

Acupuncture Referral Guide - Women's Reproductive Health

<p>Dysmenorrhea (from a variety of causes)</p> <p>Premenstrual Syndrome</p> <p>Menstrual Irregularities</p>	<p>Acupuncture may serve as adjunct therapy for pain management and symptom reduction, once organic causes have been evaluated.</p> <p>Acupuncture is an especially good option for girls/women who can not or do not wish to use hormonal contraceptive methods.</p>
<p>Infertility</p>	<p>Acupuncture can help to increase the success rates of conventional fertility interventions, and help with stress/ anxiety reduction.</p>
<p>Pregnancy discomforts:</p> <ul style="list-style-type: none"> - nausea, acid reflux, and heartburn - anxiety, depression, & insomnia - pelvic girdle & back pain, sciatica, carpal tunnel syndrome - headaches 	<p>Acupuncture offers a safe, drug-free treatment for various pregnancy discomforts and mental health conditions.</p> <p>Acupuncture is also an option for women who need support for ongoing pain conditions while pregnant, but need to limit medication use.</p>
<p>Threatened miscarriage</p> <p>Habitual miscarriage</p>	<p>Acupuncture, as a weekly supportive therapy, may increase the chances of a successful pregnancy in women who have experienced repeated miscarriages.</p>
<p>Labor and Birth Preparation:</p> <ul style="list-style-type: none"> - breech presentation at 35 weeks - cervical ripening and labor preparation - acupressure instruction for labor pain management - induction assistance for post-dates and premature rupture of membranes 	<p>For otherwise low-risk pregnancies, moxibustion therapy can assist the fetus in turning to optimal position. Acupuncturist provides initial treatment, materials, and instructions for 10-day self-administered course of home therapy.</p> <p>Routine weekly pre-birth acupuncture from 36 weeks on assists cervical ripening and promotes more efficient labor, with fewer interventions.</p> <p>Acupuncture can help to stimulate onset of natural labor in women at full-term who are trying to avoid a medical induction.</p>
<p>Postpartum concerns:</p> <ul style="list-style-type: none"> - postoperative pain - depression - lactation difficulties 	<p>Acupuncture can help to reduce postoperative pain.</p> <p>Acupuncture can serve as an adjunct to standard care treatment of depression and lactation support.</p>
<p>Peri-menopausal and Menopausal discomforts:</p> <ul style="list-style-type: none"> - hot flashes & night sweats - insomnia - mood changes 	<p>Acupuncture offers a non-hormonal therapy option for reducing discomforts related to peri-menopause and menopause.</p>

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