

Healing Point Acupuncture L.L.C.

Dr. Nanette Lara

DOM, Lac, Dipl. Of Ac, CH (NCCAOM)
www.HealingPointNM.org

3303 Camino de la Sierra NE · Albuquerque, NM 87111

505-440-9103

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MANDATORY DISCLOSURE STATEMENT

FEE SCHEDULE:

***Co-pay applies to patients covered by Aetna, Triwest, BCBS of NM, Pres Senior Care, Presbyterian Health Plan (note: I do not take Pres Centennial), United Healthcare as long as benefits are verified, and deductible has been met. I am unable to bill for Medicare Advantage Plans.**

Non-insurance rate:

\$100 for the initial visit

\$70 for follow-up visits

EDUCATION, DEGREES, EXPERIENCE, PROFESSIONAL MEMBERSHIPS, & CERTIFICATES

- **University of Michigan, Ann Arbor, MI - Bachelor of Science in Environmental Policy - 1995**
- Certified in **Clean Needle Technique** - Council of Colleges of Acupuncture and Oriental Medicine (CCAOM) - Jan 1999
- **International Institute of Chinese Medicine, Albuquerque, NM - Master of Oriental Medicine - Aug 1999**
- 4 year study including study tour to China (**Chengdu University of Traditional Chinese Medicine**)
- Total curriculum of 2400 hours and includes more than 900 practice hours spent in observation, hands-on experience, and actual treatments
- Certified **Diplomat in Acupuncture and Chinese Medicine (Herbology)** by the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM) - January 2000
- Board Certified **Doctor of Oriental Medicine (DOM)** by the State of New Mexico - January 2000
- **Clinical Examiner for the New Mexico Board of Acupuncture and Oriental Medicine** – April 2010 to October 2023

STATEMENT OF TRAINING AND EXPERIENCE IN ADJUNCTIVE TRADITIONAL ORIENTAL THERAPIES

This practitioner's training and experience in the recommendation and application of adjunctive therapies and herbs as defined by traditional oriental medical concepts was encompassed in the Masters of Oriental Medicine degree. Such training and clinical experience included acupuncture, moxibustion, electrical stimulation, cupping, auriculotherapy, herbology, Oriental body work (Tui Na), nutritional, diet, and supplementation therapy.

STATEMENT OF PRACTITIONER COMPLYING WITH PROPER RULES AND REGULATIONS

This practitioner is aware of and complies with the rules and regulations promulgated by the Department of Health with respect to proper cleaning and sterilization of needles - single use disposable needles are used in this practice of acupuncture and the sanitation of acupuncture offices.

This practice of Acupuncture and Oriental Medicine is regulated by the New Mexico Board of Acupuncture and Oriental Medicine. Should you have any comments, complaints, or questions, you may contact them at the following address:

2550 Cerrillos Road, Santa Fe, NM 87505

PO Box 25101, Santa Fe, NM 87504

STATEMENT OF PATIENT RIGHTS

As a patient, you are entitled to receive information about the methods of therapy, the techniques used, and the duration of therapy, if known.

As a patient, you are entitled to seek a second opinion from another health care professional and may terminate therapy at any time.

This is a professional relationship, sexual intimacy is never appropriate and should be reported to the Director of the Division of Registrations in the Department of Regulatory Agencies.

CANCELLATION POLICY

An appointment has been reserved for you and someone else may have been denied the opportunity for service because of our agreed commitment. **Thus, there will be a charge for missed appointments without a 12 hour notice.** Keeping scheduled appointments helps me give you the quality of care and results that Traditional Chinese Medicine is known for.

