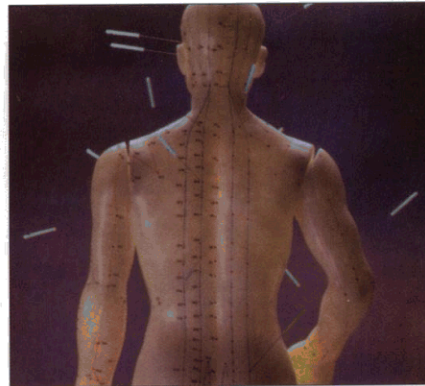


Question: What is Acupuncture?

Answer: Acupuncture is a five thousand year old system of therapeutics developed by the Chinese. Legend tells us that soldiers returning from battle with arrow wounds would often report relief of longstanding symptoms in distant parts of the body as their wounds healed. Chinese physicians spent centuries mapping out these points on the body and experimenting with various methods of stimulation. It was soon discovered that the depth and size of the wound was not as important as the exact location on the body. Today there are over 400 acupuncture points and fourteen meridians.



Question: What are acupuncture points and meridians?

Answer: When you look at an acupuncture chart or model you will notice a series of lines running vertically up and down the length of the body. These are known as meridians or channels. The ancient Chinese described these meridians as "rivers of energy" which carried life giving force known as Qi throughout the body. Along these meridians are various points which can either stimulate or inhibit the flow of Qi. Qi is actually a form of bio-electric energy present in all living tissue. These points along the meridian act like circuit breakers and can inhibit or stimulate the flow of energy thereby regulating symptoms throughout the body. For example, if a person had a high heart rate or inflammation, an inhibitory point would probably be most helpful, on the other hand, if a person had chronic fatigue or sluggish digestion, a stimulatory point would be chosen.



Question: Is there any scientific evidence supporting acupuncture?

Answer: New and exciting studies are being conducted daily throughout the world. Recent studies using Functional Magnetic Resonance Imaging "fMRI" have demonstrated significant changes in the Thalamus of the brain (the pain interpreting centers) in migraine headache patients while undergoing acupuncture stimulation at the single acupuncture point LI-4, an area on the web between the thumb and forefinger. Studies also indicate increased endorphin production after acupuncture stimulation. Endorphins are natural pain killers hundreds of times more potent than morphine. These neuro-chemicals are produced and stored in specialized cells throughout the nervous system. Only a few molecules are necessary to produce dramatic results. Many other studies are underway mapping the neurological and circulatory effects of acupuncture.



Question: Is acupuncture safe?

Answer: Acupuncture is remarkably safe and side effects are extremely rare. The most common side effect is occasional bruising around an acupuncture treatment site. The Federal Food & Drug Administration took acupuncture needles off of the Investigational/Experimental list in 1998.

Continued top of next page

Only sterile needles are used. Needles are disposed of immediately after use to prevent the possibility of transmitting any type of infectious disease. It must also be noted that acupuncture needles are much smaller than the typical hypodermic needle.



Question: Do the needles hurt?

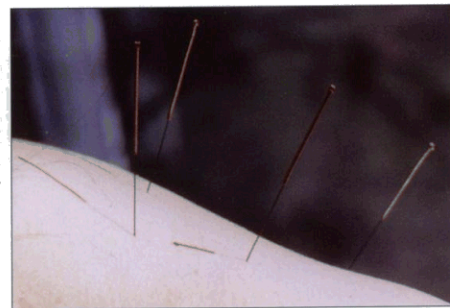
Answer: Acupuncture needles are solid, not hollow, and five acupuncture needles will generally fit into a typical hypodermic needle. Acupuncture needle technology is so advanced most needles are barely larger than the diameter of a human hair. I have never had a patient discontinue treatment because of pain from the needles.

Question: Is there any medication on the needles?

Answer: No, never. Nothing is ever placed on the acupuncture needle to be introduced into the human body. Acupuncture needles are used strictly to stimulate acupuncture points to produce a desired effect on the patients symptoms. Different types of metals are used to achieve different results. Stainless steel is the most common metal used for general acupuncture. In some very special cases, gold or silver plated needles may be used, but under no circumstances are any foreign substances placed on the needles.

Question: How do you know which points to treat?

Answer: Advanced training is necessary to know which acupuncture points are most effective in treating a specific condition. Each patient should be treated as an individual. Although there are some standard points that are very "symptom specific", many factors, such as age, gender, general physical condition and even mental status must be taken into consideration when designing a treatment program. Often, some of the most effective acupuncture points may be far removed from the actual site of pain. A point on the foot might be very effective in relieving a specific type of headache! Computers and advanced technology have provided methods of measuring electrical resistance at specific points on the body known as "source points". These points are near the wrists and ankles. A device known as an "Electro Meridian Imaging System" (EMI) measures the electrical activity at each of these points and a computer program is utilized to analyze the results. This type of approach is most effective in patients with longstanding disease or a patient with a multitude of different disorders. An individual with a simpler problem such as a knee pain or a frozen shoulder may not require this type of testing.



