS... (Continued from page 2)

therapy has been known to act as an anti-inflammatory, and offered other possible explanations, including increased levels of serotonin and endorphins and improved local blood circulation. She also had no reservations about suggesting laser acupuncture as a primary form of care for CTS. "It is my recommendation that this therapy be used as a first-line treatment," Naeser said. "Rather than just simply alleviating the pain and symptoms, the treatment appears to cure the problem, although we have no way of knowing how long patients remain pain-free without repeated follow-up visits."

Acupuncture Today Oct. 2002 Vol. 3, #10

## New Hours at AM & RC Inc.

The importance of spending time with her clients has encouraged Dee Ann to expand current business hours. She is now seeing clients 5 days a week (M-F) Typically, appointments fill up fast. We recommend that you schedule your appointments at least a week in advance so you can secure the time that best suits your needs.

### **Our regular office schedule is**

Monday, Wednesday & Fridays 9am-7pm.

Tuesday and Thursdays 12-4pm.

### **Weight Loss and Quit Smoking Clinic**

Wednesdays 6:15pm-6:45pm

Thursdays 12-1pm

We are no longer offering the clinic on Monday evenings.

## Prevention & Maintenance

Acupuncture and Oriental Medicine can help prevent future illness by keeping your body maintained at a healthy level. You are less likely to get sick if you allow yourself to have one or more acupuncture treatments each month. Regular monthly treatments will also help to keep your stress level low.

Note: Cedar Season begins affecting Central Texans during winter. To avoid the inconvenient symptoms of allergies caused by Cedar, start getting acupuncture treatments as soon as possible. If you experience severe symptoms, it may take more than 3 treatments to get those symptoms under control.



## Price Change

AM & RC, Inc. has not increased prices since February of 1998. Effective February 1, 2003, acupuncture fees will be increased. A fee schedule will be available at the office beginning Monday, January 27, 2003.

# Ask Dee Ann

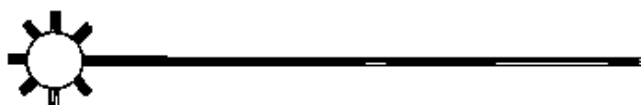
**Q:** I just found out that my insurance covers acupuncture, but, only if it is performed by an MD or DO. Will you refer me to an MD who practices acupuncture?

**A:** The safety and health of my clients is of utmost importance to me. I believe that everyone has the right to choose their own health care provider, and I firmly believe it is my duty to protect the safety of my clients and refer them only to professionals whose abilities and education are known and proven. Although there are a couple of MDs in Austin that may practice acupuncture, I am unaware of how much training they have had or what school they may have attended.

**Q:** Is there anything I can do to persuade my insurance company to cover acupuncture performed by a licensed acupuncturist rather than an MD?

**A:** You can quote Texas House Bill 2049 (Effective January 2000) which states that insurance companies that reimburse for acupuncture must pay whether services are provided by a medical doctor or a licensed acupuncturist. However, most insurance companies do not have to follow STATE laws based on the claim that they are "national" companies. One of my missions as a licensed acupuncturist is to find ways to pass legislation that requires equal parity among insurance companies. This would force insurance companies to provide coverage for all professionally trained providers of acupuncture.

Note: Since there are no education or training requirements for medical doctors to practice acupuncture, it makes sense that you would want to seek out the highest qualified, extensively trained professional to administer acupuncture treatments to you and your family.



## Celebrate Chinese New Year February 1, 2003



Acupuncture Medical & Research Centre, Inc  
1600 West 38th Str. #402  
Austin, Tx 78731-6407  
[WWW.AcupunctureAustin.com](http://WWW.AcupunctureAustin.com)