I HAVE READ AND UNDERSTAND THE ABOVE INFORMATION

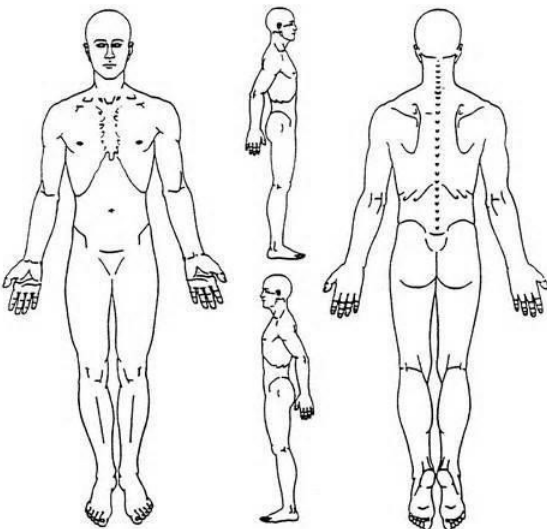
Patient or Guardian's Signature

Date

Date:	First Name:	Last Name:	
Date of Birth:	Age:	Occupation:	
Home Phone:	Work or Cell#:	Email:	
Street Address	City:	State:	Zip:
Emergency Contact (Name and phone):	Marital Status:	Referred by:	
Name as it appears on Insurance card:	Insurance ID# and Group #:	Insurance contact # (to verify benefits):	

Reason for visit today:

Have you had acupuncture before?: Yes No Chinese Herbal Medicine?: Yes No

<p>Please circle the area(s) of pain/symptoms</p> 	<p>How long have you had this condition?: _____</p> <p>Is it getting worse? <input type="radio"/> Yes <input type="radio"/> No</p> <p>Does it bother you: <input type="radio"/> Sleep <input type="radio"/> Work <input type="radio"/> Other: _____</p> <p>Please circle the number indicating level of discomfort Not Severe 1 2 3 4 5 Moderate 6 7 8 9 10 Severe</p> <p>What seemed to be the initial cause?: _____ What</p> <p>_____ makes it better?: _____ What</p> <p>_____ makes it worse?: _____</p> <p>If there is pain, is it: <input type="radio"/> dull/achy <input type="radio"/> sharp/stabbing <input type="radio"/> burning <input type="radio"/> tingling <input type="radio"/> numb <input type="radio"/> electrical <input type="radio"/> other: _____ Are you under the care of a physician now?: <input type="radio"/> Yes <input type="radio"/> No If yes, for what reason? : _____ Who</p> <p>_____ is your physician?: _____ Physician</p> <p>_____ phone#:</p>
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Are there other therapies that you are currently undergoing?:

SYMPTOMS:

LUNG/LARGE INTESTINE

- Dry Cough
- Cough with Sputum _____
- Nasal Discharge
- Post-Nasal Drip
- Sinus Infection/Congestion
- Itchy, Red, or Painful Throat
- Dry Mouth/Throat/Nose
- Skin Rashes/Hives
- Snoring
- Grief/Sadness _____
- Shortness of Breath
- Allergies/Asthma
- Low Resistance to Colds or Flu
- Sneezing
- Mild Fever which Comes and Goes
- Smoke Cigarettes
- Metallic Taste in Mouth
- Lung Disease (please explain): _____
- _____ Other symptoms:
- Fever Chills
- Food Cravings (please specify): _____
- Poor Balance

STOMACH/SPLEEN

- Heaviness Anywhere in Body
- Fatigue/Worse after Eating _____
- Hard to Get Up in the Morning
- Edema (Swelling)
- Muscles Feel Tired Often
- Easily Bruise or Bleed
- Bad Breath
- Decreased Increased Appetite
- Crave Sweets
- Hypoglycemia
- Difficulty Digesting Oily Foods
- Nausea/Vomiting
- Gas/Belching
- Insulin Sensitivity
- Hemorrhoids
- Constipation
- Diarrhea
- Abdominal Pain _____
- Indigestion/Heartburn
- Over-thinking
- Tendency to Gain Weight
- Brain Fog/Lack of Concentration
- Light headedness

HEART/SMALL INTESTINES

- Heart Palpitations
- Chest Pain
- Insomnia/Sleep Problems
- Easily Startled
- Restlessness/Agitation
- Vivid Dreams
- Lack of Joy in Life
- Mouth Sores

