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More Support for Laser as a Cure for Addiction

In the present study, the effects of low level laser therapy (LLLT) on withdrawal signs of morphine-addicted rats were examined. This study showed that the LLLT significantly decreased total withdrawal score (TWS). These results suggest that LLLT attenuates the expression of withdrawal signs in morphine-dependent rats. Further studies may clarify the likely role of LLLT in clinical management of opioid withdrawal syndrome. Behav Brain Res. 2009 Jan 23; 196(2):268-70.

Can Laser Really Help Acne?

This study identified 25 trials (694 patients), 13 of light therapy and 12 of light therapy plus light-activated topical cream (photodynamic therapy, PDT). Overall, the trials of blue light, blue-red light and infrared radiation were more successful, particularly those using multiple treatments. Red-blue light was more effective than topical 5% benzoyl peroxide cream in the short term. Most trials of PDT showed some benefit, which was greater with multiple treatments, and better for noninflammatory acne lesions. However, the improvements in inflammatory acne lesions were not better than with topical 1% adapalene gel, and the side-effects of therapy were unacceptable to many participants. This study confirmed that some forms of light therapy were of short-term benefit. Br J Dermatol. 2009 Feb 23.

Can Laser Help a Crushed Sciatic Nerve?

This study looked at the influence of laser on functional recovery of the sciatic nerve in rats following crushing lesion. With the aim of accelerating the regenerative processes, the objective was to study the influence of gallium-aluminum-arsenide (GaAlAs) laser on functional and histomorphological recovery of the sciatic nerve in rats. The sciatic nerves of 12 Wistar rats were crushed divided into two groups: control and laser therapy. For the latter, GaAlAs laser was utilized, at three equidistant points on the lesion, for 20 days. Comparison of the sciatic functional index (SFI) showed that there was a significant difference only between the pre-lesion value of the laser therapy group and that after the 21st day in the control group. It was concluded that the parameters and methods utilized demonstrated positive results regarding the sciatic nerve improvement over the time period evaluated. Lasers Med Sci. 2009 Feb 6.

Laser versus LED, Which is Better?

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 subject.

This study investigated the performance of LEDs and Lasers in treating diabetic wounds. Non-coherent light, such as that emitted by light emitting diodes (LEDs), becomes a promising alternative, because of its low cost and easy handling in these applications. Thirty-six rats were given surgical dorsum lesions. The lesions for the control group did not receive any supporting therapy. The other groups were irradiated only once, 30 min after the establishment of the lesion, with LED (640 nm with 40 nm full bandwidth at half maximum) or laser (660 nm). The histomorphological and histomorphometrical parameters were quantified. The coherent and non-coherent lights produced similar effects. *Lasers Med Sci.* 2009 Feb 24.

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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



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