

Acupuncture can help you have a healthy pregnancy

Acupuncture can be used to assist with a range of pregnancy related conditions, offering women an alternative to taking medication. Acupuncture may also be used for the discomfort often regarded as part of a 'normal' pregnancy that just has to be endured. While acupuncture is viewed by many as an 'alternative' medicine, its use in pregnancy is widespread in other countries where midwives undertake specialized acupuncture training.

Acupuncture helps to:

- Miscarriage
- Threatened miscarriage
- Early pregnancy supportive care
- Nausea and vomiting
- Constipation and hemorrhoids
- Varicose veins and vulval varicosities
- Headaches and migraines
- Musculoskeletal conditions such as back pain, pelvic and hip pain
- Fatigue and exhaustion
- Anxiety and depression
- Itching in pregnancy
- Hypertension
- Gestational diabetes
- Breech & posterior positioned babies
- Preparation for a medical induction
- Pre-birth acupuncture to prepare the body for an efficient labour
- Acupressure taught to support people to use for pain relief during labour
- Postpartum recovery

How Effective is TCM in Pregnancy?

Research has demonstrated that acupuncture during the last weeks of pregnancy can significantly reduce the amount of time a woman is in labour, by shortening the amount of time for cervical dilation.

References

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Pregnancy and Traditional Chinese Medicine



We offer a safe, effective & drug-free treatment option during pregnancy



Benefits of Acupuncture During Pregnancy

For over 3,000 years, Traditional Chinese Medicine has promoted specialized treatment for women in pregnancy care and postpartum recovery. Today this care is becoming increasingly popular and used by acupuncturists and specially trained midwives in countries such as Denmark, England, France, Germany, Holland, Norway, Sweden, and New Zealand where acupuncture is available in specialized antenatal clinics and maternity hospitals.

Pregnancy, childbirth and postnatal recovery are viewed in Traditional Chinese Medicine as a window of opportunity to enhance the woman's wellbeing. Conversely if adequate care is not taken the resulting problems may continue long after the birth. Value is therefore placed on promoting preventive care to strengthen the mother and baby as well as dealing with problems as they occur during pregnancy. Acupuncture can be used in a variety of ways to promote fetal and maternal health.

Nausea during pregnancy

Acupuncture is often very effective in reducing both the severity and incidence of nausea and vomiting during pregnancy. Research from Australia highlighted that women receiving traditional acupuncture (where points were chosen according to an individual diagnosis) experienced faster relief when compared to those groups receiving routine prescribed points or "sham" acupuncture. This research also looked at the successful pregnancy outcomes for the women involved, concluding that "acupuncture is a safe and effective treatment for women who experience nausea and dry retching in early pregnancy".

Muscular-Skeletal Pain

Back pain, rib pain, sciatica and symphysis pubis pain are common in pregnancy and can all be markedly reduced with acupuncture. Research from Sweden⁽³⁾ concluded that when compared to physiotherapy, acupuncture was the treatment of choice for symphysis pubis and sacroiliac pain.

Breech and Posterior Babies

Evidence-based practice guidelines for care of women with Breech presentation recommends that moxibustion may be offered to women from 33 weeks gestation, in addition to having a significant effect in helping to turn breech babies. Ideally treatment is at 34-35 weeks, but can still be useful when used later in the pregnancy. Techniques can also help babies that are not in the optimal position prior to birth, such as those in a posterior position.

Hypertension

Acupuncture can have an important role in assisting to reduce high blood pressure, especially if treatment is commenced early when hypertension is first noted. The effectiveness of acupuncture will be reflected in the improved blood pressure readings and blood tests used by midwives and specialists to detect possible complications. As hypertension has the potential to escalate quickly, ongoing medical monitoring remains essential throughout pregnancy.

Labour Preparation

Three to four weeks prior to the due date a treatment to prepare the pelvis and cervix can be commenced. This is followed by one treatment per week until labour begins. Research from Germany indicated the potential for a more efficient active stage of labour. A New Zealand study with midwives indicated a reduction in women requiring medical intervention, including medical induction and caesarean section.

Induction

Acupuncture can provide a gentle inducement to labour if the baby is overdue and can be an effective alternative to a medical induction. Research from Norway on the use of acupuncture for women with premature rupture of membranes (PROM) concluded that "Ideally acupuncture treatments should be offered to all women with PROM and other women who wish to use this method to facilitate their birth and keep it normal".

Pain Relief During Labour

Acupuncture offers drug free alternatives for pain relief during labour. Acupressure provides similar results with the advantage that support people can use it during labour.