

**Welcome to Beach Community Acupuncture!**  
*Please read this letter before your first treatment with us.*



**About Beach Community Acupuncture (BCA).** We provide affordable, effective acupuncture treatments to the people of Point Loma and surrounding communities. We treat multiple people in recliners in our peaceful common room, helping us to keep fees down. Your acupuncture treatment might include points on your arms and hands, legs and feet, and/or head and neck. Because acupuncture channels flow across the entire body it is possible to treat anything without needing directly into the area. We treat back problems, for example, with points on the hands and legs.

We provide more than 10,000 treatments every year. We do this work in a community setting at a low cost, because acupuncture works better when treatments are provided frequently enough to make a real change.

**At BCA, here's how your first visit works:**

- You will fill out a short intake, sign a consent form, and pay the \$25 fee for the visit;
- You'll head back to the treatment room, choose an open seat, recline and relax.
- The practitioner will review your information and health complaint(s), then meet you at your seat and ask a few questions to discern the appropriate treatment.
- She will insert the needles according to your primary complaints.
- You'll relax for about 45 minutes, then your practitioner will remove your needles and recommend a treatment plan for you.

When you return for treatment, you will simply pay the \$25 fee, and be invited to go in and choose a seat. The practitioner will check on your progress, ask relevant questions, insert your needles and leave you to rest.

We let the needles do the work in a calm, peaceful setting.

**Clinic Etiquette**

- Please enter the clinic quietly, silence your phone, and use your "library voice" to help preserve the calm environment.
- Please don't wear perfumes or heavy scents.
- You are more than welcome to bring ipods or reading material-please keep the volume low enough that it can't be heard by others and please don't read loud newspapers.
- Please do not interrupt the practitioner while she is with another patient unless it's an emergency.

For more information on us, visit [www.beachacu.com](http://www.beachacu.com) or call 619-224-2442.  
*Beach Community Acupuncture, 1024 Rosecrans Street, San Diego, CA 92106*

# How often should I come in for treatment?

This will vary from person to person, and will likely vary as the condition changes with treatment. Here are some general guidelines, depending on what you are treating and what your goals are:

| <b>Being treated for:</b>     | <b>Example of condition:</b>                 | <b>Treatment frequency:</b>               | <b>For how long:</b>        |
|-------------------------------|--|---|-----------------------------|
| Very severe discomfort        | Acute back sprain, daily migraines           | Daily until change in condition           | For several days            |
| Serious discomfort            | Sprained ankle, acute digestive distress     | Every other day until change in condition | A week or two               |
| Moderate discomfort           | Knee pain while running, poor sleep          | Twice weekly until change in condition    | A few weeks to a few months |
| Working on a health milestone | Trying to get pregnant, overcoming allergies | Twice weekly until change in condition    | Over several months         |
| Ongoing episodic condition    | Occasional insomnia; PMS                     | Weekly + as-needed for acute episodes     | Over several months         |
| Support for chronic issues    | Stress, work-related issues, chronic illness | Weekly                                    | Ongoing/as needed           |
| General health                | Desire to be in good balance                 | Weekly or bi-monthly                      | Ongoing/as needed           |

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Name \_\_\_\_\_ Date \_\_\_\_\_

Phone # \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_

Birth date \_\_\_\_/\_\_\_\_/\_\_\_\_ Sex \_\_\_\_\_ Occupation \_\_\_\_\_

Emergency Contact Name \_\_\_\_\_ Emergency Phone # \_\_\_\_\_

Have you had acupuncture before? \_\_\_\_\_ How did you find us? \_\_\_\_\_

**Major Complaint(s), in order of importance to you:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

- Western medical diagnosis (if any):
  
- When/how did your condition(s) occur, and have you received any treatment(s)?
  
- When was your last complete medical exam?

**Circle if any of the following apply to you:**

HIV    Hepatitis    Pregnancy    TB    Bleeding Disorders    Blood Thinners    Allergies (not seasonal)

- Please list current medications:
  
- Please list accidents and/or surgeries:
  
- What else would you like to tell us?

## Beach Community Acupuncture Consent Form

**Acupuncture** means the stimulation of a certain point or points near the surface of the body by the insertion of special needles. The purpose of acupuncture is to prevent or modify the perception of pain and is thus a form of pain control. In addition, through the normalization of physiological functions, it may also serve in the treatment of certain diseases or dysfunctions of the body. Acupuncture includes the techniques of electro-acupuncture (the therapeutic use of weak electric currents at acupuncture points), mechanical stimulation (stimulation of an acupuncture point or points on or near the surface of the body by means of apparatus or instrument), and moxibustion (the therapeutic use of heat at acupuncture points by burning an herb).

***I understand that BCA does not provide primary care medicine, and that I am responsible to seek primary health care from a qualified medical doctor (MD).***

**The potential risks:** Acupuncture is a safe method of treatment, but that it may have side effects including slight pain or discomfort at the insertion site, bruising, dizziness or fainting, and numbness or tingling near the needling site that may last a few days. Unusual risks of acupuncture include spontaneous miscarriage, nerve damage and organ puncture, including lung puncture (pneumothorax). Infection is another possible risk, although this clinic uses sterile disposable single use needles, and maintains a clean and safe environment. Moxibustion includes the risk of burns and/or scarring. Some possible side effects of taking herbs are nausea, gas, stomachache, headache, change in bowel movement or dizziness. Should I experience any unanticipated effect I will immediately notify BCA. Also, I will keep BCA informed of my current medications.

***Some herbs and acupuncture treatments are contraindicated during pregnancy. I will notify BCA if there is a chance I am pregnant, or if I intend to become pregnant.***

**I state that I do not have the following conditions:**

- Pregnancy
- Bleeding disorders
- Pacemaker
- Local infections
- Use of Anticoagulants

***OR, I do have any of the above conditions, I have listed them here:*** \_\_\_\_\_

**The potential benefits:** Acupuncture may allow for the painless relief of one's symptoms without the need for drugs, and improve balance of bodily energies leading to the prevention of illness, or the elimination of the presenting problem.

I, \_\_\_\_\_, acknowledge that I am accepting treatment from a licensed

(Name)

acupuncturist at Beach Community Acupuncture. I understand that there are intrinsic differences between the care of acupuncturists and Medical Doctors. The acupuncturists are licensed by the State of California. At this time, it is my decision to pursue acupuncture treatment for any condition I have. Also, I understand that, as with any medical treatment, there is no guarantee that this treatment will offer complete resolution to any or all of the conditions I may have. Beach Community Acupuncture cannot act as your Primary Care Physician (PCP). We do not provide 24 hour call or emergency services. We do not maintain hospital admitting privileges. We recommend you have a Primary Care Physician for these services.

**Patient Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

Witness Signature: \_\_\_\_\_

Date: \_\_\_\_\_

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