

Commonly Asked Questions

Is acupuncture safe?

Extremely safe, if practiced by an accredited practitioner such as Dr. Lambert. Needles are sterile and used only once.

Will it hurt?

Acupuncture needles are much finer than those used for injections and so rarely hurt. They are also used only at a superficial depth. Some people say they don't feel it at all, and often fall asleep during treatment.

Are there side effects?

Side effects are rare. Most side effects are minor and may include occasional dizziness, usually after the first treatment, and slight bleeding after the needles are withdrawn.

Where will I get the acupuncture needles?

That will depend on your individual condition and what meridian point on the body will need to be treated. Patients are normally treated lying down on their back or on their stomach.

Does acupuncture just treat sore backs?

No, acupuncture can be beneficial to all body systems including respiration, digestion, circulation and the immune system.

How many treatments will I need?

Each patient is different depending upon their case. Often noticeable improvement is made within 3-4 weeks of the first treatment. Dr. Lambert will help you decide whether adequate progress has been made with your condition or if further sessions would be beneficial, and if follow-ups after several weeks would help maintain the improved condition.

How should I prepare for a session?

Come to the center wearing loose comfortable clothing. Do not come overly hungry, or overly full.

Does acupuncture interfere with medication?

No. And, depending on your condition, you may find you do not need to continue with certain medication.

How will I feel after a treatment?

Everyone responds differently. Some are very relaxed or drowsy, while others are energized. Returning to normal activity afterwards should not be a problem. Any feelings out of the ordinary should be brought up to Dr. Lambert.

Is acupuncture covered by health insurance?

Some companies do cover it. You are advised to contact your particular insurance carrier, or Dr. Lambert's assistant would be happy to verify coverage for you.

Directions

Garden State Parkway Northbound:

Take Exit 172 for Grand Avenue. At bottom of exit ramp continue through traffic light into 305 W. Grand Ave.

NY State Thruway:

Take Exit 14A to merge onto Garden State Parkway Southbound. Take 1st exit (School House Rd.). At bottom of exit ramp turn left onto Rd41/Red School House Road. Continue straight to 2nd light and turn right onto W. Grand Ave. Montvale Health Associates is 1/4 mile on right.

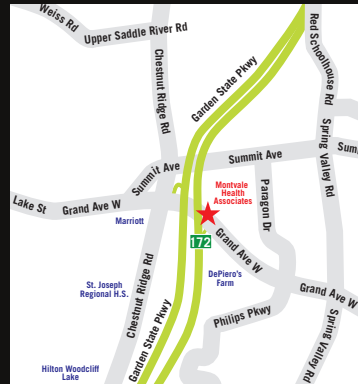
Route 17 South:

Take the exit toward Upper Saddle River. Bear right onto Crescent Ave. Turn right at light (Lake St.). Continue on Lake St. for approx. 3 mi. and bear left to Summit Ave. Continue on Summit through light and make 1st right onto Craig Rd., and continue to stop sign. Make a right onto W. Grand Ave. and go through one light

and turn right into parking lot just before the 2nd light.

Route 17 North:

Exit toward Upper Saddle River. Merge onto Crescent Ave. and make a right at 1st light onto Lake Street. Continue to follow Lake St. for approx. 3 mi. and bear left to Summit Ave. Continue on Summit through light and make 1st right onto Craig Rd., and continue to stop sign. Make a right onto W. Grand Ave. and go through one light and turn right into parking lot just before the 2nd light.



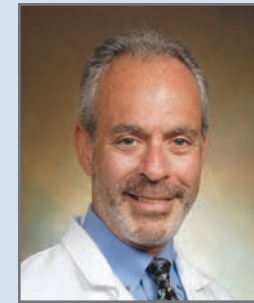
Dr. Rick Lambert is a graduate of the NYU School of Medicine and is board certified in the fields of Internal and Emergency Medicine. His interest in alternative approaches to care led him to become certified in Acupuncture as well.

Over the years, his personal interest in meditation, yoga, the martial arts and self awareness has given him a different, more balanced perspective on the true meaning of health. He has a deep interest in his patients' well-being and in providing a healing environment for them.

