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About the Author

HCurtis 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 *Laser Therapy*, the only book published on this unique subject

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May 2008

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Bye Bye Wrinkles?

It is likely that all of us have heard of the popularity of using powerful, hot lasers for the treatment of wrinkles and other skin blemishes. The theory of this therapy is based on the fact that deep heating or denaturation of collagen was thought to be necessary to accomplish this goal. In this very recent study in the *Journal of Drugs in Dermatology*, 2008 Mar; 7(3): 230-5, it was found that medium and low level laser therapy (LLLT) was effective at increasing the amounts of collagen or elastin in skin. The activation of the mitochondria as well as the stimulation of collagen production was thought to play important roles in this result. So folks, get out your lasers and shine it on your face for beautiful skin-you don't need to burn it to beautify it!

Lasers and Snake Venom?

A recent study done in Brazil found that low level laser therapy was effective at reducing the inflammatory response from a snake bite! They found that LLLT significantly reduced the edema and leukocyte influx into the injured muscle. The authors of this study actually suggested that LLLT become a treatment for snake bites. So, the next time you are considering a backpacking trip or a hike in the woods, make sure to bring your portable laser with you! *Toxicicon*. 2008 Mar 10

Can Lasers Be Used With Cortisone?

One of the more controversial areas of laser therapy is the use of cortisone with laser. Many pundits say that studies show that laser therapy does not work well with corticosteroids. A couple studies showed that steroids interfered with the effectiveness of laser therapy. This would obviously modify any treatment to patients who are undergoing a local steroid injection, whether it was a localized intramuscular injection or an epidural shot. However, this new study indicates that laser actually improves the effectiveness of steroids! In the *International Journal of Oral and Maxillofacial Surgery*, 2007 Mar; 36(3): 226-9, a study was performed on 120 patients after removal of impacted third molars. There were 4 groups, laser, laser plus cortisone, cortisone only, and a control group that received only the usual postoperative recommendations such as cold packs, soft diet, etc. It was found that laser irradiation with local use of dexamethasone (group 2) resulted in a statistically significant reduction of postoperative edema in comparison to the other groups. No adverse effects of the procedure were observed. Thus, the authors recommend using lasers with cortisone injections for the relief of post-surgical pain and inflammation! What this means to you as a practitioner, is that it might be valuable to use laser therapy as an adjunct for your patients receiving some type of steroid injection.



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

