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Integrative Medicine – Natural Healing
Safe – Gentle – Effective



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Acupuncture and Overactive Bladder Evidence - Based Medical Treatment Protocol

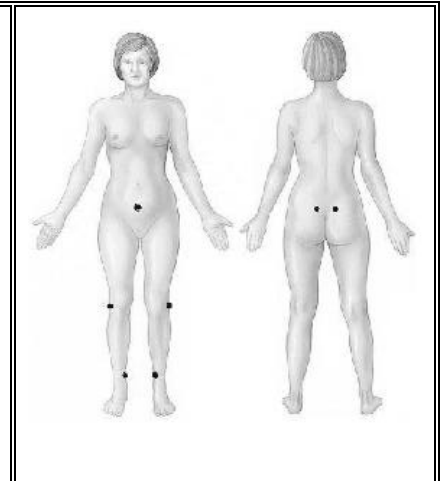
Acupuncture has been introduced to Americans as a medical therapy over the past few decades but this ancient healing art, originating in China, has accumulated over several thousand years of empirical knowledge and clinical experience. Acupuncture involves the insertion of fine needles into specific points along 14 meridians, or energy pathways traversing the body to stimulate a response in the body's natural healing and pain relieving mechanisms. These pathways cannot be seen by the naked eye but modern science has been able to measure and confirm such corresponding locations. This medical treatment is performed by a Doctor of Acupuncture and integrates the empirical knowledge and clinical experience of traditional acupuncture and an evidence-based protocol that has proven to be beneficial by scientific research. Acupuncture needles are much smaller and relatively painless compared to hypodermic needles. Acupuncture needles are hair-thin and solid with a rounded tip unlike hypodermic needles, which are hollow with a cutting edge. These single-use, sterile needles are regulated by the FDA as a medical instrument. Acupuncture treatments often include the use of electrical stimulation devices (E-Stim) that induce a small current between needles. This modern method of stimulation produces a mild tapping, or tingling sensation that can be adjusted to accommodate the patient's comfort.

WHO MAY BENEFIT FROM THIS TREATMENT PROTOCOL: Women with an overactive bladder with urge incontinence defined under this protocol as follows: more than 8 voids a day, a feeling of urgency to void, and urge-associated incontinence at least twice during a 3-day period of time.

TREATMENT DETAILS: 7 acupuncture points are used per the pattern diagram.

TREATMENT SESSION: 1 Hour (includes preparation time plus 20 minutes of needle retention)

THE PREFERRED COURSE OF TREATMENT SHOWN TO PROVIDE BENEFICIAL RESULTS: The ideal treatment schedule consists of 1 treatment per week for 4 weeks and then weekly treatments as needed. You should be able to lie on your side for approximately 20 - 30 minutes. Pillows will be available to provide comfort.



Note: A diagnosis in the practice of Acupuncture is traditionally based on pattern discrimination and is not disease specific; therefore a treatment is tailored to each patient as an individual with a unique pattern of signs and symptoms. Modifications and/or additional therapies may be considered for the best therapeutic results.

All new patients, prior to treatment, should download and complete the **PATIENT HISTORY FORM** located at www.NaturesHealing.info.

AN EVIDENCE-BASED TREATMENT PROTOCOL DERIVED FROM THE FOLLOWING STUDY:

Acupuncture for Overactive Bladder- A Randomized Controlled Trial: Sandra L Emmons, MD et al. *Obstet Gynecol* 2005;106:138-43

SUMMARY: A randomized, placebo-controlled trial. 74 women completed all aspects of the study involving 4 weekly acupuncture treatments. Women were randomly assigned to either receive an acupuncture treatment expected to improve their bladder symptoms, or a placebo acupuncture treatment designed to promote relaxation.

CONCLUSION: Women who received 4 weekly bladder-specific acupuncture treatments had significant improvements in bladder capacity, urgency, frequency, and quality-of-life scores as compared with women who received placebo acupuncture treatments.