

## Acupuncture Case Study: Infertility Condition

Dr. Ning Ma, practitioner, from [Cornerstone Acupuncture](#)

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Jenn, a woman in her late thirties, came to Dr. Ma when she had already started her first IUI procedure. She initially met Dr. Ma at the conference “Healthcare Issues for New York Women, Acupuncture in Women’s Health”. It was there that Dr. Ma gave a presentation on acupuncture and its successful impact on assisted reproductive therapies (ART), pregnancy, and labor.

Before and during the conference Jenn was skeptical about acupuncture and its role with ART. But when she came to learn that her FSH level was significantly high, she booked an appointment with Dr. Ma. From the onset, at her first office visit, she was depressed and was doubtful of acupuncture’s proven abilities. This quickly changed, however, after Dr. Ma was able to make her FSH level return back to normal after two sessions of acupuncture treatments. From then onwards, Jenn decided to whole- heartedly commit to acupuncture treatments simultaneously with ART procedures.

Jenn’s condition was complicated and it was not easy for her to get pregnant. The problem lied in her quality and quantity of embryos. Additionally, she suffered from endometriosis for the past 10 years. Jenn’s gynecologist had tried very hard to find the best procedures for her. After two failed IUIs, Jenn became pregnant via IVF. To this date, Jen is currently in her second trimester.

Advanced technologies, such as IUI and IVF, have made getting pregnant, usually an implausible task for certain women, possible. However, in modern science, their success rates are not at the level medical practitioners would like them to be. Clinical studies have demonstrated the strength of integrative acupuncture with ART. The success rate of ART has been proven to double when concurrently used with acupuncture treatments.<sup>1</sup>

Acupuncture, with the Assisted Reproductive Therapies, plays the following role:

1. Analgesic function during oocyte retrieval
2. Regulate uterine and ovarian blood flow
3. Adjust body to respond and balance hormone stimulation
4. Facilitate with stress management

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<sup>1</sup> Influence of Acupuncture on the Pregnancy Rate in Patients who Undergo Assisted Reproductive Therapy, Fertility, and Sterility, 2002; 77(4): 721-724

If you are a male or female who suffers from **infertility** conditions please contact [Cornerstone Acupuncture](#) at 212 448 9898. Dr. Ma advises to “give acupuncture a try” for those especially trying to get pregnant or have experienced a failed ART procedure. Additionally to all who have had medical conditions such as a **miscarriage, endometriosis**, or a pelvic inflammatory syndrome.

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