



What is Alternative Health Care, or Acupuncture or Chiropractic Care?

by Lisa Brown, SCHC Health Committee member and Judy Muschamp, Health Director

Acupuncture is a method of encouraging the body to promote natural healing and to improve functioning. This is done by inserting needles and applying heat or electrical stimulation at very precise acupuncture points.

It is a traditional Chinese medicinal practice that is thousands of years old and has changed little over the centuries. As a complete system of health care, Chinese medicine's basic concept is that a vital force of life surges through the body (also called Qi), taking into consideration that any imbalance to this life force can cause disease and illness.

The modern scientific explanation can be that needling the acupuncture points stimulates the nervous system to release chemicals in the muscles, spinal cord and brain. These chemicals will either change the experience of pain or they will trigger the release of other chemicals and hormones that influence the body's own internal regulating system.

The improved energy and biochemical balance produced by acupuncture results in stimulating the body's natural healing abilities and promoting physical and emotional well-being. (http://medical.acupuncture.org/acu_info/articles/aboutacupuncture.html).

The following is a list of websites/blogs containing a variety of posts on acupuncture:

**www.acuxo.com –
www.acuxo.com/selections.asp**

Acuxo (ak - you - eks - oh), the No. 1 online acupuncture resource on the Internet. Born from university research, acuxo.com has been one of the most-visited acupuncture websites for many years and has garnered many prestigious awards. Most recently, acuxo was awarded a National Institutes of Health (NIH) research grant for further development of the Acupuncture Decision Engine.

The website contains images, treatments, descriptions and explanations of each of the acupuncture points and gives you access to hundreds of National Institutes of Health research documents, images, treatments, descriptions and explanations regarding acupuncture treatment.

www.nyctcm.edu/acupuncture-tcm-blog/2008/08/acupuncture-students-attempt-t.html

Topics include: What to expect at an acupuncture treatment, acupuncture students attempt to treat vets with PTSD, a remedy for bedwetting, acupuncture reduces pain and need for opioids after surgery, senile dementia treated with acupuncture, etc.

The National Acupuncture Detoxification Association (NADA) is a non-profit association that conducts training and provides public education

about the use of acupuncture as an adjunctive treatment for addictions and mental disorders.

www.itmonline.org/arts/sciatica.htm

Chinese herbal therapy for sciatica and lumbago by Subhuti Dharmamanda, Ph.D., Director, Institute for Traditional Medicine, Portland, Ore.

www.gloucesteracupuncture.co.uk/treatment.htm

What Does a Chiropractor Do?

Chiropractic treatment is based on the concept that restricted movement in the spine may lead to pain and reduced function. Spinal adjustment (manipulation) is one form of therapy chiropractors use to treat restricted spinal mobility.

The goal is to restore spinal movement and as a result, improve function and decrease back pain. During an adjustment, chiropractors use their hands to apply a controlled, sudden force to a joint – pushing it beyond its normal range of motion. The joint's movement can be accompanied by a popping or cracking sound.

Chiropractors also may use massage and stretching to relax muscles that are shortened or in spasm. Many use additional treatments as well, such as ultrasound, electrical muscle stimulation and exercises (www.mayoclinic.com/health/back-pain/SA00080).

The term "chiropractic" combines the Greek words cheir (hand) and praxis (action) to describe a treatment

done by hand. Hands-on therapy – especially adjustment of the spine – is central to chiropractic care.

In the United States, chiropractic is considered part of complementary and alternative medicine, a group of diverse medical and health care systems, practices and products that currently are not considered to be part of conventional medicine. Complementary medicine is used together with conventional medicine and alternative medicine is used in place of conventional medicine (www.nlm.nih.gov/medlineplus/chiropractic.html).

The following is a list of websites/blogs containing a variety of posts on chiropractic treatment:

**www.mayoclinic.com/health/back-pain/SA00080
www.nlm.nih.gov/medlineplus/chiropractic.html
www.chiroweb.com/**

Services Available Until End of Year

The Siletz Tribal Council has appropriated \$100,000 of gaming revenue to pay for acupuncture or chiropractic services for Tribal members, regardless of residency.

It's important to clarify that these services had previously been excluded from the Contract Health Services priority system and these particular funds are available **only** until Dec. 31, 2008. You must complete your sessions by that date.

You don't have to be CHS-eligible to qualify for this benefit. Criteria is that you're an enrolled Siletz Tribal member.

The process is identical to requesting specialty care through CHS, although you do **not** need a CHS authorization number. The process is:

1. Visit your primary health care provider and discuss your medical concerns. Inquire whether acupuncture or chiropractic services may alleviate your symptoms.
2. If your primary care provider believes acupuncture or chiropractic service is appropriate, ask that a specialty referral be mailed or faxed to the CHS program for Gatekeepers consideration. The referral should document the need for specialty care.
3. Gatekeepers meet every Wednesday morning to consider requests. They will approve up to 12 sessions and will pay no more than \$50 per session. Patients are responsible for any costs that exceed \$50.
4. Written notice of the Gatekeepers decision will be mailed to the patient.
5. Contact your CHS technician to identify the specialist you would like to see. Patient will be provided a letter to take to the acupuncturist/chiropractor informing him/her of the number of sessions approved, amount approved and billing process. If you have insurance, the provider should bill that insurance first.

If you have any questions, contact Contract Health Services at 541-444-1236 or 800-628-5720. Fax information to 541-444-9645.

Want to Stop Smoking?

If you want to stop smoking and need help, please call

Jamie Mason at 541-444-9659 or 800-648-0449, ext. 1659, or

Call the Oregon quit line at 800-QUIT-NOW. It's a free service.

Out-of-Area Health Benefits

by Judy Muschamp, Health Director

The next call-in date for out-of-area health benefits is Oct. 1, 2008, beginning at 8 a.m. If you miss this date, you can try again on Jan. 2, 2009, beginning at 8 a.m.

The number to call is 800-628-5720 or 541-444-1236. Staff will not begin answering the telephone until 8 a.m. and voicemail messages will not reserve funding.

Only five lines come into the Contract Health Services department and calls are answered in order of arrival.

If you receive authorization, you have 90 days to utilize your benefit. At the end of December 2008, CHS staff will cancel any unpaid allocation for re-distribution. Therefore, it's very important that you use your benefit and ensure the invoice reaches the CHS office by the end of December.

Eligibility for out-of-area health benefits is any enrolled Tribal member who resides outside of the Tribe's 11-county service area. You must pre-register with the Siletz Tribal Health Department to qualify for services.

Payment authorization is available for \$1,200 dental; \$1,000 medical; \$400 vision; or \$1,400 hearing. An individual is allowed to access benefits one time per year (July thru June).

If you live near an Indian Health Service or Tribal health clinic, you are expected to access those services for your health care needs. In addition, out-of-area funds follow the same general priorities as CHS.

Callers can receive authorization for members of their own household only.