

# Group Acupuncture FAQs

Discounted services offered at Integrative Medicine

## How will group acupuncture help me?

Our group acupuncture sessions are designed to help you relax and deal with stress. They can also treat simple musculoskeletal pain issues and some types of headaches.

## What is 'group' acupuncture?

You'll have your treatment while sitting in a comfortable chair in a large room. Other people will be sitting around you and having the same experience. It's similar to having a haircut or manicure in a salon with other people present.

## Do I have to get undressed?

No! This type of acupuncture is performed on areas such as the hands or ears. You don't expose body parts that are usually covered.

## Does it hurt?

Some patients report feeling slight discomfort as the needles are being placed, but it quickly dissipates. Many acupuncture patients notice feelings of calm and even fall asleep during acupuncture sessions.

## How long will my session last?

It only takes minutes to place the needles, but you sit with them in for a while. Plan for the entire process to take about a half hour.



## What if I'm afraid of needles?

That's a common concern among people getting acupuncture for the first time. Acupuncture needles are different than those used to draw blood or place IVs. The needles are thin, flexible and shallowly inserted, usually only millimeters deep.

## When is this service offered?

Group acupuncture sessions are offered Monday mornings and Fridays during the lunch hour at Integrative Medicine on the 2nd floor of Sudler on the main University of Kansas Medical Center campus. To check on availability or to make an appointment, call our clinic at **913-588-6208**.

## How much does it cost?

We offer these sessions to health system employees, medical students and university faculty and staff for \$20 each, a significant discount over the price of our traditional acupuncture services. We ask that you bring your employee badge and be prepared to pay at the time of treatment.

## What other acupuncture services do you offer?

While these sessions deal with stress management and relaxation, acupuncture can also help with chronic headaches, pain, arthritis, fatigue, anxiety, depression, hormone-related symptoms, infertility, digestive problems, sleep problems, dry mouth, dry eyes and as a complementary therapy for cancer.

Call the clinic at **913-588-6208** if you'd like to schedule an appointment for one of our traditional treatments.

To learn more about all of our services, visit [kansashealthsystem.com/integrative](https://kansashealthsystem.com/integrative).