KIDNEY/URINARY BLADDER

- Urinary or Bladder Problems/Infections
- Lack of Bladder Control
- Weakness/Pain in Lower Back
- Decrease Bone Density
- Feel Cold Easily
- Low Sex Drive
- Excess Sexual Desire
- Poor Memory
- Loss of Hair
- Hearing Problems
- Cavities
- Craving/Avoiding Salty Foods
- Fear
- Hot Flush/Night Sweats
- Incontinence
- Herpes
- High Cholesterol
- High Blood Pressure
- Measles _____
- Mononucleosis
- Pacemaker
- Pleurisy
- Pneumonia
- Polio
- Rheumatism
- Scarlet Fever
- Seizures
- Strokes
- Surgery: (please list) _____
- _____
- Thyroid Disorder
- Major Trauma (Car, fall, accident, etc.) _____
- Other (please specify) _____

LIVER/GALLBLADDER

- Irritability/Anger
- Depression/Stress
- Headaches/Migraines
- Visual Problems
- Red/Dry/Itchy Eyes
- Gall Stones
- Dizziness
- Blurred Vision
- Feeling a lump in Throat
- Clenching of Teeth at Night
- Muscle Cramping/Twitching
- Tension
- Joints/Neck/Shoulder Pain/Tight
- Poor Circulation
- Soft/Brittle Nails _____
- Emotional Eater
- Sighing
- Bitter Taste in Mouth

YOUR MEDICAL HISTORY

- AIDS/HIV
- Alcoholism
- Allergies
- Anorexia
- Appendicitis
- Arthritis _____
- Asthma
- Breast Lumps
- Cancer
- Chronic Fatigue
- Diabetes
- Emphysema
- Epilepsy
- Fibromyalgia
- Goiter
- Gout
- Heart Disease
- Hepatitis

Do you have any ALLERGIES?

MEDICATIONS: Please list any medications you have taken within the last two (2) months. Include vitamins, OTC drugs, herbs, alcohol, marijuana, etc.: _____

OCCUPATION: Do you usually work indoors outdoors? Are there any occupational stressors (chemical, physical, psychological)? _____

NUTRITION:

Do you drink caffeinated beverages? Yes No If so, how many per day? _____

Do you drink alcoholic beverages? Yes No If so, how many per week? _____

How much water do you drink per day? _____ Please describe your average daily diet (please be as specific as possible):

Morning:

Afternoon:

Evening:

Snacks:

WOMEN ONLY: When was your last period?

How long does your cycle last?

Number of days for monthly cycle?

Describe menstrual flow: Heavy Moderate Light None

Color of menstrual flow: Dark Bright Red Slightly Reddish

Birth Control: None IUD Pill Spermicidal Barriers

Do you suffer from:

Cramping: Severe Mild During Period Moderate
 Before Period After Period

Clotting Bleeding between periods

Pelvic Inflammatory Disease Endometriosis

Mastitis PMS

Yeast or other Vaginal Infections:

_____ Infertility

Cysts: Breast Ovarian

MEN ONLY:

Do you suffer from:

Impotence

Weak Erection

Discharge from Penis

Testicular Pain or Lump

Premature Ejaculation

Prostate Problems: PSA: _____

Infertility

Low Sex Drive

Healing Point Acupuncture

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How can I get the most out of my treatments?

The positive effects of acupuncture begin right away at your first visit, but tend to be somewhat temporary at first and any initial improvements usually slide back within hours or days. As we progress through a course of acupuncture therapy the amount of symptom relief and the time period of increased wellness following each treatment will become more pronounced, until your body holds the changes on its own. It is important to be consistent with frequent visits at the beginning of care in order to build momentum and hold the gains we make from visit to visit.

How long will it take to feel better?

We ask our patients to make a commitment to their acupuncture treatment and to have realistic expectations of this system of medicine. While some patients obtain quick relief from only a few visits, most patients require 2-6 weeks of 2 visits per week to make significant changes, followed by weekly visits for another 4-8 weeks to consolidate gains made and prevent relapse. While acute conditions may resolve within just a few visits, chronic conditions that have persisted for many years may take many treatments over a long period of time to completely resolve.

