



# Western Medical Acupuncture Clinic

[www.aubmc.org](http://www.aubmc.org)



AMERICAN UNIVERSITY of BEIRUT MEDICAL CENTER  
المركز الطبي في الجامعة الأميركية في بيروت

**Health and Wellness Center**



# History

Acupuncture was first conceived in the Neolithic age by Chinese doctors who noticed that soldiers wounded in battles by arrows in specific locations were cured from specific afflictions; which gave the idea that the stimulation of specific locations in the body induces specific effects on health.

As the connection between the skin and organs became better understood, acupuncture evolved into a system of healing, and it's considered the main pillar of traditional Chinese Medicine today.

The West started studying and evaluating acupuncture in the 16th century and, after establishing excellent evidence of its efficacy in a number of conditions, it adapted Chinese acupuncture to what is known today as western medical acupuncture (WMA), using the current knowledge of anatomy, physiology and pathology, and the principles of evidence-based medicine. Acupuncture is considered today the top evidence-based integrative medicine modality.

## What is acupuncture?

Acupuncture is a procedure that consists of stimulating specific locations on or under the skin, by needle puncturing.

## How does acupuncture work?

The traditional Chinese medicine (TCM) theory considers that acupuncture works on restoring a smooth flow of vital energy (Qi) along the meridians of energy in the body.

According to Western medicine, acupuncture stimulates specific areas in the brain, mainly the areas involved in pain control, and triggers the release of certain substances that control pain and other symptoms.

# What is acupuncture used for and who can benefit from it?

The major indication of acupuncture is “pain” in general, particularly low back pain (with or without sciatica), neck pain, headache (migraine and tension headache), early knee osteoarthritis, fibromyalgia, cancer pain and many other pain syndromes (inflammatory and mechanical).

In addition to the mainstream therapy, acupuncture is also effective in the treatment of post-operative, chemotherapy and pregnancy-induced nausea/vomiting, some cases of depression and anxiety and for ovarian stimulation in some cases of infertility.

# How can I know if I’m a suitable candidate for acupuncture?

Not all patients with one of the aforementioned conditions are candidate for acupuncture. You should undergo a complete clinical assessment based on which your benefit from an acupuncture treatment will be determined by your physician who might find that your medical condition will respond better to one of the conventional treatment modalities.

# What is the acupuncture treatment like?

For most indications, an acupuncture full treatment course consists of 10 sessions on average. Two sessions of one hour each are usually administered per week. Maintenance or consolidation sessions can be prescribed on bi-weekly or monthly basis later on depending on the condition. The speed of improvement varies from patient to patient according to the patient’s underlying health condition.

# Is acupuncture safe? Does it have any contraindications?

Acupuncture is generally safe if performed properly by a well-trained practitioner.

Sterile stainless steel disposable needles are inserted subcutaneously with no involvement of blood vessels or nerves. It constitutes much less risk of inducing infection than venipuncture (administered through the veins) or intramuscular (IM) injections.

To avoid any possible danger of inappropriate application, an experienced well-trained medical doctor, who is familiar with the conventional treatment modalities, should perform the procedure.

Acupuncture may be contraindicated if you are taking some kinds of blood thinners.

# Is acupuncture a painful procedure?

Needles' insertion can cause mild soreness at the insertion site, yet it remains to be a relaxing and very well-tolerated procedure. The needles used are much finer than those used for injections.

# Our Mission

Our mission is to provide our patients with one of the safest and most effective pain treatment modalities.

## Our Vision

Our vision is to introduce integrative medicine in a scientific, professional, and credible way, which complements and doesn't ignore western or conventional medicine.

## Our Team

Our team includes a family physician certified in medical acupuncture, an acupuncture specialist and registered nurses.

## Why come to us?

AUBMC is the first academic institution in Lebanon to introduce medical acupuncture as a scientific integrative treatment modality. What distinguishes us is that our service offers a unique holistic treatment approach that doesn't ignore conventional treatment modalities, the service being provided by medical doctors with additional specialized training in medical acupuncture.

## Location and Appointment Scheduling

The Western Medical Acupuncture Clinic is located in the Wassef and Souad Sawwaf Bldg., 3<sup>rd</sup> floor at AUBMC. To schedule an appointment, please call: 01-350000/ ext. 8030  
**Email:** [wellness@aub.edu.lb](mailto:wellness@aub.edu.lb)



