

e-Journal of Light and Lasers

Issue: #3

February/2008

In This Issue

[Is Laser More Effective than Ultra Sound?](#)

[More Evidence: Laser More Effective than Ultrasound](#)

[IN DEPTH LASER THERAPY TRAINING COURSE - MARCH 1-2](#)

[Laser Therapy and Increased Healing Time For Burns](#)

[Light Benefits Obesity](#)

Quick Links

[Looking to purchase a laser? Click here to compare lasers currently available](#)

[Florida In Depth Training Conference for March 1-2 Click for More Information](#)

About the Author

Curtis Turchin, M.A., D.C. has a bachelor's degree in pre-medical studies from the University of Southern California., a master's degree in Special Education from San Francisco State University, and a doctor of chiropractic from Palmer College. He is in private practice near San Francisco using manual therapies and lasers in a practice with a physician. He has published 3 books, more than 20 journal articles, and has been extensively interviewed on radio and television. Dr. Turchin is the author of the new text, ***Light and Laser Therapy: Clinical Procedures***, described as the authoritative text on clinical laser treatment as well as, ***Treating Addictions with Laser Therapy***, the only book published on this unique subject.



I would personally like to thank our returning subscribers for your support of our online Journal of Light and Lasers. Your feedback is always appreciated, and we will continue to offer our free newsletter to you. If, at any time, you are NOT interested in receiving this journal on the scientific effects of light and laser therapy, please click on the unsubscribe icon at the bottom of this newsletter.

Is Laser More Effective than Ultrasound?

A Study in the *Journal of Hand Therapy*, Jan-March 2008, assessed the benefits of three therapies, ultrasound, laser, and bracing on tennis elbow. All three therapy groups received stretching and strengthening exercises plus one of the three treatments. In this study, laser therapy was the only treatment that increased grip strength. Because laser therapy has been continually proven to increase the production of collagen and fibrin, reduce inflammation, and promote tissue regeneration, this type of result is consistent with prior studies

Again, Laser More Effective than Ultrasound!

Another study published February 2008, in *Photomedicine and Laser Surgery*, clearly demonstrated that laser was more effective than ultrasound, in vitro, at increasing production of fibroblasts. Because fibroblasts are the most common cells in connective tissue and are vital for wound healing, these are important explanations for the superiority of laser over ultrasound in the area of tissue regeneration.

Laser Therapy Class in Warm, Sunny, St. Petersburg, Florida, March 1-2

On Saturday and Sunday, March 1st and 2nd, you can take Dr. Turchin's 12 hour Advanced Laser Therapy class in balmy Florida. This course will be an in depth training focused on treating acute and chronic pain using light and laser therapy. There will be a special Sunday session on laser auriculotherapy (laser acupuncture). Cost is only \$150 if you register before February 14th and ceu's may be available, depending on your profession. Call Lorri at (727) 804-7754 or check out the course at our educational website: www.lightandlasers.com

Can Laser Therapy Speed the Healing of Burns?

A recent 2008 study from *Photomedicine and Laser Surgery* found that burns on rats had a higher concentration of mast cells than the control group. Mast cells, rich in heparin and histamine, are vital to wound healing and pathogen prevention. Positive results have been noted in other burn studies. We will be excited to see if similar results are found in human subjects.

Light Benefits Obesity

A study was done with obese individuals who were put on an exercise program and exposed to light therapy. The most interesting finding was that body fat in the exercise group was only reduced when they received light therapy. Improved mood, as in previous studies, was also noted. This preliminary study is the first to show that the addition of bright light treatment to a 6-week moderate exercise program can alter body composition by significantly reducing body fat. Dunai A, *Obesity* 2007 Jul; 15(7):1749-57

Thank you!

I will try to bring you unbiased, evidence based information on a regular basis to help you understand this new and exciting modality.

If you would like to see any particular topics or have any comments or suggestions, please email me, Curtis Turchin, MA, DC at: dr.turchin@yahoo.com (yes, that is dr dot turchin @ yahoo.com)



Sincerely,

Dr. Curtis Turchin

