CAN LASER HELP CANCER PATIENTS?

Studies have proven that low-level laser therapy (LLLT) reduces the symptoms of oral mucositis, which are terribly painful mouth sores caused by the toxic effects of chemotherapy. However, unlike these previous studies, the researchers in this experiment wanted to assess if there was any improvement in the Quality of Life of patients receiving radiation and LLLT for head and neck cancer.

Sixty patients were studied and objective tests were performed to assess the patients Quality of Life during radiation treatment for cancer. Quality of Life was defined as a composite of many factors including pain, function of the head and mouth, anxiety, and physical appearance.

The results showed that there was a significant improvement in the Quality of Life of the patients who received LLLT. So, unlike our worries about LLLT negatively influencing the lives of cancer patients, these newer studies are showing POSITIVE effects. To date, these positive studies have all used cool lasers, not hot ones. At the present time, because research has documented that hot lasers can increase cancer activity, researchers are primarily using cool lasers.

*Head Neck*. 2011 Apr 5.

LASER AND HEART DISEASE

One very intriguing area of study is the use of LLLT for the treatment of damaged organs, especially the heart, liver, pancreas, and brain. In this animal study the researchers looked at the potential for LLLT to protect the heart against damage from myocardial infarction, a severe form of heart attack.

One day after giving the animals a heart attack, the groups either received laser or sham radiation. The results showed that there was a significant decrease in the amount of damaged heart tissue in the animals who received LLLT. Also, the researchers discovered the mechanism that protected the heart from damage. They noted that a number of cytokines, small cell-signaling protein molecules, were changed by the laser therapy. Their results revealed a potential novel mechanism for applying laser therapy to the treatment of heart disease!

LASER REDUCES SHOULDER IMPINGEMENT

Subacromial syndrome is the most common cause of impingement syndrome, the inability of the shoulder to elevate above the head. The cause of this impingement is usually shoulder tendinitis and rotator cuff damage. The most common treatments are non-steroidal anti-inflammatory drugs and exercise therapy. Recently, low-level laser therapy (LLLT) was tested to see if it improved the results when used in conjunction with an exercise program.

In this study 80 human patients received laser treatment or placebo and exercise therapy for ten sessions over a 2 week period. This study proved that LLLT combined with exercise produced a statistically significant increase in range of motion and a significant decrease in pain compared to the group that did not receive LLLT treatment.

This is one more study proving that laser plus exercise is more effective than exercise alone. Now we know why so many professional and elite athletes demand laser treatment for sports injuries. It is proven to improve performance!

*Clin Rheumatol. 2011 May 4.*

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**About the Instructor**

Curtis Turchin, M.A., D.C. has a B.A. in pre-medical studies from the University of Southern California, an M.A. in Education from San Francisco State University, and a D.C. 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
June e-Journal of Light and Lasers

journal articles, and has been extensively interviewed on radio and television. Dr. Turchin is the author of *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.

**21st Century Laser Therapy Courses**

**Saturday, August 20th**

*Disc Regeneration with Decompression and Laser Therapy*

Curtis Turchin, MA, DC & Bryan Hawley, DC

Cincinnati, OH
800.743.7738

***

**Saturday and Sunday, September 17-18**

*Kinetic Taping, Laser and Decompression*

Curtis Turchin, MA, DC

North Dakota Chiropractic Association
701.530.2141

***

**Saturday and Sunday, October 1-2**

*Laser and Decompression*
Overview of Seminars on Laser, Decompression and Mobilization

Doctors and Therapists can now learn Dr. Turchin's special techniques, including Dynamic Mobilization, Laser Therapy, Decompression, and Kinetic Taping.

The following classes are offered:

- **21st Century Laser Therapy Certification, Part 1** teaches all you need to know about the science and art of laser therapy, especially in the treatment of the brain, pain and the central nervous system. Classes are for any profession licensed to use light therapy.

- **Decompression, Laser and Mobilization Certification** teaches doctors and therapists how to use modern, low cost Decompression tables to regenerate herniated disks with laser, traction and Dynamic Mobilization. Classes are sponsored by both chiropractic and physical therapy organizations.

- **Dynamic Mobilization Certification** teaches how to rapidly and effectively mobilize the spine and extremities. Learn to create dynamic joint play, gently, safely and easily using Dr. Turchin's unique low force techniques.

We provide regular classes in many parts of the country and supply you with the science and art required to offer successful treatment: Call us at: 1-866-789-7456.

**Online classes**

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- **Exploring Hand Therapy**

**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

Click on "Forward email" below to send to a friend or colleague