



FREEPORT ACUPUNCTURE CENTER

I am delighted to welcome you to Freeport Acupuncture Center and I look forward to working with you. I will strive to help you reach your highest potential and your optimal health. The information below is designed to assist you in getting the most out of your treatments.

Appointments

- ❖ Appointments are between 8:15 a.m. and 4:30 p.m., Monday through Friday. Evening appointments Tuesday starting at 6:15 p.m.
- ❖ Please allow 90 minutes for your initial visit; follow-up treatments are generally 60 minutes long (children's visits are usually 30 minutes).
- ❖ We encourage you to schedule appointments in advance to ensure you receive and retain the time slot you most desire.
- ❖ If you provide us with an email address we will gladly send you reminders prior to your appointment.
- ❖ If you wish to change or cancel an appointment it is your responsibility to call the office (865-1203) in advance (see cancellation policy below).

Treatments

- ❖ Depending on your health concerns, treatment may take just a few visits, a month, or several months.
- ❖ Along with acupuncture treatments, herbs may be prescribed as well. When taking herbs you need to pay close attention to how you feel. If you develop new symptoms, get or cold or an infection for example, you should discontinue taking the herbs until we can discuss your new symptoms. Some herbs need to be suspended during menses; these will be clearly labeled. Please call the office if you have any questions.
- ❖ Every person reacts differently to acupuncture treatments. Most patients are able to recognize an immediate improvement in their condition, but it is also considered normal to have your symptoms remain the same or even worsen for a day or two following a treatment. If, however, you feel your symptoms continue to worsen and/or this condition lasts for more than two days, please contact the office to discuss your symptoms with Mary Beth.
- ❖ Please do not brush your tongue before your treatment. In traditional Chinese medicine, the tongue is a map that corresponds to different parts of the body. For example the tip is connected to the heart; the sides are connected to the liver; the center to the spleen and the back to the kidney. The tongue's color, shape, texture, and coating reveal a great deal about the state of a person's health.
- ❖ I only use sterile, disposable needles and/or non-insertion needle techniques.

Cancellation Policy

- ❖ We try very hard to accommodate all our patients and to do so in a timely fashion. For this reason the office does have a 24-hour cancellation policy. Missed appointments and most appointments not cancelled 24 hours prior will be charged a fee.

Payment & Insurance

- ❖ We do require you to pay the initial visit and treatment in full at the time of service.
- ❖ If you have insurance we'll be happy to verify acupuncture coverage prior to your second appointment, and if treatments are covered we will begin billing your insurance at that time. (Note: you will be ultimately responsible for your charges if your insurance does not cover or denies your treatment.)

Attire

- ❖ Loose, comfortable clothing is best as acupuncture therapy involves palpation and treatment of various parts of the body. Draping will be provided to ensure modesty.
- ❖ Please refrain from excessive jewelry as some metals may interfere with the efficacy of the therapy. Watches should be removed prior to treatment.
- ❖ Out of respect for all of our clients we ask that you refrain from wearing perfume or strongly scented oils on the day of your visit.

Referrals

- ❖ Most of my patients come to me through word-of-mouth. If you're happy with the treatment you receive here and know of someone else who you feel would benefit from acupuncture, I would greatly appreciate your referrals. If you are unsure about the efficacy of acupuncture for a certain condition don't hesitate to ask me about it.

What Can Acupuncture Treat?

According to the World Health Organization and the National Institutes for Health, Acupuncture is effective for the treatment of:

Chronic and Acute Pain: injuries, headaches, neck and back pain, tendonitis, sciatica, carpal tunnel syndrome, fibromyalgia

Neurological Disorders: post-stroke recovery, Bell's Palsy & Trigeminal Neuralgia, movement disorders

Upper Respiratory Disorders: asthma, allergies, bronchitis, sinusitis, sore throat, laryngitis, colds and flu

Digestive Disorders: irritable bowel, colitis, constipation, diarrhea, gastritis, heartburn, food allergies, ulcers

Urinary and Reproductive Disorders: cystitis, menstrual cramps, irregular or heavy periods, infertility

Immune Function: Recurrent infections, supportive treatment of cancer and AIDS patients

Addictions: addictions to nicotine, alcohol and drugs

Eye and Ear Disorders: tinnitus, Meniere's disease

Depression, Anxiety & Insomnia

Other conditions: There are many other conditions that I have been successful in treating; please don't hesitate to ask or share with me any concerns you might have.

Mary Beth Hassett, L. Ac., Dipl. O.M. Acupuncture & Chinese Herbal Medicine

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