

Provider Information:



Katherine Rowe, LAc is nationally licensed and board certified in both Acupuncture and Chinese Herbal Medicine by the National Certification Commission for Acupuncture and Oriental Medicine. She maintains state licenses in both North Carolina and California and is a member of the American Society of Reproductive Medicine. Her practice is devoted to the treatment of women's health concerns specifically, infertility and pregnancy.

Katherine earned a Master of Science in Traditional Chinese Medicine from the four year program at the Five Branches Institute in Santa Cruz, California. She also completed an Advanced Clinical Internship at the Zhe-Jiang College of Traditional Chinese Medicine in Hangzhou, China specializing in gynecology.



Julie Hutsell, LAc is nationally licensed and board certified in both Acupuncture and Chinese Herbal Medicine by the National Certification Commission for Acupuncture and Oriental Medicine. She maintains state licenses in both North Carolina and California. Julie earned a Master of Science in Traditional Chinese Medicine at Pacific College of Oriental Medicine in San Diego. In addition to working in private practice while living in San Francisco,

CA, Julie studied under a leading Bay Area infertility acupuncturist.

Both Katherine and Julie are committed to educating and caring for their patients by partnering with them to cultivate greater health and wellbeing.

References

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Acupuncture Services

Duke Fertility Center

572-7921



DukeMedicine

Acupuncture Services Duke Fertility Center

Are you...

Feeling **stressed** by your fertility problem or its treatment?

Interested in **reducing stress** and enhancing your natural relaxation response?

Curious about **alternative** or **complementary medicine** treatment for infertility?

The Duke Fertility Center

is pleased to announce a new in-house **acupuncture program** for patients undergoing infertility treatment.



What is acupuncture?

Acupuncture is a traditional Chinese Medicine technique that has been used to treat fertility issues for over 3000 years. Its basic principles rely on restoring physical and emotional balance. Tiny needles approximately the width of a cat whisker are inserted painlessly into the body at specific anatomical locations. The sensations patients describe range from nothing at all to a dull ache to slight tingling in the area. After about 30 minutes of deep relaxation, during which many people doze off, the needles are removed. All needles are individually packaged, sterile, and disposed of after a single use.

Acupuncture for fertility patients is typically offered in two ways. First, you can engage in 8 to 10 acupuncture appointments prior to a treatment cycle to prepare yourself physically and mentally for the experience. Secondly, you can elect to undergo acupuncture immediately before and after an embryo transfer. Many people choose to combine these two approaches.



Who is a candidate for acupuncture?

Any patient — male or female — who is considering, preparing for, or undergoing fertility treatment can engage in acupuncture. People often describe acupuncture as a deeply relaxing experience, a way to nurture themselves during a stressful time, and an opportunity to carve out time for self-care when leading a busy life.

Will acupuncture increase my chances of getting pregnant?

We just don't know yet. Several published studies have suggested that there may be a relationship between acupuncture on the day of embryo transfer and pregnancy rates ^{1,2,3}. However, the methodology used in these studies has weaknesses that cloud the results and other published studies have found no relationship between acupuncture and pregnancy rates ^{4,5,6}. There is also a possible link between acupuncture and semen parameters⁷. The Duke Fertility Center is making plans to research potential relationships between acupuncture and fertility treatments. In the meantime, acupuncture has been linked reliably to reduced post-surgical pain, nausea, and vomiting ^{8,9} as well as increased well-being and mood ^{10,11}. We believe that regardless of whether acupuncture specifically improves your pregnancy outcomes, it is likely to improve how you feel and cope while going through fertility treatment.

Details

There is currently no insurance coverage for acupuncture in North Carolina: acupuncture appointments cost \$105. Treatment will be provided in clinic exam rooms specially equipped for acupuncture by licensed acupuncturists experienced in working with fertility issues. Treatments can be conducted either during the day or in the evening.

To Schedule an Appointment:

Call the Duke Fertility Center Acupuncture Services line at **572-7921**.

