

## **Welcome to Traditional Acupuncture.**

These pages are designed to introduce you to my practice and contain information about office procedures and acupuncture treatment. If you have any questions please do not hesitate to ask them. Feel free to call me on the phone or we can discuss them in the office.

I appreciate the opportunity to be of help to you and look forward to our work together.

### **1. First Visit and Frequency of Treatment**

We start with an intake and treatment. This first visit can take from one and a half to two hours. In this session I will gather many types of information from you. I will ask a number of questions about your medical history as well as the history of any current problems or concerns. But in order to develop a more panoramic view of a unique individual, I might also ask questions about personal history, family history, life-style, and the functioning of various bodily systems. At this time, I will also feel your pulses and perform other diagnostics. The information gathered from this intake is part of what informs my treatment planning and allows me to develop an appropriate course of treatment. After the intake, patients begin a series of treatments. Each visit lasts for approximately one hour. The frequency of treatment depends on my assessment of an individual's particular condition and the severity of the problem. If it makes sense to me, based upon the initial exam, to meet more or less frequently, I will bring it up for discussion. I realize that more frequent treatments initially, if deemed necessary, may present a financial burden for patients, and I am willing to discuss that issue freely.

It is difficult to predict how many treatments a patient will need. It is important to give nature some space and time to work. We are all unique individuals and while acupuncture can have a beneficial effect surprisingly quickly with some people, with others it can have a more gradual effect that moves in a more natural rhythm. After a few treatments we will review where we are and how we should proceed. For some, it might be appropriate at that time to continue weekly treatments, for others, we might begin to space treatments farther and farther apart. The nature and severity of a person's imbalance, how long he, she, or they have had it, as well as life-style factors that may be impeding treatment, are all issues that affect the number and frequency of treatments.

Acupuncture was traditionally used as a preventative measure with treatments often given at the change of seasons. After treatments have been spaced farther and farther apart and improvements hold, this is eventually how I like to proceed, with patients just coming back for seasonal "tune-ups." Because people often find that their acupuncture

treatment is effective in helping them maintain a higher level of energy, cope with stress and urban life, and with troubles that are the effect of mental or emotional conflicts within their life, seasonal treatments can be beneficial on a number of levels.

## **2. Things that you can do to support your treatments**

I believe that there are many factors that influence healing. As an acupuncturist, I will certainly do everything I know to assist this process, but believe strongly that what an individual can contribute to their own healing is vital. To support the work in the treatment room I might look at exercise, lifestyle, or diet and I may make specific requests that will be based on my professional experience. These suggestions might include things such as increasing your intake of water or stopping drinking coffee, beginning to exercise, getting more rest, keeping a food log, or practicing breathing exercises etc. Suggestions such as these are integral to my treatment of the whole person, so if you are uncomfortable with this possibility please feel free to bring it up.

## **3. Referrals**

As we begin, or continue our work together, I might ask that you see another professional in addition to myself. For example, I may suggest that someone see a medical doctor for evaluation of a condition, or for a review of medications, or to see a chiropractor for a structural evaluation. I will fully discuss my reasoning and recommendations with you and will answer all of your questions to the best of my ability.

You always have the right to ask me about alternative treatments for your condition. If you could benefit from any treatments I cannot provide, I have an ethical obligation to refer you to someone who can help you. If at any time you wish another professional's opinion and wish to consult another practitioner, I will be happy to assist you in finding someone qualified and provide her or him with the essential information needed. This might be a medical doctor, chiropractor, psychological counselor, massage therapist, herbalist, or another acupuncturist.

## **4. Appointments**

An appointment is a commitment to our work, and an agreement between us. On occasion, I may not be able to start on time. This is usually because a prior treatment is taking longer than expected. For this I ask your understanding and assure you that you

will receive a full treatment. Also be assured that if circumstances are such that at some point you need a longer treatment, you will always be afforded the same consideration. This can only happen however, if you are on time. If you come significantly late, I will not be able to treat you that day.

Your appointment time is reserved for you. I am rarely able to fill a canceled appointment unless I have at least 24 hours notice. If you are unable to keep your appointment, please give me 24 hours advance notice. If you do not appear for a scheduled appointment, you will be charged for the time that has been reserved for you. This policy also applies if you are so late for an appointment that I don't have time to treat you. If sickness is a factor I will be glad to find another time to make-up the missed appointment. I only ask that you call beforehand to inform me of your situation.

## **5. Fees and Payment**

My current fees for acupuncture treatment are \$180.00 for the initial intake and treatment and \$120 per treatment after that. I prefer to be paid at the end of each treatment. If you have health insurance that will cover acupuncture, I still need to be paid after each treatment and will make out a receipt so you can arrange for the company to reimburse the cost of treatment directly to you.

I am committed to making acupuncture available to all who need it, and can arrange fee payments according to a sliding scale, although I can only do this with a certain number of people at any one time. If this is a concern please feel comfortable discussing this matter with me.

## **6. House Calls**

I have worked with many people over the years who for varied reasons are not able to travel to my office. I am available to do house calls on a limited basis with an additional charge for travel time.

## **7. Contacting me**

I turn off my phone when I am with patients in order to give an individual my full attention, so you will usually get my voice mail. Cell connections are not always wonderful so please leave a message speaking clearly and slowly with your name twice and I will return your call as soon as possible.

## **8. Confidentiality**

In the course of treatment, people often share aspects of their personal lives. I regard the information you share with me with the greatest respect. I do not and will not tell anyone anything about your treatment, or even that you are a patient, without your full knowledge and informed consent.

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I appreciate the opportunity to be of service to you and practice acupuncture in the New York metropolitan area. I am eager to receive your questions, comments, feedback, or concerns at anytime. I look forward to being able to help you. If, as we proceed, you are satisfied with my services I would appreciate your referring others who might also benefit from my services.

### **TO GET THE MOST FROM A TREATMENT PLEASE FOLLOW THE GUIDELINES BELOW ON THE DAY OF YOUR APPOINTMENT**

-- Continue to take all medications prescribed by your physician. On the day of your first appointment please bring a list of your medications and supplements to the office.

-- If possible do not come to an appointment hungry. You can eat lightly before or after a treatment.

-- If possible when you come to your appointment please do not use any scented soaps, perfumes, or after shaves. Please do not wear any clothes to your appointment that are scented by laundry additives.

-- If possible do not wear any facial make-up that covers large areas of your face. Please avoid blush, foundation makeup etc. Being able to see the natural color in parts of the face is helpful to the diagnostic process.

-- If possible try to schedule your affairs so that you can arrive relaxed and have time to rest after your treatment.

**AND ON A TREATMENT DAY AVOID:**

-- all alcoholic and caffeinated beverages.

-- very hot or cold beverages just before or after a treatment.

-- vigorous physical activity just before or after a treatment.

-- extremes of temperature, such as saunas, hot tubs, or overly hot or cold baths or showers just before or after a treatment.

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