How should I schedule my appointments?

If there is a time of day that works best for your appointments we encourage you to schedule several visits in advance to hold your ideal appointment times. If you need to cancel appointments please give advance notice so that we may give that time to other patients. We ask that you reschedule promptly so that a long absence does not interrupt the rhythm of your care.

Do you have any recommendations for before and after my visits?

We suggest having a meal within a couple of hours before your visits, or at least a snack on the way to the clinic. Additionally, we suggest refraining from intense physical activity, sex, alcohol or caffeine for 4 hours after each visit. You may prefer to bring shorts or wear loose pants that come above your knees comfortably, as this style of acupuncture tends to utilize points on the hands/forearms/elbows and feet/lower legs/knees.

What about the herbs or supplements you may be recommending?

Chinese herbs combine synergistically with acupuncture and have been safely used for over 2500 years to accelerate the healing process. The companies we use offer the highest quality ingredients and products are subject to stringent testing and are FDA and GMP compliant. Like acupuncture, herbs work best when taken consistently at the recommended dose. Any recommended dietary supplements are based on modern research and we stock only the highest quality brands. You may also find other brands elsewhere and are free to purchase your herbs and supplements wherever you choose.

What is the scientific basis for acupuncture?

Scientific research is attempting to understand the mechanism of acupuncture. At this point researchers are able to measure activity in specific various body systems when an acupuncture needle is inserted: 1) increase in peripheral blood flow, 2) increase in the neural pain threshold, 3) release of neurochemicals similar to endorphins, 4) increase in T cells and other immune constituents, 5) increased activity at nerve “gates”. Thermal PET scans also show activity in the regions of the brain responsible for “pain” messages. However, the logic of the meridian network continues to elude scientific observation.

What is the traditional theory behind acupuncture?

The meridian network is like a road map superimposed over the body with highways, secondary roads, on and off ramps, etc running throughout the body. One could also think of it in terms of an energetic irrigation system carrying “Qi” (pronounced “chee”, meaning “vital energy”) to nourish all areas of the body. The smooth flow of Qi is essential for good health and for healing. When the flow of Qi becomes obstructed, like a kink in the garden hose, symptoms can occur. Restoring the flow of Qi through the meridians using acupuncture helps bring the body back into balance and facilitates the natural healing process.

What is acute care?

Most patients seek treatment because they are in enough discomfort to do something about it. We cluster visits close together during this acute phase of treatment to reduce the level of symptoms as quickly as possible. This is typically accomplished in 2-6 weeks of treatment twice a week.

What is corrective care?

