

Acupuncture, Traditional Chinese Medicine and Pregnancy

What is Traditional Chinese Medicine ?

Traditional Chinese Medicine (TCM) originated over 2500 years ago in China. It includes acupuncture, herbal medicine, moxibustion, massage (called Tui-na) and nutrition. It is a system of medicine that categorizes groups of symptoms into diagnoses with corresponding treatment plans. Acupuncture involves the insertion of fine needles into the body to stimulate function.



Why would I use TCM?

TCM can be a valuable tool for you prior to conception, during pregnancy and post-partum. TCM can help you with issues related to fertility, side effects of pregnancy and complications post-partum. It is advisable to abstain from most medications while you are pregnant or breast feeding. Traditional Chinese Medicine (especially acupuncture) can provide a good alternative for managing the symptoms or complications associated with pregnancy & post-partum.



The National Institute of Health (NIH) recognizes acupuncture as an effective method of treatment for many pregnancy related ailments.



What is involved in a TCM treatment?

At my practice an initial intake will take between 1 and 2 hours. I will ask you to complete a health history questionnaire. I will ask questions about the symptoms you are experiencing and your bodily functions. Although the intake is in some ways similar to a first appointment at a western medical doctor, there are differences. Most patients find that I spend significantly more time with them than their MD is able to. Some of the physical exams are also different, including the observation of your tongue and an extended time spent monitoring and observing your pulse.

After the intake, I will form a diagnosis based on your presenting pattern and create a proposed treatment plan for you. We will discuss the risks and possible side effects of any treatments and arrive at a course of action. Then you will lie comfortably on a treatment table while I insert very fine needles into acupuncture points in your body. It should not hurt.

Most people find acupuncture to be a pleasant and relaxing experience. Generally the needles will remain in place for 20 – 30 minutes.

Follow up treatments take around 45 minutes.

If appropriate I will customize an herbal formula for you.

Is TCM safe?

Yes, TCM is very safe when administered by a licensed professional who adheres to the professional standards of practice.

A lot of research has been done on both the effectiveness and safety of using TCM to treat conditions related to pregnancy. There are strict guidelines in place around how acupuncture may be applied during pregnancy and which herbs are contraindicated or cautioned during pregnancy.

What specific ailments can TCM treat during pregnancy?

Here are some of the most commonly treated ailments during pregnancy.

Morning Sickness. Acupuncture and herbal medicine can reduce the severity and incidence of nausea and vomiting. Acupuncture points will be selected and applied based on the diagnosis. A customized formula may be created for you based upon your specific symptoms and diagnosis. Changes to your nutrition may also be suggested.

Back Pain. Acupuncture is very effective in the treatment of back pain. During pregnancy it is especially important to diagnose the cause of back pain. As always during pregnancy, only those points that have proven safe for pregnant women will be used to relieve symptoms and promote healing.

Insomnia. Most women complain of fatigue during the early stages of pregnancy. However many find it difficult to sleep. Acupuncture can be very effective in the treatment of insomnia.

Edema. Many women suffer from swelling of the feet and ankles – especially later in pregnancy. A combination of acupuncture, herbal medicine, and nutrition can give relief.

Headaches. Unfortunately many women suffer from headaches at a time when they are supposed to abstain from pain killers. Acupuncture can be a great alternative.

High Risk Pregnancy. If there is a prior history of miscarriage or early warning signs of a threatened miscarriage, a combination of acupuncture and herbal medicine can be used.

Breech, or Posterior Position. Moxibustion (burning of herbs on or near acupuncture points) can be remarkably effective in stimulating the fetus to move from a breech or posterior position. This procedure is considered optimal at the 34th week of gestation.

Induction. Acupuncture can be used to provide a gentle inducement to labor if you are experiencing delayed labor.



How can Traditional Chinese Medicine help post-partum?

Insufficient Lactation. A small percentage of women have difficulty producing enough milk for their babies. Acupuncture can noticeably increase production within days.

Mastitis. Mastitis can be distressing and painful. A combination of acupuncture and herbal medicine can help treat this painful disease.

Post-partum Depression. Acupuncture can provide a gentle and safe way to deal with depression during this difficult period for a woman.

Fatigue. Pregnancy and labor can leave women depleted and exhausted, at a time when they need energy for the new baby. Acupuncture can help restore health and energy.

Fees:

TCM can be a highly affordable health care option. Costs are generally divided into the fee for your visit and optional herbal prescriptions.

Initial visit	\$ 110
Subsequent visits	\$ 80
Herbal medicine	approximately \$20 for 1 week

About Rose Glavin:

I am a licensed acupuncturist working in the Hayes Valley neighborhood of San Francisco. I specialize in the treatment of women's health using Traditional Chinese Medicine. I would like to help you benefit from TCM in a safe and non-threatening way. My preferred process is to collaborate with you and your other medical professionals to integrate TCM into a holistic health care matrix that helps you through this exciting—yet sometimes difficult—time in your life.

I am a graduate of the American College of Traditional Chinese Medicine four year masters program in TCM. I am a diplomat of the National Certification Commission for Acupuncture and Oriental Medicine and hold a current license to practice acupuncture from the California Acupuncture Board.



Please feel free to call me at (415) 686-2789 or visit my website at www.roseglavin.com for additional information.

Utilizing well-established principals of Acupuncture and Chinese herbology, my practice specializes in internal medicine and women's health.

Working in cooperation with your other health providers, I can help with:

- Fertility
- Pregnancy Issues
- Post-Partum
- Menopause
- Gastro Intestinal Problems



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