Rick Lambert, MD ~ In-Balance Health

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Rick Lambert, MD

Board Certified in Internal & Emergency Medicine
Certified in Acupuncture

Acupuncture



Today it is quite common to hear about people turning to acupuncture for chronic pain relief. The FDA estimates that 9 to 12 million acupuncture treatments are now performed annually in the U.S. Acupuncture supporters claim that it is an accessible, safer, less expensive treatment than conventional pain therapies—providing a surgery-free option to alleviating chronic health problems.

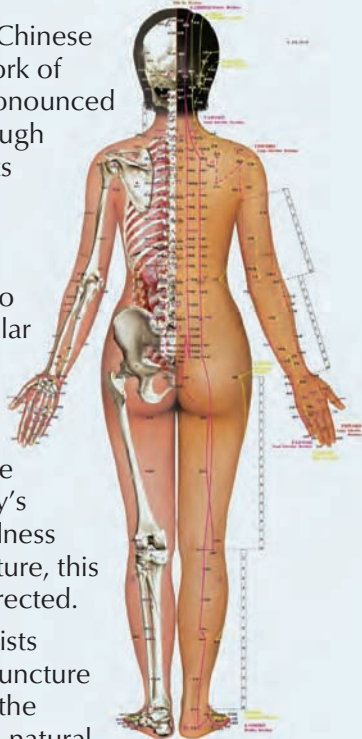
What Is Acupuncture?

Acupuncture, developed by the Chinese thousands of years ago, is performed to stimulate designated points on the body in order to relieve pain, enhance recuperative powers, and strengthen the immune system. This is done through the insertion of small needles, finger pressure, application of heat, or a combination thereof.

According to ancient Chinese belief, there is a network of energy called “qi” (pronounced ‘chee’) that flows through the body and connects these points through different channels or “meridians.” These pathways are related to the organs, the muscular and nervous systems and their specific internal functions.

If there is an imbalance in the flow of the body’s energy, then pain or illness results. With acupuncture, this imbalance can be corrected.

Many physician scientists have shown that acupuncture treatments can cause the release of endorphins, natural

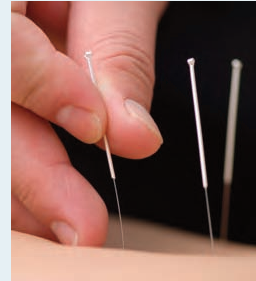


pain relieving substances found in the brain and spinal cord. This may explain how acupuncture is helpful in relieving pain.

Conditions Treated

At Montvale Health Associates, resident physician Dr. Rick Lambert uses acupuncture to treat a variety of disorders including:

- Headaches
- Sciatica
- Neck and back pain
- Arthritis
- Shoulder pain
- Myofascial pain syndrome
- Weight loss
- Smoking cessation
- Anxiety/panic disorders
- Carpel tunnel syndrome
- Fibromyalgia



How Acupuncture Is Done

The practice of acupuncture involves Dr. Lambert making a diagnosis based on the review of a patient’s symptoms, personal characteristics and a physical examination. Patients under the care of another physician should remain so, and continue medications as prescribed by them.

Acupuncture is done with extremely fine, hair-thin, flexible needles made of silver and steel alloy. There is nothing special about the needle, it is merely a tool to correct the energy imbalance in the body.

The needles used by Dr. Lambert are single-use disposable needles to keep with the center’s strict hygiene practices.



How It Feels

As acupuncture is performed, there is often a brief “needle prick” sensation as the needle passes through the skin. Then, as the needle begins to work and the energy effect occurs, the patient may feel numbness, heat, dull aching or tingling where the needle is located. Some people are surprised to find treatments are actually quite relaxing—the result of the natural pain relieving endorphins.

Acupuncture needles are left in place usually for about 15 to 20 minutes. They may be rotated by the doctor or sometimes stimulated electrically.

Treatment Duration

The length and frequency of acupuncture treatment will vary for each individual and will be determined by Dr. Lambert according to the nature of a patient’s condition and progress. Lasting relief will be built over several appointments, and as one improves, fewer visits may be required. Some people benefit from regular treatments to maintain general health by coming every 6 to 8 weeks.

Acupuncture is a gentle therapy that encourages the body’s natural healing process, and usually leaves patients feeling rejuvenated.

**Call (201) 326-4788
to schedule an appointment.**