

## What is Acupuncture?

Acupuncture is the practice of inserting very fine needles into specific points in order to elicit a neurobiologic and physiological response from the body. Such responses stimulate healing of muscles, nerves and other tissues. This practice has existed for centuries in both human and veterinary medicine and is widely accepted as a safe and effective alternative therapy.

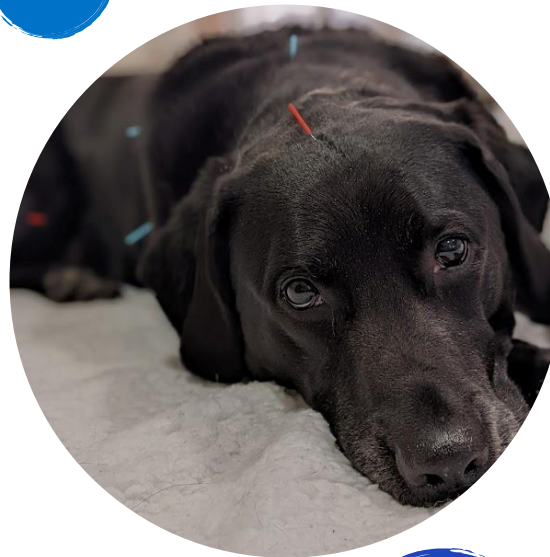
## How can Acupuncture help my pet?

Acupuncture is used to treat a variety of conditions in our companion animals, including:

- Musculoskeletal conditions
- Gastrointestinal disease
- Respiratory disease
- Allergies and other skin conditions
- Neurologic and behavioral disorders
- Urinary and reproductive diseases
- Stress and anxiety

When properly administered, acupuncture encourages healing by stimulating nerves, increasing blood circulation, relieving muscle spasms and releasing hormones that induce a state of pleasure and result in pain relief.

Acupuncture is generally very well tolerated, oftentimes with animals becoming sedate or even sleeping through treatments.



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## How safe is Acupuncture?

Acupuncture is one of the safest forms of medical treatment for animals when it is administered properly. A veterinary acupuncturist must be a licensed veterinarian and should have received additional extensive training in the practice of acupuncture.

Side effects are rare; in most cases, an animal's condition may seem worse for up to 48 hours after treatment, followed by a marked improvement in their symptoms. These effects are an indication that physiologic changes are occurring in your pet and are considered a positive response to therapy.

## How successful is Acupuncture?

Effects of acupuncture are cumulative, so several treatments are required, with frequency determined by the pet's underlying condition and response to treatment.

Additional therapies such as physical therapy or pharmaceuticals may be recommended to enhance the efficacy of acupuncture treatments.

## For more information...

Speak with a member of our staff about scheduling a consultation if you think that acupuncture would be right for your pet!

## Dr. Megan Ruller, VMD, CVAT

Dr. Megan Ruller graduated from the University of Pennsylvania's School of Veterinary Medicine in 2018. She practiced mixed and large animal medicine prior to joining Middletown Veterinary Hospital in 2020.

She recently completed the Canine Rehabilitation Institute's Certified Veterinary Acupuncture Therapist program and has begun offering acupuncture as an alternative and adjunctive treatment to patients here at MVH.

She plans to pursue a certification in physical therapy and rehabilitation in order to provide even more therapies to her patients.

