

# Acupuncture



**PAIN MEDICINE ASSOCIATES**  
your life, your health, pain free

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Acupuncture is among the oldest healing practices in the world. Inland Pain Medicine is pleased to offer acupuncture as a treatment option for our patients. We have an experienced acupuncturist on staff. Studies have documented acupuncture's effects, but they have yet to fully explain how this treatment modality works within the framework of the Western system of medicine that is commonly practiced in the United States. It is proposed that it produces its effects via regulating the nervous system, thus aiding the activity of pain-killing biochemicals such as endorphins at specific sites of the body. In addition, studies have demonstrated that acupuncture may alter brain chemistry by changing the release of neurotransmitters and neurohormones, and thus, affecting the parts of the central nervous system related to sensation and involuntary body functions, such as immune reactions and processes that regulate a person's blood pressure, blood flow, and body temperature.

**Acupuncture may be used for symptomatic relief of a variety of diseases and conditions which include:**

1. Low Back Pain
2. Fibromyalgia
3. Headaches
4. Labor Pain
5. Chemotherapy induced nausea and vomiting
6. Menstrual Cramps
7. Migraine Headaches
8. Osteoarthritis
9. Postoperative dental pain
10. Tennis Elbow

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**DISCLAIMER:** INFORMATION PROVIDED IN THIS SHEET IS GENERAL IN CONTENT AND SHOULD NOT BE SEEN AS A SUBSTITUTE FOR PROFESSIONAL MEDICAL ADVICE. CONCERNS OVER MEDICAL CONDITIONS SHOULD BE DISCUSSED WITH YOUR PRIMARY CARE PHYSICIAN OR PAIN CARE SPECIALIST.

**The goals of acupuncture treatments are many and include:**

1. To reduce and/or eliminate pain
2. To improve functional capacity and activities of daily living
3. To reduce or prevent the need for oral medications
4. To improve circulation and decrease congestion in the injured region
5. To decrease or prevent muscle spasm and muscle atrophy
6. To provide a self-management tool to the patient