

We are proud to introduce acupuncture at Harbour View Family Practice and Sports Medicine

Dr. Anand Kapur is dually board certified in family practice and sports medicine. He serves as medical director of sports medicine at the Maryview Outpatient Rehabilitation Department. He received his training in acupuncture through the Helms Medical Institute at Stanford University, which is the program that has trained the most physician acupuncturists in this country. He is licensed to practice acupuncture in the state of Virginia and is a member of the American Academy of Medical Acupuncture.



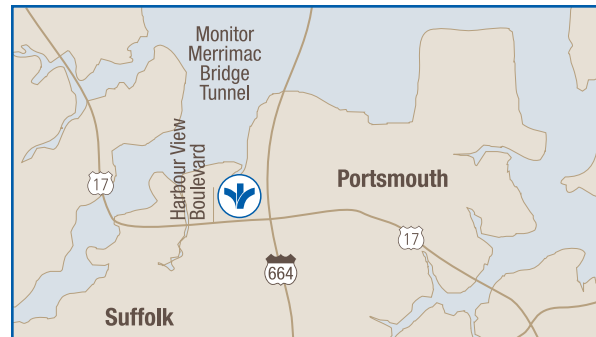
Dr. Kapur originally studied acupuncture to help his patients that suffer from acute injuries and chronic arthritis in his musculoskeletal/sports medicine practice. Along the way, he realized that many of the daily patient complaints voiced in his practice did not fit with traditional Western medicine taught in textbooks. Patients seemed to have a lot of expensive tests performed and still had no answers. He has found acupuncture to be particularly useful in the treatment of patients who are not benefiting fully from Western medicine.

Harbour View Family Practice and Sports Medicine

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(757) 673-5890

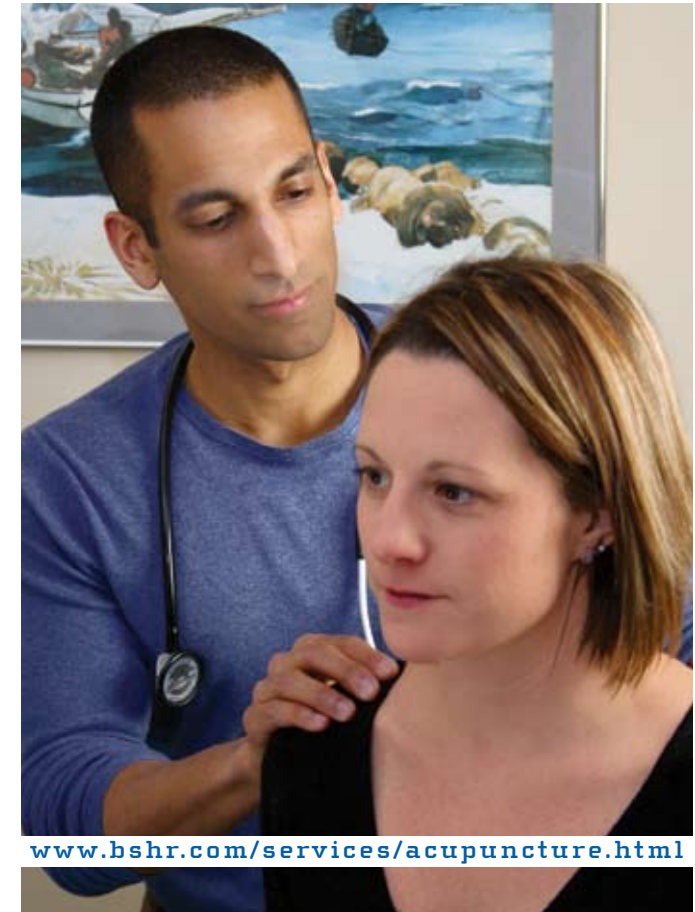
www.bshr.com/services/acupuncture.html



To learn more about acupuncture at Harbour View Family Practice and Sports Medicine, call: **(757) 673-5890**

Physician Acupuncture

at Harbour View Family Practice and Sports Medicine



www.bshr.com/services/acupuncture.html



HARBOUR VIEW FAMILY PRACTICE AND SPORTS MEDICINE
Bon Secours Maryview Medical Center

Acupuncture at Harbour View Family Practice and Sports Medicine

What is an acupuncture treatment like?

Everyone experiences acupuncture differently. In general, treatments are meant to be relaxing and can last from 15-45 minutes. Acupuncture needles are very thin and are one-time use only disposable needles. No needle is ever used more than once. Treatment programs are usually once weekly for six weeks. At that point, most patients will experience a reduction or a resolution of their symptoms.



Can acupuncture help my condition?

To answer this, it is always recommended that you consult with a health care practitioner who is both a physician and an acupuncturist. In other words, if you are interested in acupuncture, you should visit with a physician well-versed in both traditional Western medicine and acupuncture. That practitioner can determine whether or not your health concerns can be addressed with acupuncture or in addition to current treatments.



Is acupuncture covered by insurance?

Some insurance companies cover acupuncture fully, while some cover it partially or not at all. If coverage determines whether you will consider acupuncture, we strongly encourage you to call your insurance company and inquire.

Fees are collected at the time of service. Our rates are below the national average for a physician acupuncturist. It is offered at this discounted value because our aim at Bon Secours is to assist patients in their journey to healthy living.

How do I arrange an appointment?

Simply ask your primary care physician for a referral to our office. If you do not need a referral, call our office and we can set-up an appointment to meet with Dr. Kapur.

**For more information you can visit the American
Academy of Medical Acupuncture at
<http://www.medicalacupuncture.org>.**

Here is a small sample
of illnesses which
acupuncture can help:

Respiratory Diseases

- Acute / Chronic Sinusitis
- Acute / Chronic Rhinitis

Bronchopulmonary Diseases

- Acute / Chronic Bronchitis
- Bronchial Asthma

Orthopedic Disorders

- Shoulder Pain
- Tennis Elbow
- Sciatica
- Low Back Pain
- Acute Pain from an Injury

Gastrointestinal Disorders

- Chronic Abdominal Pain
- Constipation
- Diarrhea
- Heartburn
- Reflux

Neurologic Disorders

- Headache
- Migraine
- Trigeminal Neuralgia
- Peripheral Neuropathy
- Anxiety
- Insomnia
- Ringing in the Ears

