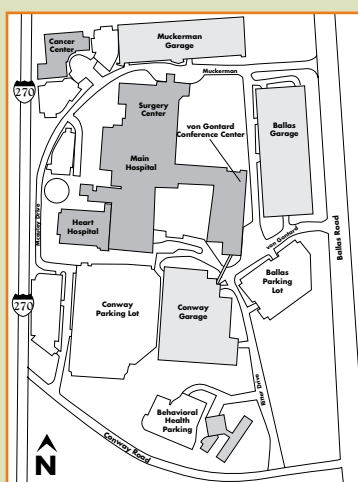




ST. JOHN'S MERCY
CENTER FOR
NEW HEALTH OPTIONS
 1176 Town and Country Commons
 Town & Country, MO 63017
 636-207-2200



David C. Pratt Cancer Center
 at St. John's Mercy Medical Center
 607 South New Ballas Road, Suite 2210
 St. Louis, MO 63141
 314-251-6571



New Options for Smoking Cessation Using Auriculotherapy at St. John's Mercy Center for New Health Options

Auriculotherapy

Auriculotherapy is a therapeutic intervention in which electrical stimulation of specific points on the ear is utilized to treat various health conditions in other parts of the body. Although Auriculotherapy is based on the ancient art of acupuncture, the correlation of specific points on the ear corresponding to certain areas of the body was developed in France by Dr. Paul Nogier in the 1950's.

Auriculotherapy has received FDA approval in the United States and much research has been done to support its use not just in smoking cessation but with many other conditions such as but not limited to carpal tunnel, low back pain, dry mouth (xerostomia), weight control, nausea and pain management for many other areas.

Treatment

The Auriculotherapy treatment consists of the use of a probe to deliver a small electric current to points that are related to nicotine addiction. The points that are used in treatment consist of lung, nicotine, relaxation, anxiety, and brain points. Each point is stimulated for approximately 60 seconds. The treatment usually lasts 30 minutes. Ear seeds are then placed at some of the points that were stimulated using the probe to help the patient after she/he has left the office. Most patients are able to stop smoking after the first treatment; however, there are some individuals that need an additional treatment. This is a painless procedure and there are no known side effects associated with this technique.

Session

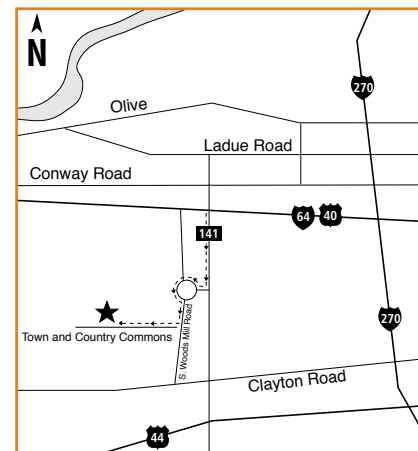
During your first visit the physician will go over behavior modification and how this plays an important role in your success with smoking cessation. You will be given tips on how and what seems to have worked with others. Once this has been discussed you will receive a treatment as describe in the treatment section of this brochure and will receive ear seeds and be sent home. You are able to resume normal activities the day of the procedure. St. John's Mercy is committed to outstanding patient care and is therefore interested in how their patients do following this procedure. You will receive a follow up call at the three month, six month and one year points from your initial visit to see how you are doing. St. John's Mercy also offers American Lung Association smoking cessation classes through the Respiratory Therapy department at the Medical Center for patients. If you are interested you may call 314-251-4811 for more information.

Mission

Our goal is to help you or someone you love to stop smoking. By using Auriculotherapy, St. John's Mercy provides a fast, safe, painless way to stop smoking for a reasonable fee. The treatment takes about 30 minutes and usually takes only one treatment although occasionally a second treatment is needed. Another benefit to this procedure is that there are no side effects. Auriculotherapy has been extremely effective for thousands of smokers. Let us help you become a non-smoker.

Directions

Center for New Health Options
 1176 Town & Country Commons
 Chesterfield, MO 63017
 636-207-2200



From Highway 40 take Woods Mill (141) south. Take the first exit marked Woods Mill Road-700 South to South Outer Forty. Follow the round-about to your left. Turn right into Charter Commons complex. Turn right into the first parking lot on your right.

The Women's Center at Tesson Ferry
 12348 Old Tesson Ferry, Ste. 120
 St. Louis, MO 63128
 Phone: 314-467-3860 Fax: 314-467-3861

