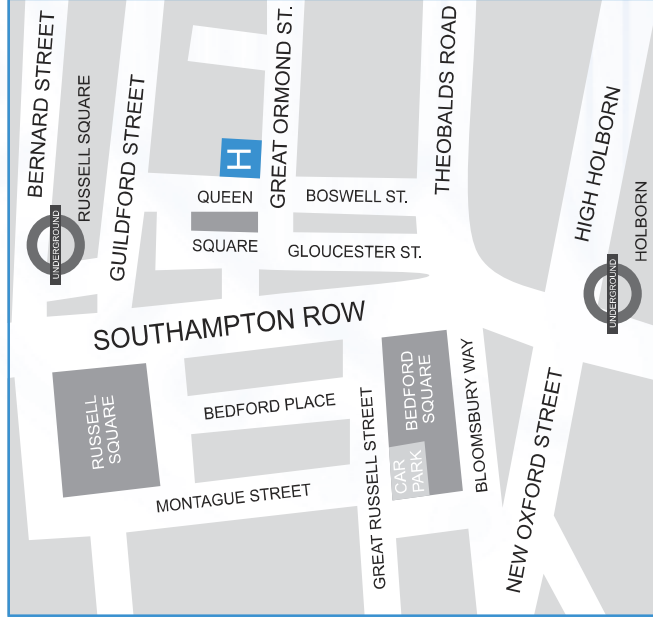


## How do I get an appointment?

You can ask your GP or hospital to refer you or you can ring our freephone number for an appointment – 0800 01-55-22-6.

It is not essential to have a letter of referral from your doctor when you attend the clinic, but it would be very helpful, and it is important that your doctor is aware that you are seeking acupuncture treatment.

Please note that your GP or hospital may not have National Health Service funding for this treatment and you may need to attend as a private patient. Please call for our list of fees and appointment availability.



### Directions:

**By Tube** - Russell Square - Piccadilly Line Holborn - Central Line  
**By Bus** - Cosmo Place, Southampton Row. Bus Nos 59, 68, 91 and 168 stop here. Walk through to Queen's Square.

## Your guide to the BMAS Acupuncture Clinic

- Treatment by registered healthcare professionals
- Fees reimbursed by all the main private healthcare insurers
- Affordable treatment in a Central London hospital
- Close to tube and main line stations
- Freephone 0800 01-55-22-6



British Medical Acupuncture Society  
London Teaching Clinic

### British Medical Acupuncture Society

Royal London Homoeopathic Hospital  
60 Great Ormond Street  
London WC1N 3HR

Tel: 020 7713 9437

Fax: 020 7713 6286

[www.medical-acupuncture.co.uk](http://www.medical-acupuncture.co.uk)



# Western medical acupuncture treatment

The BMAS offers Western medical acupuncture treatment at its London Teaching Clinic in Great Ormond Street. Assessment and treatment is provided or supervised by the medical director, who is a registered medical practitioner.

## What sort of conditions respond to acupuncture?

Acupuncture appears to be effective in a wide range of painful conditions and is commonly used to treat musculoskeletal pain: for example – back and leg pain, shoulder pain, neck and arm pain. It has been successfully used to treat headaches, migraines, trapped nerves, chronic muscle strains and various kinds of rheumatic and arthritic pain.

Some other situations in which acupuncture might be used are:

- Functional bowel or bladder problems such as IBS or irritable bladder, and even mild forms of urinary incontinence
- Menstrual and menopausal symptoms
- Allergies such as hayfever, perennial allergic rhinitis, and some types of allergic rashes such as urticaria or prickly heat
- Some other skin problems such as discrete rashes and ulcers, pruritus (itching), some forms of dermatitis, and some cases of excessive sweating
- Sinus problems and chronic catarrh
- Dry mouth and eyes
- Smoking cessation.

This is not a complete list and many other conditions have been treated with acupuncture.

## Treatment of addictions

Acupuncture has been used in the treatment of addictions since a chance observation in the early 1970s that electroacupuncture modified the withdrawal symptoms in opiate addicts. Clinical research has yet to confirm whether or not acupuncture is useful in the management of withdrawal from addictive substances.

Acupuncture treatment for smoking cessation can be performed at the London Teaching Clinic. Treatment involves three sessions over the first ten days of cessation aimed at helping patients tolerate the withdrawal effects of nicotine, without requiring replacement therapy (ie patches or gum). Management of withdrawal from other addictive substances is not generally undertaken at the clinic.

## Acupuncture for weight loss

Clinical research has yet to confirm whether or not acupuncture is useful in the management of weight loss. Assessment and discussion of acupuncture treatment for weight loss can be performed at the London Teaching Clinic. A short trial of treatment may be possible, and would be aimed at appetite suppression. Lifestyle modification is necessary to maintain any weight loss achieved.

## What is involved in having acupuncture?

Every patient will be given an initial assessment, followed by a course of treatment suitable for the condition.

Treatment is usually provided in six consecutive appointments but may be less if the condition responds quickly.

However, if the practitioner feels that your condition can not be treated with acupuncture, you will be recommended to see your GP or an appropriate specialist.

The BMAS does not claim that acupuncture can treat all conditions and it would be dangerous to do so.

The treatment itself involves fine needles being inserted through the skin and briefly left in position. Sometimes manual or low voltage electrical stimulation is applied to assist the process. The number of needles varies but may be only two or three.

## Who will give the acupuncture treatment?

All BMAS acupuncturists are healthcare professionals registered in the country in which they practice, who have undertaken additional training in Western medical acupuncture.

Our doctors are therefore able to use their wider medical knowledge to diagnose and safely treat conditions that are suitable for acupuncture.

## Healthcare insurance

Some private healthcare insurers such as BUPA, PPP, WPA etc, pay for treatment under their healthcare policies. They will usually only do this if the treatment is being provided by certain practitioners. If you have private healthcare insurance, please telephone your insurer for further information. The Medical Director at the BMAS London Teaching Clinic is recognised as an acupuncture provider by all the main insurers.

