

## How to be referred

The Royal London Hospital for Integrated Medicine (RLHIM) is part of University College London Hospitals NHS foundation trust and accepts all NHS referrals.

GP referrals are by letter or via choose and book.

Patients can also be referred by their NHS hospital consultant.

### Please send your referral letter to

Traditional Chinese Acupuncture  
Royal London Hospital  
for Integrated Medicine  
UCLH NHS Foundation Trust  
60 Great Ormond Street  
London  
WC1N 3HR

## Professional education and training

The Royal London Hospital for Integrated Medicine is part of the University College London Hospitals NHS Foundation Trust and is a teaching hospital.

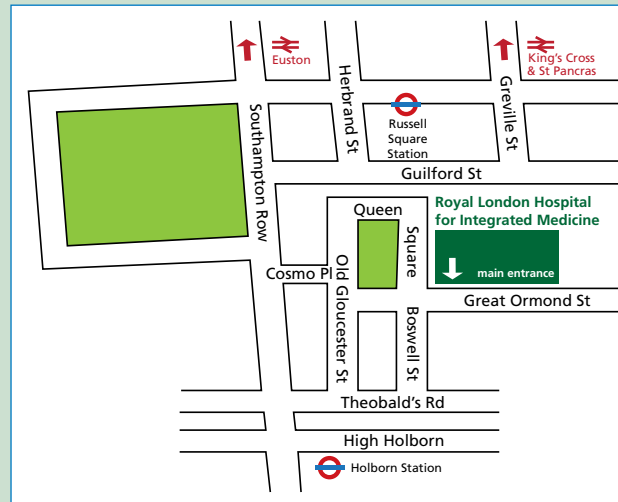
With the patients consent, other healthcare professionals may sit in during outpatient clinics.

## How to find us

**By Train** – Euston, King's Cross and St Pancras are all only about 15 minutes walk from the hospital.

**By underground** – Russell Square (Piccadilly Line) and Holborn (Central and Piccadilly Lines) are both within walking distance.

**By Bus** – Various buses come within 15 minutes walk of the hospital including route numbers: 8, 17, 19, 25, 38, 45, 46, 55, 59, 68, 91, 168, 188, 242 and 243.



**Royal London Hospital  
for Integrated Medicine**  
60 Great Ormond Street  
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[www.uclh.nhs.uk/rlhim](http://www.uclh.nhs.uk/rlhim)

**Patient services**  
Tel: 0203 44 82000  
Fax: 0203 44 82004

# The Royal London Hospital for Integrated Medicine

## Traditional Chinese Acupuncture (TCM)



• Design: UCL Medical Illustration 2010

University College London Hospitals **NHS**  
NHS Foundation Trust

The Royal London Hospital for Integrated Medicine



## What is Traditional Chinese Acupuncture?

Acupuncture is a part of Traditional Chinese Medicine (TCM), a system of healing which has been practised in China and other Eastern countries for thousands of years. Although often used as a means of pain relief, it can treat people with a wide range of illnesses.

Its focus is on improving the overall well being of the patient, rather than the isolated treatment of specific symptoms.

## Who can benefit from TCM acupuncture?

Some of the conditions we treat include:

- Women's health, including disturbances of the menstrual cycle, gynaecological disorders
- Men's health, including prostatitis, urinary disorders, fertility
- Emotional issues, stress, anxiety, depression, addictions
- Headaches, migraines, tinnitus, dizziness, vertigo
- Sleep disturbances
- Immune system imbalances, allergies, Herpes zoster (Shingles)
- Gastro-intestinal conditions
- Musculoskeletal problems including joint pain, back pain
- Upper respiratory disorders e.g. sinusitis, asthma
- Hypertension (High blood pressure)

## What happens at my first appointment?

You will be seen individually and assessed by a doctor trained in TCM using traditional Chinese diagnosis as well as questions about your medical history and lifestyle.

Single-use, sterile, disposable needles are used.

Treatments will usually be given once a week for 6 weeks.

## Is there anything your practitioner needs to know?

- If you have ever experienced a fit, faint or funny turn
- If you have a pacemaker or any other electrical implants
- If you have a bleeding disorder
- If you are taking anti-coagulants (such as warfarin) or any other medication
- If you have damaged heart valves or have any other particular risk of infection

## Is the treatment painful?

The needles are very fine. Unlike other needles, such as those used for blood tests and injections, they do not have a cutting edge. Some patients feel a little sharpness during needle insertion, while others feel nothing at all.

## Are there any side effects?

- A few patients feel tired after treatment - you are advised not to drive after your first appointment
- Fainting occurs rarely in some patients
- Minor bruising or bleeding can occasionally occur after acupuncture