

Acupuncture Services

Acupuncture consult

Available for any cancer center patients who have questions about how acupuncture may benefit them. The consult is also required prior to first treatment to allow for full intake and assessment.

30 minutes, No cost

Whole body acupuncture

Traditional acupuncture treatment involving needle placement on various parts of the body. May also include additional techniques such as heat lamp therapy, cupping, gua sha, or electric stimulation.

60 minutes, \$80

Auricular acupuncture

Involves more frequent visits, but shorter duration than standard whole-body treatments as needles are only placed in the ears. Most commonly used as support for smoking cessation.

30 minutes, \$30

All acupuncture treatments require payment (credit, cash or check) at the time of service.

We are not able to bill insurance for acupuncture treatment. If your insurance plan is one of the few that reimburse for acupuncture, upon request, we can provide you with the receipt and codes needed to submit for reimbursement.

Goshen Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

ATTENTION: If you speak Spanish, language assistance services, free of charge, are available to you. Call 1 (574) 364-1000 (TTY: 711 or 1 (800) 743-3333 to be connected with Relay Indiana).

Goshen Health cumple con las leyes federales de derechos civiles aplicables y no discrimina por motivos de raza, color, nacionalidad, edad, discapacidad o sexo.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1 (574) 364-1000 (TTY: 711 o llame al 1 (800) 743-3333 para comunicarse con Relay Indiana).

To schedule a free consult or acupuncture appointment please call (574) 364-2888.

Goshen Center for Cancer Care
200 High Park Ave.
Goshen, IN 46526

GoshenHealth.com



Goshen Center for
Cancer Care

Acupuncture



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The History of Acupuncture

Acupuncture is one aspect of Traditional Chinese Medicine which has been practiced for the past 2,000 years; according to some historians much longer. Acupuncture is based on the concept that the body has the ability to heal itself, and return to a balanced state, if given the opportunity to do so.

How does it work?

Acupuncture uses fine, sterile needles to improve the body's energy flow and biochemical balance. The needles are inserted at well-defined acupuncture points. The points are located on "meridians" or channels that carry energy throughout the body. By accessing those meridians, energy can be redirected in conditions of deficiency, excess or stagnation.

Acupuncture meridians are very closely related to the nervous system pathways. Research indicates that acupuncture treatments can reduce pain and increase a sense of well being in the body.

More about acupuncture

Is acupuncture safe?

At the Center for Cancer Care, acupuncture is practiced only by a licensed Acupuncturist. The needles are sterile, made from stainless steel, and are single-use only. Needles are disposed of after each use.

Do the acupuncture needles hurt?

Depending on your level of sensitivity, you may feel warmth, light pressure, a mild tingling or nothing at all. During treatment "guide tubes" are used to place the acupuncture needles at the desired points. These tubes help minimize sensations at the insertion sites. Patients are often surprised by how pleasant and relaxing an acupuncture treatment is. Many people feel so relaxed that they even drift to sleep during treatment.



How many acupuncture sessions are needed?

As in any form of medical therapy, the number of sessions will vary. If treatment is being sought for an acute condition, fewer sessions are typically needed, whereas a chronic condition may require more. Depending on your personal situation, it may be recommended to receive regular treatments for maintenance of symptoms.

What conditions can acupuncture help to treat?

Acupuncture is used to effectively treat many conditions. It can be used as the sole form of treatment, or as support to other forms of medical treatment. The World Health Organization recognizes the beneficial use of acupuncture in the treatment of a vast range of medical problems. The list below provides just a few examples of cancer and treatment related side effects that acupuncture can help to relieve.

- anxiety
- loss of appetite
- nausea
- fatigue
- pain
- neuropathy