

PMS & 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

JOINTLY PHYSICIAN OWNED

Deaconess

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**.

PMS and Acupuncture

Premenstrual syndrome is a combination of physical and emotional symptoms that precede the onset of menstruation. More than 75% of women experience PMS to some degree and 50 % of sufferers experience symptoms that are severe enough to disrupt their daily lives. The most common physical symptoms include abnormal bloating and water retention, breast swelling and tenderness, headaches, backaches, and cramping. Emotional disturbances include mood swings, depression and anxiety, changes in appetite, food cravings, and changes in the libido. Though the exact causes of PMS are unknown, it is thought that hormonal fluctuations, low blood sugar, and vitamin deficiencies play a role. Those with high stress, depression, and dysmenorrhea are at a higher risk of experiencing PMS.

In Chinese medicine, a woman's menstrual cycle depends on the proper function of the liver organ network. The liver is also responsible for storage and release of blood, and for smooth flow of vital energy. Stress and emotions including anger, frustration and resentment can easily depress the liver causing stagnation of energy flow. Acupuncture stimulates and activates the movement of qi and blood, restores hormonal balance, provides deep relaxation and alleviates PMS symptoms.

A study in the medical journal, *Archives of Gynecology and Obstetrics*, showed that the success rate of acupuncture in treating PMS symptoms was 77.8% whereas it was 5.9% in the placebo control group. Studies show promising data and suggest that acupuncture has a positive effect on the body. Acupuncture holds the key to healthier, balanced, PMS-free life.

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