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Welcome to the third issue of Brookfield Acupuncture Center Seasonal Newsletter. Summer has arrived and I hope everybody is enjoying the outdoors as much as possible. Engaging in a program of regular physical activity, tailored to your health status and personal life style as well as exposure to sunlight have incredible benefits for our bodies, minds and spirits. In this issue I talk about Low Level Laser Therapy also known as Photomedicine, a new modality that I now use in my practice to help stimulate healing and relieve pain without sensation or side effects. With FDA approval and more than 30 years of research, Low Level Laser Therapy (LLLT) may soon become a frontline treatment option for practitioners who are looking to not only relieve patient's pain but also accelerate injury healing.

I hope you enjoy this newsletter and share it friends and family.

Low Level Laser Therapy



Low Level Laser Therapy or Photomedicine is the application of red and near infrared light over compromised areas to treat a variety of pain syndromes, injuries, wounds, fractures and neurological conditions. It is a painless, non-invasive, drug-free treatment.

Healing with the use of light is not new. Hippocrates reported light therapy to be effective for many conditions. With the development of laser and its special properties we can now use it at specific wavelengths and administer precise doses to the treatment site, not possible with other light sources. Light waves in the near infrared ranges penetrate deep into the skin reaching the affected areas causing an anti-inflammatory response as well as decrease in pain.

For most people laser therapy is a passive experience, no lubricating gels or oils are needed for the treatment. The only sensation experienced is the pressure of the probe head when it comes in contact with the skin. Following (and even during) a laser therapy session, approximately 75-80% of patients being treated can notice an immediate improvement in their condition. This will depend primarily on the type of condition and the length of time the condition has been present.

As a general rule, the more chronic or severe the condition, the longer it takes to respond. The majority of conditions treated will take anywhere from 1-6 for acute and 10-15 for chronic. Once again, the number of treatments depends upon the severity of the condition and its duration. There are some conditions that will never completely resolve but can be helped and maintained with laser therapy.

NEXT ISSUE

- Menopause & Chinese Medicine
- Carpal Tunnel Syndrome
- Quitting Smoking

These are some interesting facts about NSAID medications that are worth mentioning: NSAID drugs constitute the 15th most common cause of death in the United States N Engl J Med. 2006 (10000 to 20,000 deaths due to NSAID-induced GI complications each year JAMA 1998) NSAID'S inhibit tendon-to-bone healing Am J Sports Med 2006 NSAID use Raises Risk of Erectile Dysfunction J Urol 2006.

Topical NSAID'S and intra-articular steroid injections offer no meaningful pain relief beyond the first month. Euro J of Pain 2006 More than 70 percent of patients who took painkillers such as ibuprofen for more than three months suffered damage to their small intestines. Clinical Gastroenterology and Hepatology COX-2 inhibitors can raise the risk of heart death Clinical Gastroenterology and Hepatology Small-bowel injury was seen in 71 percent of NSAID users compared with 10 percent of control [group] Clinical Gastroenterology and Hepatology.

Benefits of Low Level Laser Therapy:

- Relieves acute and chronic pains
- Increases the speed, quality and tensile strength of tissue repair
- Increases blood supply
- Stimulates the immune system
- Stimulates nerve function
- Develops collagen and muscle tissue
- Helps generate new and healthy cells and tissue
- Promotes faster wound healing and clot formation
- Reduces Inflammation

When appropriate, a combination of acupuncture and Low Level Laser Therapy may prove to have unsurpassed results.

According to published Medical Reports, many acute and chronic conditions may be improved or eliminated with laser use including:

- Arthritis
- Back Pain
- Bursitis
- Carpal Tunnel Syndrome
- Heel Spurs/Plantar Fasciitis
- Migraine Headaches
- Post-operative Pain
- Repetitive Stress
- Injuries
- TMJ Pain/Dysfunction
- Tendonitis
- Tennis Elbow
- Trigeminal Neuralgia
- Trigger Points
- Sprains/Strains

I have included an informational brochure on Laser Therapy for your convenience. For more information please call us at 708.387.2058

The Center will be hosting an informal lecture on Qi Gong, and ancient form of movent designed to exercise the mind and body, to activate energy channels (meridians), strengthen internal organs, and promote well-being by Rita Travis, Level I Soaring Crane Qi Gong Instructors. The lecture will be held on Saturday, August 11th from 1-2 pm followed by a short demonstration, weather permitting. Please call the Center to R.S.V.P. by August 8th. I hope to see you all there!