



Community Acupuncture
2006 South 39th Street
St. Louis, MO 63110
Phone: 314-772-4325

SUN NIEN FAI LOK... or HAPPY CHINESE NEW YEAR!

Millions of people around the world will celebrate the Year of the Rat beginning February 7th, 2008 (which marks the new moon). It is the 4,706th year since the lunar calendar was first implemented at the beginning of the Yellow Emperor's reign.

The rat is the first of twelve animals associated with the Chinese lunar calendar. People born in the Year of the Rat are said to be industrious, adaptable, and ambitious. The Year of the Rat is known as a year of plenty, bringing opportunity and good prospects. Wear red for good luck!

Acupuncture after Surgery

New research from Duke University Medical Center has shown that acupuncture can significantly reduce surgical patients' post-operative pain, and their need for powerful opioids to treat pain.

Duke University anesthesiologists combined data from 15 randomized clinical trials to reach their conclusion. Using acupuncture both before and after surgery produced the best results for patients, who reported lower levels of post-operative pain and a significantly reduced need for painkillers. In addition, acupuncture mitigated the effects of opioids when they were needed.

"The most important outcome for the patient is the reduction of the side effects associated with opioids," said T.J. Gan, M.D., the Duke anesthesiologist who presented the study at the annual scientific conference of the American Society for Anesthesiology in San Francisco in October 2007. Gan pointed out that acupuncture is a relatively inexpensive therapy that has virtually no side effects when practiced by trained professionals.

Many other studies have shown acupuncture effective in reducing post-operative nausea and vomiting compared with other medications.

According to a meta-analysis presented at the American Society of Anesthesiologists' meeting, acupuncture reduced rates of postoperative nausea by 32%, pruritus by 25%, dizziness by 38%, and urinary retention by 71% compared with control groups.

Happy Chinese New Year! Acupuncture after Surgery New Year Customs



Here are some of the traditions and superstitions observed to usher wealth, happiness, and good fortune into the New Year.

Clean the House

Days before the New Year begins, celebrators clean their homes to rid them of last year's bad luck and make way for the in-coming good luck of the New Year.

Plants for Luck

Celebrators buy plants and flowers that will bring them good luck for the New Year.

Special Foods

Fish is usually eaten on the eve of the Chinese New Year. The Cantonese pronunciation of fish makes it a homophone for "more than enough", or "extra".

Tangerines are lucky because of their bright color, but odd numbers are unlucky, so the tangerines are always given in pairs.

Acupuncture is excellent for post-surgical side effects such as surgical pain, loss of appetite, and upset stomach/nausea. In addition to strengthening the immune system and increasing energy acupuncture is also a great way to reduce swelling, decrease stiffness and pain, reduce scarring and scar tissue and assist with a quick recovery.

If you, or a loved one, will be undergoing surgery, please call us to see if acupuncture can improve your recovery.

Candy is eaten to ensure the consumer a "sweet" year.

Wear Red

Red is the color for clothes and all decorations because it is associated with joy and happiness.

Lucky Money

Lucky money is given out in red envelopes with the family name and a good-luck message written on them in gold.

Open Windows

Opening windows and/or doors is considered to 'bring in' the good luck of the New Year.