

Marron Wellness Center

Physical Therapy - Chiropractic - Acupuncture - Therapeutic Massage

Acupuncture

Kristopher Sparacino, L.Ac.

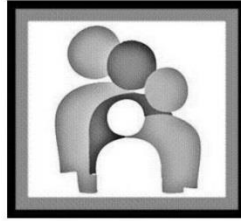
Dear Patient:

Enclosed please find a history form, general information form, and consent form. Please read and sign these pages and bring them with you for your first visit.

Please note the following:

1. It is recommended, but certainly not required, that you discuss with your primary care and/or treating physician the role of acupuncture as an adjunct to your conventional treatment. It is best to be open about your treatment and keep all of your physicians aware of what and how you are doing.
2. Bring the following information with you on your first visit:
 - a. Copies of your medical records (if pertinent to your present condition)
 - b. A list of prescription medicines you are currently taking
 - c. Medical reports of any x-rays / MRIs / CT scans (NOT the actual films)
3. Inform me if you are pregnant, have a pacemaker, suffer from a bleeding disorder, or are currently taking any anti-coagulant medicines (blood thinners).
4. You should allow at least 1 hour for the initial visit, and about 45 minutes for each subsequent visit.
5. Wear loose clothing to your appointments that allow for easy access up to the elbow and just above the knee.
6. It is recommended that you abstain from the following activities for several hours after each treatment:
 - a. Exercise or vigorous activities
 - b. Alcohol
 - c. Sex
 - d. Heavy foods/meals
7. During the course of your acupuncture treatments, should your medical condition warrant urgent medical attention, please call your primary or treating physician. Please remember we cannot serve as your primary care or conventional treating physician.

If you have any questions or concerns, please do not hesitate to contact either myself or the staff at 732.542.1272.



Marron Wellness Center

Physical Therapy - Chiropractic - Acupuncture - Therapeutic Massage

General Information on Acupuncture

It is quite common these days to hear about people who turn to acupuncture as a last resort to find relief from a chronic nagging health problem.

Supporters of acupuncture claim that this remedy is more accessible, safer and less expensive than conventional therapies and provides a surgery free approach to alleviating suffering related to chronic health problems.

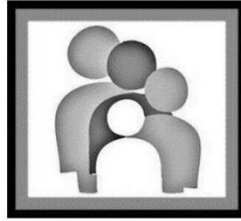
Of the several unconventional therapies being practiced in the United States, acupuncture appears to be growing at a rapid rate. The FDA estimates that 9-12 million acupuncture treatments are now being performed annually by United States practitioners. Those suffering from pain, back problems, anxiety, depression, drug addictions, neurological disorders, headaches, insomnia, arthritis, arthritis, cancer and other pain producing entitiels are among those most likely to seek such help.

Acupuncture, developed by the Chinese, is performed by stimulating designated points on the body. This is done through the insertion of needles, finger pressure, application of heat, or a combination of these treatments. According to the Chinese, there is a network of energy that flows through the body and connects these points through different channels called "meridians". These channels are related to specific internal functions. Any imbalance in the flow of energy creates a disease process, and the application of acupuncture can correct this imbalance. Many physician scientists have shown that acupuncture treatments can cause the release of endorphins, natural pain relieving substances found in the brain and spinal cord. This may explain how acupuncture is helpful in relieving pain.

The practice of acupuncture involves making a diagnosis based on review of symptoms, personal characteristics and attributes, and examination of the tongue, pulse and other systems. Patients must remain under the care of their treating physicians, and continue medicines as directed by them.

Acupuncture is done with extremely thin flexible needles made of silver and steel alloy. There is nothing special about the needle; it is merely a tool to correct the energy imbalance in the body. There is often a brief "needle prick" sensation as the needle passes through the skin. As the needle begins to work and the energy effect occurs, one may feel numbness, heat, dull aching or tingling where the needle is located. The needles are left in place usually for about 15 to 20 minutes. They may be rotated by the doctor or sometimes stimulated electronically. Side effects due to acupuncture are rare. Most side effects are minor and may include occasional dizziness, usually after the first treatment, and slight bleeding after the needles are withdrawn. Infection at the site of the needle prick and other side effects are very rare.

It is not being suggested that acupuncture and other techniques are a cure all for all problems, but there is sufficient evidence that if appropriately used, this growing art of medicine can successfully complement conventional medicine so as to provide patients the best health care that is available.



Marron Wellness Center

Physical Therapy - Chiropractic - Acupuncture - Therapeutic Massage

Consent Form For Acupuncture

Acupuncture is an art of healing involving the stimulation of specific points on the body to relieve pain or provide symptomatic assistance. The stimulation may be produced by needles, heat, digital pressure and electric currents, etc., but most frequently in the form of needling. In rare instances, patients may experience certain side effects or untoward reactions including fainting, bleeding, bruising, pneumothorax, puncturing of viscera, broken needles and other hazards associated with the treatment procedure.

Potential contraindications for acupuncture may include a history of a bleeding disorder or current anticoagulant therapy, implanted pacemaker, prosthetic valve or pregnancy. I will inform my physician acupuncturist if any of these conditions exist.

I am also aware that acupuncture may mask an underlying condition or retard a more exact diagnosis where alternative therapy may be known to be indicated. I understand that I must continue to remain under the care of primary care physician or specialist physician for the current medical problem(s).

Certain medications or social habits are known to lessen the potential result of acupuncture and these include: alcohol, tobacco, steroids, and narcotics. I have informed my physician acupuncturist of any substances included in this list.

The undersigned understands the hazards and potential damages involved in treatment by means of acupuncture. The nature and consequences of the above treatment have been fully explained, and the undersigned is convinced that the treatment is in their best interest, but that no guarantee of results has been made.

I understand that it usually requires a series of treatments to significantly change my condition. It has been explained to me that a minimum of 4-5 treatments are often needed to see a change, and that usually a minimum of 10 treatments are needed to see significant results. I have read the letters sent to me, discussed the charges, and have made payment arrangements to complete the series of treatments.

Patient Signature

Date