

## Welcome to Beach Community Acupuncture!

We are delighted that you are here! Please read this welcome letter before your first treatment with us.



**About Beach Community Acupuncture.** Beach Community Acupuncture (BCA) provides affordable group acupuncture to San Diegans. We treat multiple people in recliners in our peaceful common room, helping us to keep costs 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 needling directly into the area. We treat back problems, for example, with points on the hands and legs.

### First Time? Here's what you need to know.

- ⌚ Your first time fee is \$30, after that it's always \$20.
- ⌚ Eat something light in the several hours before treatment.
- ⌚ Don't wear any perfume or heavy scents.
- ⌚ You're welcome to bring your ipods or earplugs. You're welcome to read (but no loud newspapers!).
- ⌚ Come in quietly and turn your phone off... do your best to preserve the calm environment.
- ⌚ Wear loose clothing that can comfortably roll up to your elbows and knees. We know you look cute in your skinny jeans, but they're too restrictive!
- ⌚ During the treatment, the acupuncturist (we like to call them "punks") will treat you in the order you were seated. After looking at your chart, s/he will check your tongue and pulse, and ask a few questions. There's not a lot of talking. We each provide over 100 treatments a week, and we've got lots of experience getting "right to the point." After the treatment, your punk will recommend a treatment plan. The flip side of this page includes a chart explaining how we come up with our recommendations.
- ⌚ People experience acupuncture differently, but most feel no or minimal pain as the needles are inserted. (Needles, by the way, are sterile, stainless steel, and disposable.)
- ⌚ You will relax with your needles in for at least 30 minutes. The average is 45 minutes to an hour. Lots of people read or listen to their own music. Many people nap with needles in.

**We are a "POCA" Clinic, and Part of a National Movement.** POCA is the People's Organization of Community Acupuncture and we want you to know about it! As a multi-stakeholder cooperative, "POCA's goal is to make acupuncture available to as many people as possible and to support those providing acupuncture to create stable and sustainable businesses and jobs." The movement just keeps growing. In 2012, POCA member clinics provided over 750,000 treatments (177 clinics reporting). BCA happily provided nearly 11,000 of those treatments. [We would love you to become a part of a growing network of Community Acupuncture lovers and practitioners.](#) The cost of membership for patients is on a sliding scale starting at \$25/year and the benefits for patient members are pretty great. They include birthday treatments and several acupuncture coupons to give to your friends! Become a part of the POCA family today! More at [pocacoop.org](http://pocacoop.org).



For more information on us, visit [www.beachacu.com](http://www.beachacu.com) or call 619-224-2442.  
Beach Community Acupuncture, 4993 Niagara Ave, Suite 206, San Diego, CA 92107

# **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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**WELCOME TO BCA!!**

Date \_\_\_\_\_

*Have you had acupuncture before? Y/N*

Name \_\_\_\_\_

Address \_\_\_\_\_

Best Phone #: \_\_\_\_\_ Email: \_\_\_\_\_

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

Primary Physician/Phone \_\_\_\_\_

Emergency Contact Name/Phone \_\_\_\_\_

How did you find out about us? \_\_\_\_\_

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

- ⌚ \_\_\_\_\_
- ⌚ \_\_\_\_\_
- ⌚ \_\_\_\_\_

If your condition(s) have been diagnosed, please explain:

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?**

## INFORMED CONSENT FOR ACUPUNCTURE SERVICES

**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), moxibustion (the therapeutic use of heat at acupuncture points by burning an herb), cupping (whereby suction cups are applied to specific points on the body or motion suction cups).

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