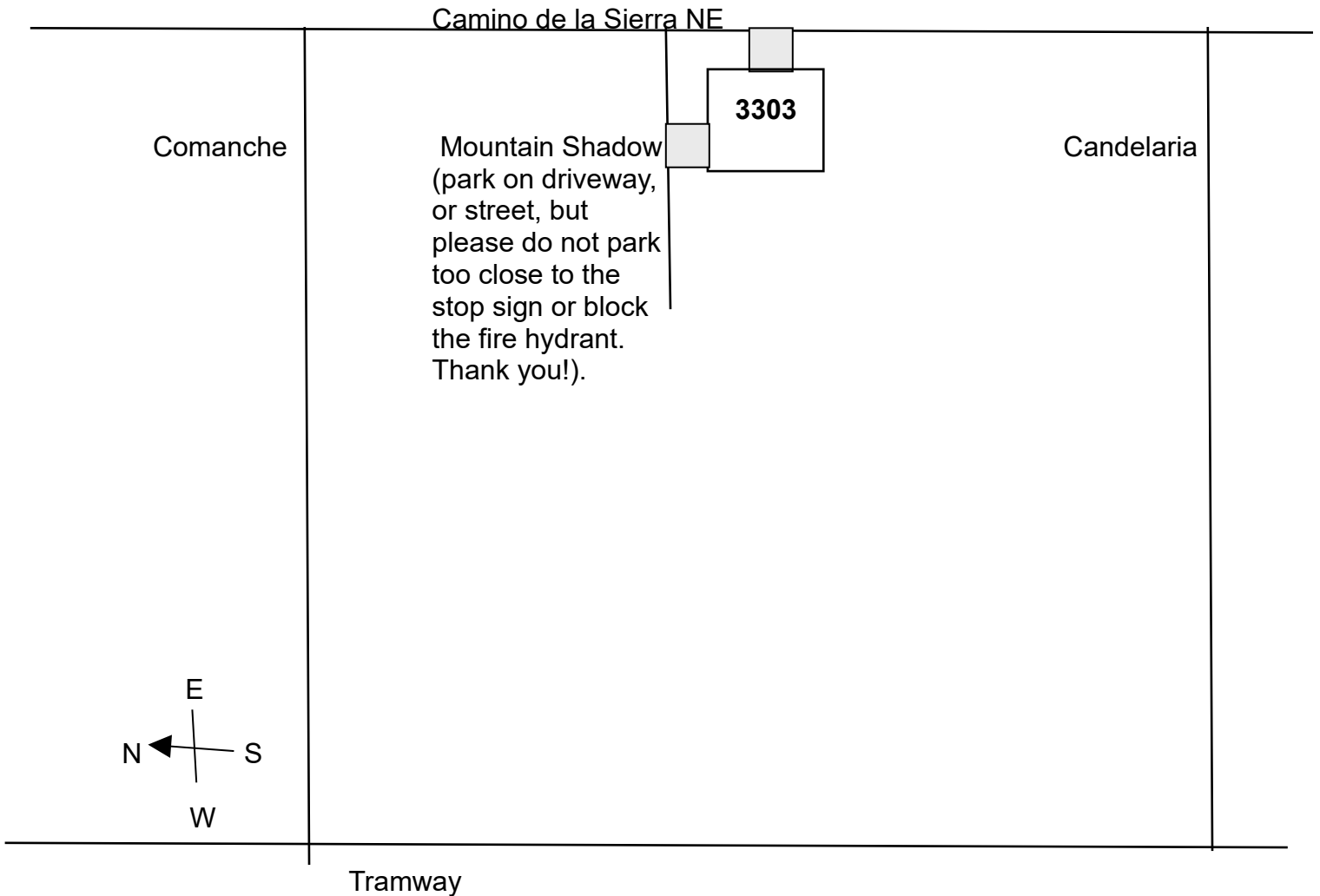
Once we have brought the level of discomfort down we begin to lengthen the interval of time between visits. Continuing care through this phase allows the healing process to occur and helps the body to consolidate the positive effects of the acupuncture so that backsliding does not occur. During this phase it is common to want to “test it out” or overdo it because of the relative absence of discomfort, however, it is important to remember that although the pain is lessened, the healing process is still unfolding and the body is vulnerable to re-injury or re-aggravation of symptoms.

What is maintenance care?

Patients with chronic conditions or symptoms that tend to recur may also require an ongoing maintenance interval. Many patients find it helpful to come in for a “tune-up” treatment every so often. This can vary from bi-weekly to monthly visits.

Visit my website for more information about acupuncture: **www.HealingPointNM.org**

**Map to Healing Point Acupuncture, L.L.C.
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Directions from Tramway and Comanche:

Take Comanche east until it dead-ends into Camino de la Sierra. Turn right. You will go over two speed bumps. My house is on the right side of the street, at 3303 Camino de la Sierra NE, on the corner of Mountain Shadow. Turn right on Mountain Shadow, and take an immediate left into the (North) side driveway of our house. Ring the doorbell at the gate, and I will let you in. You may park on Camino de la Sierra (at the curb in front of house), or on Mountain Shadow, but please slow down and be aware of pedestrians, bikes and other cars. Thank you!