

## Your WomanSafeHealth Team

### Elizabeth Shadigian, MD

Elizabeth is a board-certified obstetrician-gynecologist, consultant, educator, and researcher specializing in the health, safety and well-being of women and is a fellow of the American College of Obstetricians and Gynecologists.



### Tracey Barr, RN

Tracey provides IV therapy, complex blood draws, nursing support and education.

### Victoria Evans, RN

Victoria holds a BA in journalism and is an active advocate for women, mothers and older adults.

### Cynthia Greene, LMSW, PCD

Cynthia specializes in trauma recovery, sexual difficulties, and breastfeeding and post-partum adjustment issues.

### LaTisha Mitchell-Harrison, MBA

LaTisha, our Practice WoManager, enjoys serving women with disabilities.

### Anna Petrou Alf, DC

Anna provides homeopathic and chiropractic care as well as hatha yoga instruction.

### Becky L. Smith, CMT

Becky practices therapeutic massage, reflexology, and Myofascial and Neuromuscular Therapy.

## What is Traditional Chinese or Oriental Medicine?

Traditional Chinese Medicine (TCM) is one of the oldest continually practiced forms of medicine in the world, dating back at least 2,500 years. Currently one quarter of the world's population makes use of Oriental Medicine, which includes acupuncture, Chinese herbs, moxa, cupping, massage, nutrition, exercise and other modalities.

TCM integrates body, mind, and spirit, concentrating on ongoing wellness versus treating symptoms, thus enhancing the body's natural healing ability.

One of the basic principles of TCM is the concept of Qi (Chee). "Qi" or "energy" flows through the body via channels called meridians. When Qi is blocked by stress, poor diet, physical trauma, or lack of exercise, disease can ensue.

## How does TCM work?

TCM works by re-establishing balance and harmony within the body. Several methods are used to re-balance Qi and circulation, but acupuncture is a cornerstone. Acupuncture is the use of extremely fine needles inserted at acupuncture points along the meridians. Over 365 points on the body can affect the flow of Qi within the meridians, but very few points are used during one treatment, typically 10 to 16.

## How are practitioners trained and licensed?

In the United States TCM is regulated by state licensing boards, except in a few states such as Michigan. In addition, practitioners can be nationally board certified in acupuncture (Diplomate of Acupuncture). Stephanie is both a Diplomate of Acupuncture and a licensed acupuncturist.

## Is TCM safe?

When practiced correctly by trained, qualified professionals, acupuncture and Chinese herbal medicine are safe and have minimal documented side effects. Disposable, single-use, sterile needles are always used.

## Is acupuncture comfortable?

Most people feel the needles enter the skin. When the needle is inserted, a slight discomfort may occur. If pain is experienced, it dissipates quickly. Sensations reported include heat, pressure, tingling, achiness, and heaviness. Stephanie's clients report feeling comfortable and relaxed both during and after treatments.

## What conditions is TCM useful for?

The World Health Organization and National Institutes of Health recognize acupuncture as an effective treatment modality for many health conditions. Back pain, asthma, depression, addictions, carpal tunnel syndrome, gastrointestinal symptoms, irritable bowel syndrome (IBS), stress, infertility, gynecological issues, premenstrual syndrome, the turning of breech babies, labor induction, menopause symptoms, headaches, joint and arthritis pain, cancer pain and many other conditions respond well to Oriental Medicine.

## Stephanie Macey, RN, MSOM

Stephanie holds a Master of Science of Oriental Medicine from the Midwest College of Oriental Medicine. She is also Registered Nurse who has been in practice for 19 years with hospital experience in critical care and cardiac nursing. She received her BSN from the University of Michigan and also practices as a nurse at WomanSafeHealth. She incorporates Reiki into her practice as well as other alternative medicine techniques.

## Our Philosophy of WomanCare

WomanSafeHealth is a safe, respectful and compassionate practice in which a woman defines and obtains her Gynecology and WomanCare health services.



We welcome women and girls of every age and ability, size, shape, color and sexuality, from all social, spiritual and cultural backgrounds.

We provide a safe, family-friendly environment in which you can seek, explore, define and receive Gynecology and WomanCare health services.

WomanCare meets a woman's physical and psychological health needs through conventional and alternative approaches, and encourages and promotes self-care.

We welcome all women, including those who feel unwelcome in other medical settings and those who have experienced physical and/or sexual violence or disrespect.

We provide a secure, private, barrier-free, fragrance-free, environmentally friendly office including cotton linens, bamboo cabinets and floors, and low VOC paints.

## Payment Policy

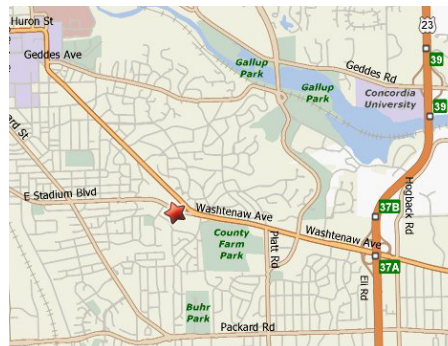
WomanSafeHealth is a fee-for-service medical practice. You are responsible for paying in full at the time of service. We welcome clients without and with insurance. We will provide you a receipt at the time of your visit that you can submit to an insurance company for possible reimbursement.

## Please Contact Us

We are pleased to speak with you about the services we offer, our prices and payment policy, our philosophy of WomanCare, and to schedule an appointment.



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AATA Bus Route 4 or 14 ~ free parking



Stephanie Macey, RN, MSOM

Acupuncture &  
Oriental Medicine



## Our Guiding Principles

- I welcome you
- I listen to you
- I believe you
- I protect your privacy
- I am accountable to you
- I respect "no"