



Acupuncture Health & Wellness

Welcome to Acupuncture Health and Wellness! We know that you have a choice in alternative healthcare providers. We are honored that you've chosen us for your natural health and wellness journey.

Your first appointment will take approximately 1 ½ - 2 hours, and consists of a conversation with your Acupuncture Physician to compile an extensive medical history. The questions asked in an Oriental Medicine and Neural Therapy intake may be completely different from what you've previously experienced in a traditional doctor's office. Questions about immunizations, scars (big and small), dental work, surgeries, as well as illnesses are all extremely important for your treatments. Follow-up appointments normally take around 1 hour – 1 hour and 15 minutes.

Since every person is unique in his or her own condition, the number of treatments will vary. The nature, severity and history of how long you've had a problem are all factors that are involved in how many treatments will be necessary. A general rule of thumb is 1 – 2 treatments to see changes in your chief complaint, 4 -5 treatments to see significant and lasting changes. Additional treatments, though less frequent, may be necessary to strengthen your body's response to crisis and to improve your natural healing power. My biggest joy comes from you not needing regular treatments any longer!

For your first appointment, please bring the enclosed documents (or those same forms printed from: www.AcupunctureHealthAndWellness.com/PatientForms.html), completed as applicable. If you have questions about any of the details, please call or discuss with us when you arrive.

I look forward to working with you.

All the Best,

Amy Oros

Doctor of Oriental Medicine