

anxiety & Acupuncture

As a part of our comprehensive services at The Women's Hospital, we provide patients with an environment of peace and relaxation at our Center for Healing Arts.



The Women's Hospital

CENTER FOR HEALING ARTS

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Acupuncture stimulates the flow of qi (pronounced "chee") in the body. Qi is the vital energy which flows throughout your body and can be disturbed by factors including cold, stress, diet, drugs and hereditary weakness.

By influencing the flow of qi, acupuncture stimulates the body to heal itself. Most patients report an enhanced sense of physical and mental well-being as a result of treatment.

For more information, call **812-842-4328** or visit **www.deaconess.com/CHA**.

Anxiety and Acupuncture

According to the Anxiety and Depression Disorders Association of America (ADAA), anxiety disorders are the most common psychiatric illnesses affecting children and adults in the U.S. An estimated 40 million adults suffer from anxiety disorders.

The term “anxiety disorder” includes generalized anxiety disorder (GAD), panic disorder and panic attacks, agoraphobia, social anxiety disorder, selective mutism, separation anxiety and specific phobias.

Obsessive-compulsive disorder (OCD) and posttraumatic stress disorder (PTSD) are closely related to anxiety disorders, which some may experience at the same time, along with depression.

A clinical study conducted in China in 2010 concluded that acupuncture is a safe and effective treatment for mood disorders. In some cases, acupuncture proved to increase the effectiveness of medication-based treatments. In 2009, another study in China determined that acupuncture alone could help patients who suffer from anxiety that cannot be chemically treated due to intolerable side-effects of medications.

Acupuncturists see the mind and body as inseparable. Anxiety and depression are not simply brain problems, but involve the entire being—body, mind and spirit. Acupuncturists seek to restore the imbalance by inserting fine, sterile needles into the points correlating to specific organs and focus on circulating the heart and liver qi, harmonizing the spleen and stomach, nourishing blood and balancing the flow of energy. Ultimately acupuncture encourages and supports a greater sense of well-being and balance.

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