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About Dr. Cheikin:

Michael Cheikin MD, is Board Certified in Physical Medicine and Rehabilitation ("Physiatry"), Pain Management, Spinal Cord Medicine, and Electrodiagnostic Medicine. He is licensed in Medical Acupuncture and certified in NeuroModulation Technique. For over 15 years, he has provided leadership to several local medical institutions. To pursue his vision for an enhanced paradigm of true health care, he co-founded and serves as the Medical Director of the Center for Optimal Health, a Holistic Health Center in Plymouth Meeting.

A summa cum laude graduate from SUNY Health Science Center at Brooklyn, he served his internship in a unique combination of Family Practice and Psychiatry.

For over 15 years, he has been helping patients with chronic conditions, using his background in yoga, dance, hypnosis, Feldenkrais, music, Reiki and acupuncture.

Dr. Cheikin has been trained in Medical Acupuncture by UCLA School of Medicine, and is licensed to practice acupuncture in the Commonwealth of Pennsylvania.

Additional information can be obtained from our "Resource List" and by contacting:

THE AMERICAN ACADEMY
OF MEDICAL ACUPUNCTURE
4929 Wilshire Boulevard, Suite 428
Los Angeles, California 90010
(800) 521-2262 or (323) 937-5514
www.medicalacupuncture.org

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For More Information and Medical Consultation

If you have specific questions about your diagnosis and/or treatment options, a medical consultation with Dr. Cheikin is strongly recommended. Most insurances are accepted for medical consultation (not acupuncture).

For your consultation, please bring the following:

- ◇ a concise list of hospitalizations, procedures, and prior therapies
- ◇ a list of current and past medications and nutritional supplements
- ◇ reports from laboratory studies performed within the past three years (blood work, x-ray, MRI, EMG, etc.) you do not have to bring films of x-rays or MRIs
- ◇ a list of your main questions
- ◇ if you have an HMO, a referral and the required co-pay. You can not be seen without both.

At the present time, most insurance companies do not cover medical acupuncture. Payment is accepted by check, cash or credit card at the time service is rendered. In case of demonstrated hardship, other terms may be arranged in advance.

Please call 610-239-9901 with any questions prior to your first visit.

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**MEDICAL
ACUPUNCTURE:**

**AN OPTION FOR
HEALING AND
PREVENTION**

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IMPORTANT NOTICE:

This material is not intended to replace or modify necessary medical care. The user is encouraged to review the contents with his/her health care practitioner(s) before and during use.

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QUESTIONS & ANSWERS

How does acupuncture work?

The classic Chinese explanation is that channels of "chi" energy run through the body and over its surface. Blockages of flow cause pain and other disease processes. Placing needles in these blockages can facilitate the healing process.

The modern scientific explanation is that needling the acupuncture points stimulates the nervous system to release and rebalance chemicals in the brain, spinal cord, muscles and other tissues.

What is Medical Acupuncture. Is it different from ordinary acupuncture?

"Medical acupuncture" is performed by a doctor trained and licensed in Western medicine who also has had thorough training in acupuncture as a specialty practice. These acupuncture techniques can be provided alone or combined with other medical techniques, such as medications or rehabilitation therapies, and other "alternative" techniques such as nutritional intervention.

Do I have to believe in acupuncture for it to work?

No. Acupuncture is used successfully on cats and dogs, and children. These creatures do not have to understand or believe in the process for it to help them heal. A positive attitude toward wellness helps almost all healing modalities.

What is the scope of medical acupuncture?

The World Health Organization recognizes the use of acupuncture in the treatment of a wide range of medical problems, including digestive disorders (gastritis, spastic colon, constipation, diarrhea, irritable bowel), respiratory disorders (sinusitis, asthma, bronchitis), neurological and muscular disorders (headaches, facial

pain, neck pain, frozen shoulder, tennis elbow, low back pain, arthritis), and urinary, menstrual and reproductive disorders. In addition, acupuncture has been effective for problems such as chronic fatigue and other disorders poorly understood by Western medicine.

What are the Needles like? Do they hurt?

People experience acupuncture needles differently. Most people feel only minimal pain as the needles are inserted; some feel no pain at all. Once the needles are in place, there is no pain felt, but one can feel changes in the flow of chi energy.

Acupuncture needles are very thin and smooth (not hollow with cutting edges like a hypodermic needle), and insertion is not as painful as injections or blood sampling. We only use sterilized disposable needles once, so there is no risk of contamination from treatments.

Are there risks and side effects to the treatment?

Acupuncture has a very low incidence of side effects and complications compared most traditional medical treatments. However, as energy is redirected in the body, there are changes that occur. Occasionally the original symptoms worsen for a few days, or other general changes in appetite, energy or emotions may be triggered. It is also common to have a sense of deep relaxation or very mild disorientation immediately following treatment.

How do I get started? How many treatments will I need? What should I expect?

The number of treatment needed differs from person to person. For problems that are less than six months old, we recommend a minimum of 5 sessions; for problems of longer duration, a minimum of 10. These will be spaced between 5 to 10 days apart.

After the 5th-10th session, treatments can be spaced to every 2-12 weeks. Each session takes approximately an hour, door to door. Unlike some medical treatments where the benefits decrease with each treatment, the effects of acupuncture usually become more pronounced with each treatment.

If you have a complex medical condition, an initial medical consultation and/or Comprehensive Chinese Medical Evaluation may be recommended.

Are there any "do's or don'ts" for me on the day of treatment?

- ◇ Plan your activities so that after the treatments you can get some rest, or at least not have to be working at top performance.
- ◇ Your skin should be clean without any lotions or jewelry. Women should bring hair clips, and not wear makeup, sports bras or tight undergarments.
- ◇ Do not eat a large meal or ice cream for two hours before or six hours after treatment.
- ◇ Alcohol and other toxins in the week before or after treatment will limit the effectiveness of acupuncture treatments
- ◇ Do not over-exercise, engage in sexual activity or other strenuous activities within six hours before or after treatment
- ◇ Continue to take any prescription medication medicines as directed by your regular doctor.
- ◇ Plan to keep good mental or written notes of your response to treatment. This is important to allow subsequent treatments to be designed to best help you.