

Stay Healthy With Acupuncture

What else at Lotus Healthcare?

At Lotus Healthcare, our aim is to help you remain healthy. The two previous articles focussed on tips for staying healthy and the benefits of the different screening programmes for both men and women. This article will highlight some of the other popular services provided at Lotus Healthcare.

Those vital health checks

In any organisation, human resources are one of the most important assets and employers are becoming increasingly conscious of the impact that their employees' health has on their organisations. It is now common practice in many companies to assess both the physical and psychological health of the key personnel.

Lotus Healthcare undertakes medical examinations for:

- *Pre-employment assessment*
- *Life assurance purposes*
- *Immigration and emigration examinations*
- *Annual health checks for employees*
- *Sports medical examinations*

At Lotus Healthcare we can perform these examinations with minimal delay in a friendly and relaxed environment.

Acupuncture...a prickly solution

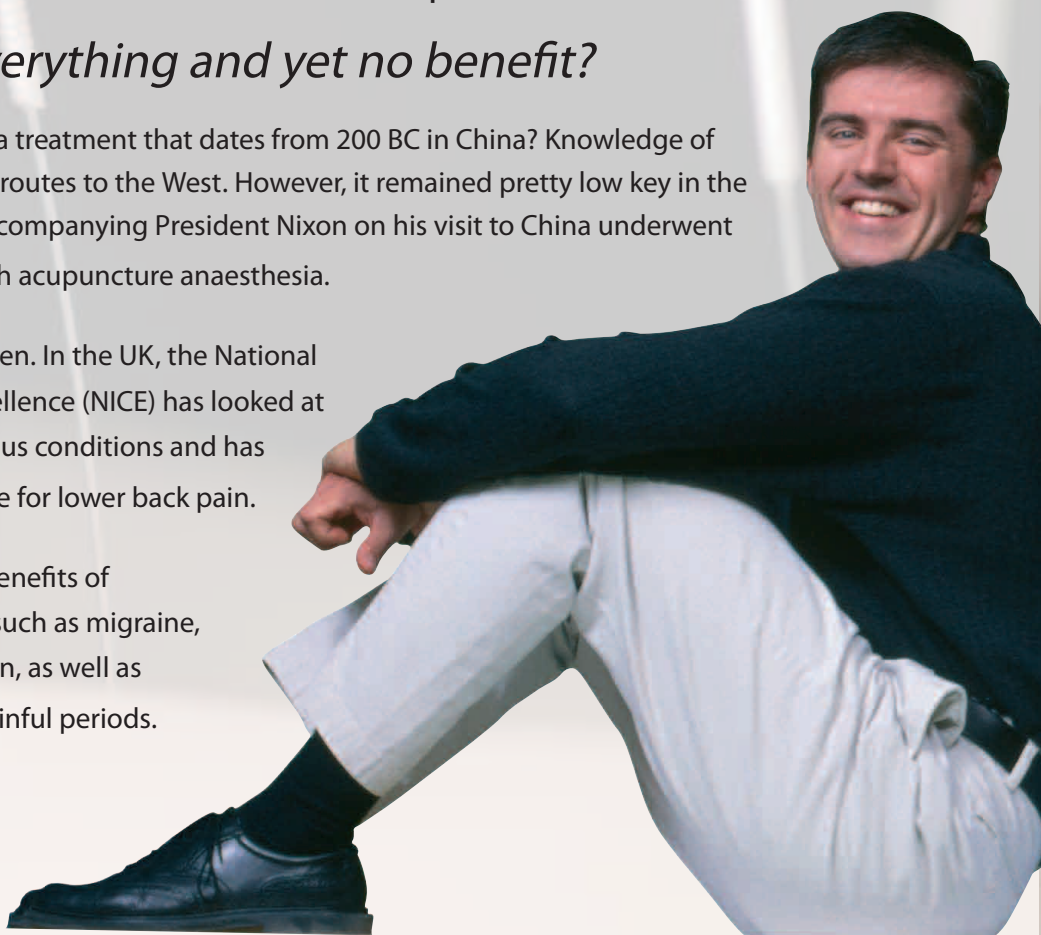
Are you one of the silent sufferers from that chronic painful condition?

Tried everything and yet no benefit?

Have you considered acupuncture, a treatment that dates from 200 BC in China? Knowledge of this therapy spread along the trade routes to the West. However, it remained pretty low key in the West until 1972, when a reporter accompanying President Nixon on his visit to China underwent emergency appendix operation with acupuncture anaesthesia.

We have moved a long way since then. In the UK, the National Institute for Health and Clinical Excellence (NICE) has looked at the benefits of acupuncture in various conditions and has now formally endorsed acupuncture for lower back pain.

There is growing evidence for the benefits of acupuncture in painful conditions, such as migraine, neck, back, hip, knee and elbow pain, as well as other painful conditions, such as painful periods.



The underlying principle of acupuncture is that any symptom, or illness, is a result of disturbance in the flow of the body's vital energy, or qi. Acupuncture treatment aims to look at the different components of an individual's life (i.e., physical, mental and emotional), which are contributing to the final presentation. Inserting the acupuncture needles aims to restore this disturbance.

The modern scientific explanations for the mode of action of acupuncture are:

- *Neural mechanism, stimulating the body's intrinsic pain blocking pathways;*
- *Release of chemicals that inhibit, or reduce, the perception of pain (e.g., endorphins);*
- *Recent studies in the USA have also suggested that acupuncture stimulates the release of a naturally occurring protein within the body called adenosine, which is known to have anti-inflammatory properties.*

At Lotus Healthcare, acupuncture is provided by Dr Mayank R Shah who is a medical trained acupuncturist and a member of The British Medical Acupuncture Society. Acupuncture is only offered following a detailed assessment and consideration of all appropriate treatment options.

We are approved as providers of acupuncture treatment by a number of health insurance companies.

GP consultations

Modern lifestyles place considerable pressures on the mind and body, and when that worrying problem arises, it is important to be able to consult a doctor quickly, at a convenient location and to be offered the opportunity to explain your concerns. Our doctors are highly trained General Practitioners. They understand the pressures of modern day working life and the effect this has on your physical, mental and social health, as well as the impact this is likely to have on those close to you.

At Lotus Healthcare, we utilise the most up-to-date clinical guidelines to enable you to benefit from modern medical advances in diagnosis, treatments and prevention of health problems. The doctors offer you the time to discuss your anxieties.

Diagnostic investigations are often necessary to help identify or, in some cases, rule out certain conditions. Lotus Healthcare has established links with the leading diagnostic centres in London, facilitating a high quality, efficient service.

For further information, or to book an appointment, please contact Val or Maxine on:

Tel.: 0870 6080083

E-mail: info@lotushealthcare.co.uk

www.lotushealthcare.co.uk

All our services are available from our clinics in Harley Street, London W1 and The BMI Clementine Churchill

Hospital, Harrow, Middlesex.



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