Question: What conditions respond to acupuncture treatment?

Answer: The World Health Organization and National Institutes of Health list over forty conditions commonly responding to acupuncture treatment. Among the most common conditions are headache, low back pain, neck pain, wryneck, osteoarthritis, tendinitis of the elbow and shoulder, fibromyalgia, restless leg syndrome, most types of musculoskeletal trauma, chronic joint pain, Reynauld's Syndrome, pain from peripheral neuropathy, sciatic neuralgia and post-herpetic neuralgia (pain from shingles). Many other neurological and circulatory disorders respond to acupuncture in combination with other treatments.

Question: I have already had surgery, will acupuncture work for me?

Continued top of next page

Answer: Many types of post surgical pain respond very well to acupuncture. Failed back surgery syndrome, joint replacement and/or arthroplasty often respond to acupuncture for pain relief and range of motion enhancement. Acupuncture should not be utilized in cases of post surgical infection or in the presence of other serious complicating factors. Each case must be examined on an individual basis.

Question: What is electro-acupuncture?

Answer: There are two forms of electro-acupuncture. The first form is a needleless type acupuncture where a small metal probe is utilized to deliver a painless micro current to each individual point. This is most often used in patients with "needle phobia" or those who are taking prescription blood thinners. In the second type of electro-acupuncture, small electrodes are placed on the needles delivering a minute current to enhance specific key points in particularly stubborn conditions. Electrical acupuncture is not necessary or desirable in all cases, but is a useful modality under special circumstances.

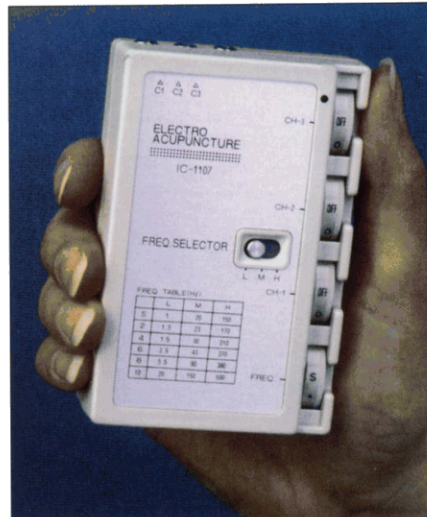


Question: How soon should I see results?

Answer: Many patients see some improvement within two to four acupuncture sessions. In chronic longstanding conditions, response time is, of course, slightly longer. Acupuncture treatment is discontinued if no response is seen within eight treatments.

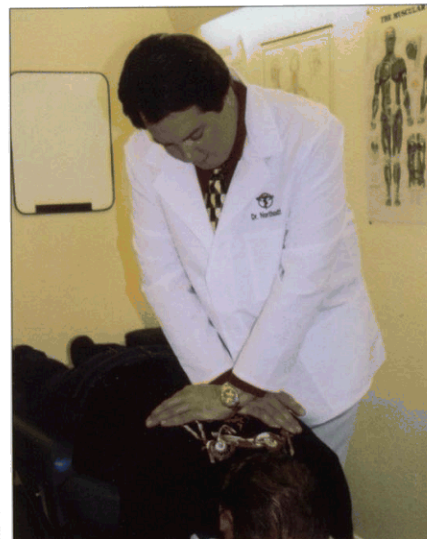
Question: Do I stop taking the medicines prescribed by my doctor while taking acupuncture treatment?

