



## Acupuncture & Oriental Medicine of Sturbridge

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### Welcome



Congratulations on taking the first step to becoming a healthier more balanced you! I look forward to working with you in your pursuit of better health and hope to give you a good idea of what to expect.

Enclosed is a copy of the following forms:

1. Health History Questionnaire
2. Informed Consent Form
3. New Patient Information Sheet
4. Medication & Supplement Form

Please read through each and answer all questions asked as detailed as possible.

**Be sure to sign and bring all completed forms with you for the initial visit.**

The initial visit will take between 60-90 minutes with treatment to follow. Please plan to be at the office for up to 2 hours total. During the initial consultation we will review your health history, general health, and the problems you wish to have treated. I will ask your complaints to better understand your situation. The examinations may include looking at your tongue, feeling your pulse, palpating your abdomen, and evaluating your muscular skeletal structure.

Once I determine your diagnosis I will discuss this with you along the treatment plan I recommend. Treatment may include acupuncture, herbal medicine, manual meridian balancing, and other Oriental medicine procedures outlined in the consent to treat form.

Oriental medicine requires that the patient be active in their treatment for results to be optimal. Patients will be required to participate through recommended lifestyle and dietary changes as necessary, home self-treatment and exercise. These will be discussed and recommended throughout your treatments.

If you have any questions prior to your first visit, please don't hesitate to call me.

Amy J. Gaudette Lic.Ac., Dipl.C.H.