

- **What is medical acupuncture?**

Medical acupuncture is acupuncture that is performed by a medical doctor who is trained and licensed in Western medicine as well as trained in acupuncture as a specialty practice.

- **How is My PCP acupuncture different from other acupuncture practices?**

My PCP uses a Japanese, palpation-based acupuncture approach. This acupuncture approach is known for its gentle needling technique and highly personalized treatment plans. This approach is different than the standard Traditional Chinese Medicine approach.

As a Board Certified Family Physician, Dr. Tochtenhagen has the unique ability to integrate Western medicine with acupuncture. This allows her to create a truly personalized treatment plan to ensure the best possible outcome.

- **What conditions do we treat?**

A personalized approach is used to treat a variety of medical conditions including:

Musculoskeletal pain

Pelvic pain

Gynecological disorders

Emotional stress

Emotional anxiety

Infertility

Digestive disorders

Migraine headaches

- **What is an acupuncture session like?**

Your initial acupuncture visit will consist of a consultation where you speak with Dr. Tochtenhagen about your medical history and the reason for your visit. You will then have a one-on-one 60 minute acupuncture session with Dr. Tochtenhagen. This session will use a Japanese, palpation-based approach to personalize your treatment. Your session will be conducted in your own private treatment room. At My PCP our goal is to make your session relaxing and comfortable. Many people become so relaxed that they fall asleep during the sessions.

Your follow up acupuncture visits will consist of a brief update with Dr. Tochtenhagen on how you are doing since your last session followed by a one-on-one 60 minute acupuncture session.

You can wear loose fitting, comfortable clothing to your appointment. If you are unable to do this, Dr. Tochtenhagen will provide you with cotton robe that you can wear during your session.

- **Are the needles big?**

The needles that Dr. Tochtenhagen uses are very small. The needles are much smaller than the needles used in doctor's offices for immunizations and smaller than the needles used frequently for Traditional Chinese acupuncture. The needles are inserted only a few millimeters into the skin. You may feel a very small prick with insertion, but many people do not feel anything.