

# fertility & 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](http://www.deaconess.com/CHA)**.

## Fertility and Acupuncture

Traditional Chinese medicine (TCM) and acupuncture offer many procedures for assisting with conception, pregnancy and even problems encountered during labor. TCM describes the reproductive system as a network of energy systems with related organs and metabolic and hormonal activity. This network responds to stress, chemicals, lack of exercise, poor diet and excess emotions all of which can put the body out of balance.

Researchers at Cornell Medical Center concluded that acupuncture helps to do the following:

- Increase blood flow to the uterus, which improves the chances of an ovum implanting on the uterine wall.
- Reduces anxiety and stress and the hormones that are secreted during stressful situations that significantly decreases fertility
- Balances hormone and endocrine systems that regulate ovulation
- Positively affects the hypothalamic-pituitary and ovarian axis which promotes ovulation
- Regulates menstrual cycle<sup>1</sup>

In a study published in Human Reproduction Journal an ultrasound was used to evaluate blood flow to the uterus during acupuncture treatments. The study found blood flow increases during treatment.<sup>2</sup> According to Dr. Nancy Snyderman, “when acupuncture needles are placed correctly, it can affect the nervous system. The idea is that if you stimulate the nervous system, you can make the uterus quiet and allow blood to flow.” Relaxing the uterus and increasing blood flow allows for the successful implant of an embryo within the uterine lining.

Acupuncture is a very individualized form of medicine. Many people find it helpful because it addresses the mind, body and spirit and not just one piece of the body. The acupuncturist works closely with Dr. Griffin and the Boston IVF at The Women’s Hospital team to help ensure patients are as relaxed and healthy as they can be while going through fertility treatments.

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<sup>1</sup>5 Ways Acupuncture Can Boost Fertility. Prevention.com 2002.

<sup>2</sup>Human Reproduction Journal, Volume 11, Number 6, 1996