CAN LASER CURE THYROID DISEASE?

Some clinicians worry that laser can impair thyroid function. In addition, there has been a lot of controversy over the years about whether or not laser can "cure" diseased organs or glands. This article concludes that laser therapy can actually treat thyroid problems! This interesting finding is in addition to a number of studies that demonstrate that laser can help regenerate the heart, brain, and other organs.

Chronic autoimmune thyroiditis (CAT) is the most common cause of hypothyroidism. There is currently no therapy that is capable of regenerating CAT damaged thyroid tissue. The objective of this study was to gauge the value of applying low-level laser therapy (LLLT) in CAT.

The laser that was used had a wavelength of 830 nm, very similar to the Apollo laser. They noted that "all patients [had] reduced medication dosage needs", including 47% who did not require any medication at all! They concluded that LLLT promoted the improvement of thyroid function since the patients experienced a decreased need for medication and an improvement in lab values. (Lasers Surg Med. 2010 Aug;42(6):589-96.)

MORE PROBLEMS WITH FOSAMAX AND BONIVA

There are so many laser studies coming out of dental schools that it is difficult to choose just one! In this study, we see a possible solution to some of the tragic injuries that have been caused by FosAmax and Boniva (Bisphosphonate medication). These drugs have been implicated in a very serious condition called Bisphosphonate related osteonecrosis of the jaw (BRONJ). This problem is also called avascular osteonecrosis, which literally means "dead bone from poor blood flow."

It appears that the medication damages the bone structure, causing a serious decrease in blood supply to the mandible. This problem is a serious dental disease that is being seen by many clinicians around the world. In recent years, LLLT alone or in combination with medication, has become popular for the treatment of BRONJ.

In this article, the authors present the successful management of two dental patients who had early stage BRONJ. Multiple consecutive teeth extractions followed by LLLT...
with high doses of antibiotics were used. The authors concluded that LLLT with dental intervention shows promise in patients with a risk of BRONJ development.

This news follows other studies that have shown that when a doctor combines LLLT with these medications, the structure of the bone is more normal! (Lasers Med Sci. 2010 Jul 29.)

**LASER CAN HELP NECK AND ARM PAIN**

There have been a lot of studies showing that laser helps neck pain, but this is the first that shows that it can help neck pain that radiates down the arm.

The objective of this study was to investigate clinical effects of low-level laser therapy (LLLT) in patients with acute neck pain and radiculopathy. Sixty subjects received 15 treatments over 3 weeks with LLLT or placebo. LLLT was applied to the anatomical site of the spinal segment involved. Statistically significant differences between groups were found for intensity of arm pain and for neck range of motion.

Since it has been shown that low level lasers can help regenerate spinal discs and almost all connective tissues, it makes sense that it would help radiculopathy, sciatica, etc. (Pain Med. 2010 Aug;11(8):1169-78.)

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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