

## About Dr. Ernesto Uy



Dr. Uy has been a member of Watson Clinic's internal medicine staff since 1995. He received his medical degree from St. Louis University in the Philippines and is certified by the American Board of Internal Medicine. Dr. Uy is clinically trained to practice acupuncture; he has completed clinically focused, intensive workshops at the North American Acupuncture Symposium.

*For more information about acupuncture or  
to make an appointment for a session,  
please call (863) 680-7140*

**WATSON CLINIC**  
LLP

*acupuncture*

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# *Acupuncture*



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## What Is Acupuncture?

Acupuncture is a medical procedure in which sterile, stainless steel needles as thin as a human hair are inserted at one or more points on the human body to relieve pain and treat health problems.

## How Does It Work?

It's based on a premise in traditional Chinese medicine that patterns of energy - called Qi -- flow through the body. Disruption of this flow causes ill health and disease. Acupuncture corrects this imbalance.

## Is It Effective?

Originating in China more than 2,000 years ago, acupuncture is one of the oldest, most commonly used medical procedures in the world.

Its popularity in the United States is growing. In 1998, a Harvard University study estimated that Americans made more than five million visits per year to acupuncture practitioners.

The National Institutes of Health acknowledges that acupuncture shows "promising results" in relieving pain after medical or dental surgery, and may help with headaches, carpal tunnel syndrome, low back pain and other conditions.

A recent study found that acupuncture reduced pain by 36 percent in people with advanced cancer.

## What Is A Treatment Like?

Dr. Uy begins by doing a physical examination of the patient. He also obtains a thorough medical history. A treatment session usually lasts between 15 and 30 minutes.

## Do The Needles Hurt?

Not usually. Occasionally, a patient feels something comparable to a mosquito bite. More commonly though, there a tingling or pressure, accompanied by a sense of relaxation or well being.

## How Long Do The Results Last?

It varies, depending on the medical condition you are having treated and the severity of it. The frequency of treatments ranges from once a day to twice a week.

## What Are The Side Effects?

Serious negative reactions are rare. There may be some minor bruising or bleeding when a needle is removed. Needles are used only once, then disposed of, so there's little chance of infection.

It's important to always use an acupuncturist who is fully trained in anatomy and physiology.

## How Do I Prepare Myself?

Wear loose clothing. Don't come to the session hungry. Avoid alcohol. Be rested and relaxed.

## Are There Age Restrictions?

Dr. Uy practices acupuncture on people 18 and older.

## What Illnesses/Diseases Can Be Treated?

The World Health Organization says that acupuncture is suited for:

- Respiratory disorders, such as uncomplicated bronchial asthma
- Ear, nose and throat disorders: toothaches, pain after dental extractions, earaches, sinus infections, nasal inflammations
- Gastrointestinal disorders: digestive tract problems, hiccups, stomach or colon inflammations, duodenal ulcers, diarrhea
- Eye disorders, such as uncomplicated cataracts and inflammation of conjunctiva
- Nervous system and muscular disorders: headaches and migraines, certain facial paralysis or nerve pains, partial weakness after strokes, sciatica, low back pain, frozen shoulder and osteoarthritis.

## Will My Health Insurance Pay?

Some plans do, some don't. It's best to check with your plan's customer service representative at the telephone number on the back of your insurance card.