

Side Effects

Generally, acupuncture does not produce any side effects other than a sensation of deep relaxation or even mild disorientation. A bit of rest is all that is needed to overcome these feelings. Rarely the original symptoms may worsen for a few days, or other general changes in appetite, sleep, bowel or urination patterns, or emotional states may be triggered. These will pass within a short time.

The Pain Factor

Acupuncture needles are solid, thin, and made from stainless steel. The point is smooth and not hollow, so only minimal pain is felt at insertion. Once the needles are in place, there is no pain felt at all. Acupuncture needles are less painful than injections or blood sampling.

Tips for the day of treatment

- Do not eat a large meal immediately before or after your treatment.
- Do not over-exercise, engage in sexual activity, or consume alcoholic beverages within six hours before or after the treatment.
- Plan your day's activities so that you can rest after treatment, or at least not have to be working at top performance.
- Continue to take any prescription medications recommended by your doctor. Drug and alcohol abuse, especially in the week prior to treatment, will seriously interfere with the effectiveness of the acupuncture.
- Keep thorough mental/written notes of your response to treatment. This is important so that follow-up treatments are designed to best help you and your problem.

Acupuncture treatments are provided at the MidState Medical Group Primary Care Specialists office, conveniently located at 98 Main Street in Southington.

In quarterly patient satisfaction surveys, MidState consistently rates among the top hospitals in Connecticut and the nation. Conveniently located just minutes off Rte. 691 in Meriden, CT, MidState offers free and safe parking, as well as private inpatient rooms. Services include general surgery, emergency medicine, the Weight Management Program, MidState Medical Group Walk-in Center for urgent care needs, and state-of-the-art care in centers dedicated to Cancer Care, Wound and Hyperbaric Care, Family Birthing, Sleep Care, Balance & Hearing, Digestive Health, Pain Management, and Cardiac Care.

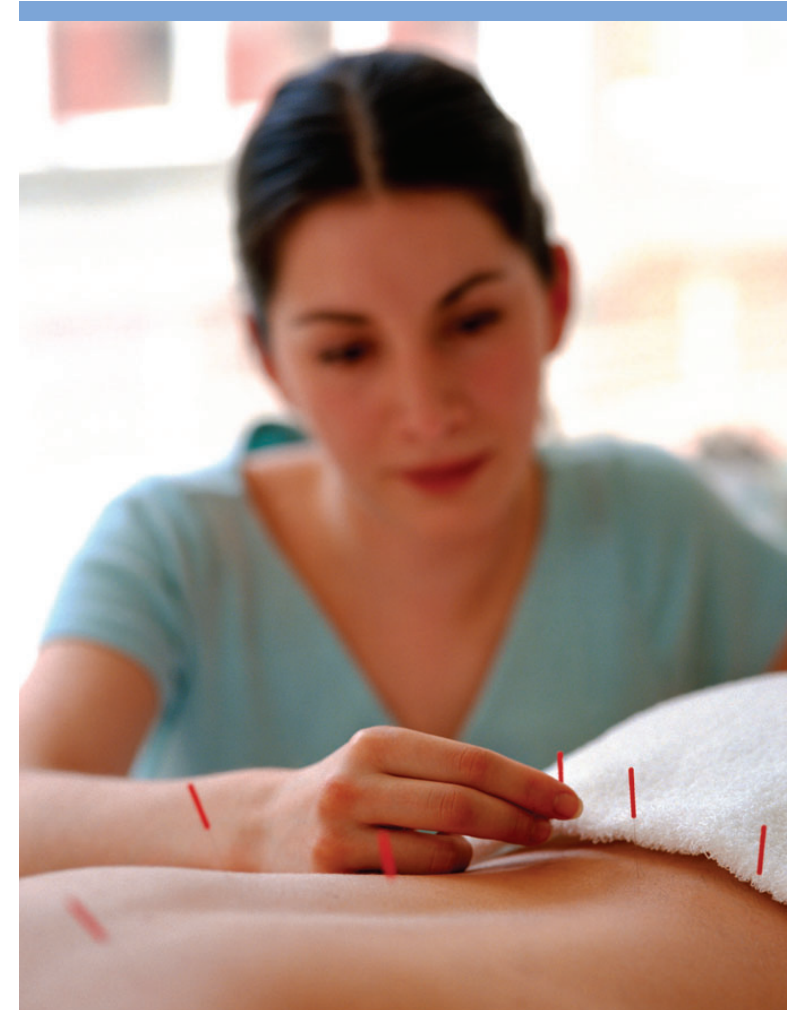
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Acupuncture

An alternative way to heal.

MidState Medical Group



MidState Medical Group

is committed to providing its patients with comprehensive care that promotes physical health and general well being. We provide a large scope of treatments to best meet our patients' needs and desires. We are pleased to offer acupuncture as a complementary therapy to traditional Western medicine. Jordan Goetz, M.D., Board Certified in internal medicine and medical acupuncture, performs acupuncture as a way to improve the body's functioning through natural healing.



Jordan Goetz, MD

How acupuncture works



Acupuncture has been practiced in Chinese medicine for over 2,000 years. It is the process by which hair-thin needles are inserted into precise

points of the body. The therapy is based on the existence of energy channels, or meridians, that run in regular patterns through the body; if these pathways are blocked, pain or discomfort can manifest through a variety of health conditions. By needling the acupuncture points, the meridians unblock and correct any imbalances in the body.

Medically speaking, acupuncture does the following:

- Stimulates the nerves in the skin and muscles
- Increases the body's release of natural painkillers (endorphins and serotonin)
- Modifies the way pain signals are received

For an appointment, call (860) 621-6704.

** Information in this brochure is reprinted with permission from the American Academy of Medical Acupuncture.*

Treatment

Acupuncture is a system that can influence the promotion of health and well being, the prevention of illness, and the treatment of various medical conditions. It is especially useful in pain management, stress relief, and mood elevation.

Acupuncture also has uses in treating the following:

- Digestive disorders: gastritis and hyperacidity, spastic colon, constipation, diarrhea.
- Respiratory disorders: sinusitis, sore throat, bronchitis, asthma, recurrent chest infections.
- Neurological and muscular disorders: headaches, facial tics, neck pain, rib neuritis, frozen shoulder, tennis elbow, various forms of tendonitis, low back pain, sciatica, osteoarthritis.
- Urinary, menstrual, and reproductive problems.

The number of treatments needed differs from person to person. For complex or long-standing conditions, one or two treatments a week for several months may be recommended. For acute problems and overall health, usually fewer treatments are required.