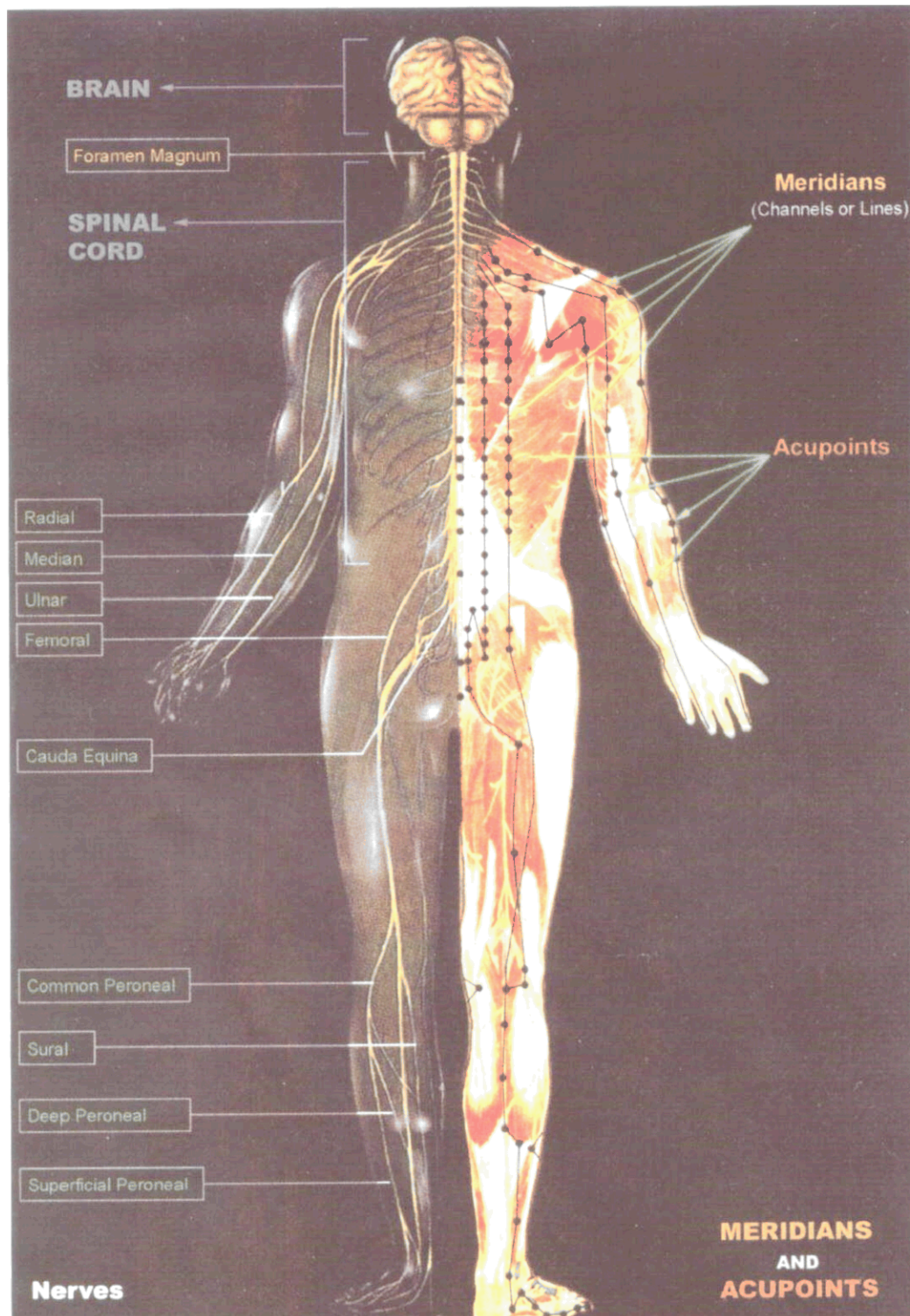
Answer: No, it is not necessary to discontinue your medical treatment. The opposite is actually true. Acupuncture often enhances other treatments. I encourage all of my patients to inform their Primary Medical Doctors of their experience with acupuncture.



Model IC-1107, above, is a palm size, compact, lightweight, sturdy, high quality Japanese electro-acupuncture device. This is just one of several electro acupuncture units utilized by Dr. Northcutt.

Advanced training is necessary to know which acupuncture points are most effective in treating a specific condition. Each patient should be treated as an individual. Many neurological and circulatory disorders respond to acupuncture in combination with other treatments.



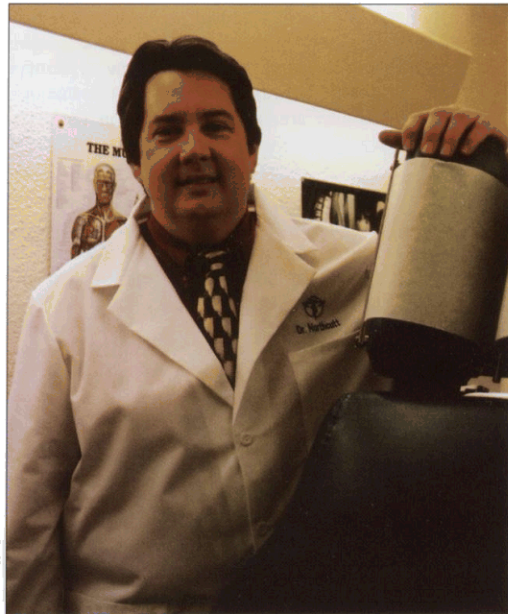


The human nervous system and the Meridians and Acupoints.
 The brain and spinal cord comprise the central nervous system (CNS), while the peripheral nerves comprise the peripheral nervous system or PNS.
 It appears that the Meridians and Acupoints correspond closely to the distribution of the peripheral nerves.

Dr. Randall Northcutt completed a Post Doctoral Fellowship program with International Academy of Medical Acupuncture (FIAMA). This program is open only to licensed Physicians and Chiropractors. Dr. Northcutt is also a Diplomate of the American Academy of Pain Management (DAAPM) and Diplomate of the American Board of Disability Analysts (DABDA).



Individualized care is provided to patients at
Northcutt Chiropractic Clinic



Dr. Randall Northcutt



Northcutt Chiropractic Clinic Staff

NORTH CUTT CLINIC

1201 North 6th Street • Longview, Texas 75601

(903) 236-3202

Hours By Appointment

Monday - Wednesday - Friday

8:00 a.m. - 5 p.m.

Tuesday and Thursday

8:00 a.m. - Noon

Located Just 3 Blocks North of Good Shepherd Hospital