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YES: CORTISONE + LASER!!

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About the Author

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Better Healing with Laser or Ultrasound?

The value of modalities is constantly being debated as to their true efficacy. This study elucidates prior studies that concluded that ultrasound is inferior to laser in terms of healing stimulation. The aim of this study was to investigate and compare the effects of low intensity pulsed ultra-sound (LIPUS) and low-level laser therapy (LLLT) during the process of bone healing.

The results showed intense new bone formation surrounded by highly vascularized connective tissue with strong bone deposition being observed in the group exposed to laser. No remarkable differences were noticed in the specimens treated with ultrasound. The researchers concluded that LLLT improves bone repair in rats and was more effective than US at accelerating bone healing.


Cortisone Interferes with Laser Healing?

The optimal parameters for low-level laser therapy (LLLT) for wound healing are still open to discussion. Hence, this study was aimed at comparing the effects of different power densities of LLLT on skin wounds and how laser interacted with cortisone.

Besides the controls, there were two treatment groups, one non-steroid and one steroid-treated. Significant acceleration of fibroblast proliferation and new vessel formation was observed in wounds treated with LLLT, but was not effective after corticosteroid-treatment.

Thus, this study clarifies prior studies that show that cortisone can interfere with laser therapy. However, the next study adds some interesting information to this issue. So read on!

Laser can be used with Cortisone!

Mucous membrane pemphigoid is an autoimmune, blistering disease. A combination of both topical and systemic steroid treatment is often used when managing patients with mucous membrane pemphigoid.

LLLTT using an 810 nm diode laser was used over a period of 7 days after steroid treatment. Following treatment a significant improvement in tissue color and consistency was observed. The patient was followed every month for a period of 12 months, and the lesions healed uneventfully.

The results reported in this case show that healing of mucous membrane pemphigoid can be achieved when LLLTT is used as an adjunct following local corticosteroid application. The key to this success and the previous study was that after steroid injection, the area was treated regularly for one week, giving it time to heal the tissue once the steroids had produced their positive effect.

This is a perfect example of complementary medicine, using allopathic and natural medicine simultaneously. J of Periodontal 2010 May 3.

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- **Advanced Laser Therapy Certification, Part 2** emphasizes treating pain, stress, addiction, and cosmetic procedures using laser and laser acupuncture. 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
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- 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.

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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

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