

## *Who can sign up*

To qualify for acupuncture treatment, you have to be at least 21 years old and have an alcohol, drug or nicotine addiction.

Acupuncture treatment is not recommended if you:

- Have a history of seizures
- Have active suicidal ideation or psychotic disorder
- Are pregnant
- Use blood thinning medicines

If you are new to NAMS and would like to know if acupuncture is useful for you, you will need to be assessed by our doctor for suitability for acupuncture treatment before you can book an appointment.

Existing NAMS clients may approach NAMS clinic staff to book an appointment for acupuncture treatment directly.



### **NATIONAL ADDICTIONS MANAGEMENT SERVICE**

Buangkok Green Medical Park  
Block 9, 10 Buangkok View,  
Singapore 539747

All Addictions Helpline: 6732 6837  
Mon: 8am – 5.30pm  
Tues – Fri: 8am – 5pm  
(Closed on Sat, Sun & Public Holidays)

[www.nams.sg](http://www.nams.sg)

Dec 2022

## *Acupuncture for management of addictive disorders*

**NATIONAL  
ADDICTIONS  
MANAGEMENT SERVICE**





## *About acupuncture treatment*

The National Addictions Management Service (NAMS) offers acupuncture treatment to complement existing psychiatric and psychological treatment programmes for patients with addictive disorders.

Acupuncture is a traditional medicine practice which involves using fine needles to stimulate specific points of the body. Based on the theory that illness is caused by disruptions to the flow of energy in the body, acupuncture is believed to unblock the flow of energy and restore health, through stimulation of precise points on the body.

## *Acupuncture and addiction recovery*

Acupuncture treatment may be used to relieve patients of stress and pain when they undergo intense or prolonged withdrawal symptoms.

Acupuncture has been used as a complementary therapy to treat:

- Withdrawal symptoms from abuse of substances including drugs, alcohol and nicotine
- Depression and anxiety symptoms
- Chronic pain
- Insomnia etc



## *What to expect*

During treatment, needles will be administered at certain parts of your body, typically on the limbs, head and ears. You will then need to rest with the acupuncture needles inserted in your body, for 20-30 minutes.

Only pre-sterilised, single-use and disposable acupuncture needles will be used to ensure that there is no transmission of infectious diseases between patients.

Things to note:

- If you are planning to undergo detoxification in the inpatient ward, you are advised to complete the detoxification programme before undergoing acupuncture treatment.
- Please wear comfortable and loose clothing for the acupuncture treatment.

