



### Is BIOPTRON Light Therapy the same as laser therapy?

No, light therapy is *not the same* as laser therapy. Light emitted by a BLT device differs from laser light in several ways.

- **BLT** contains light from a *wide range* of wavelengths (vs. the narrow bandwidth of laser light).
- **BLT** emits light that is of *low-energy* so there is only a minimal heating effect, making the treatment *safer* (vs. the high-energy beam from a laser that may generate a great deal of heat).
- **BLT** devices emit light with a *wide beam* to allow exposure of *larger treatment area* (vs. the usually much narrower beam from a laser).

### Is BIOPTRON Light Therapy expensive?

BLT is cost-effective - [ADD COST INFORMATION HERE.](#)

### Is BIOPTRON Light Therapy safe?

Yes, light therapy with BLT is safe. To date, there are no known adverse effects associated with BLT.

Please add local contact details here:



BIOPTRON Pro1



BIOPTRON 2



BIOPTRON Compact III

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### What is psoriasis?

Psoriasis is common skin disease that affects approximately 3% of the general population. It has an unpredictable course; some people have an outbreak once or twice and then go into permanent remission, while others have severe, life-long disease. Psoriasis can be associated with a destructive joint disease (called *psoriatic arthropathy*) that affects about 15% of sufferers.

### Who gets psoriasis?

Psoriasis occurs equally in men and women. It can develop at any age but disease onset usually occurs in people aged between 15 to 40 years.

### What causes psoriasis?

The causes of psoriasis are not fully understood. Some people are more likely to develop psoriasis than others, particularly if someone in their family has it already. In other people the trigger can be an external factor such as damage or infection of the skin, exposure to ultraviolet light, exposure to certain drugs (e.g. lithium), excess alcohol intake, smoking tobacco, emotional stress, etc. Psoriasis is not infectious.

The outer skin layer (epidermis) is made of several layers of cells, which move out towards the skin surface as they mature. These cells eventually fall off and are replaced by younger cells from below. This process is continuous and it normally takes around 4 weeks for a new skin cell to reach maturity and be shed. In psoriasis, for as yet unknown reasons, the skin cell turnover rate is dramatically accelerated and takes only around 4 days.

### What does psoriasis look like?

Psoriasis usually presents as well-defined, red, scaly skin lesions (called *plaques*) that appear on various parts of the body. The location, number and severity of the plaques vary with each patient. There are several different patterns of psoriasis;

#### Chronic stable psoriasis

- This is the most common type of psoriasis; the skin lesions occur on the outer surfaces of the knees and elbows, and may also form on the lower back, ears and head.

#### Guttate psoriasis

- This type commonly occurs in children and young adults; the plaques are small (around 1 cm diameter) and numerous, and often appear when the child has had a sore throat.

#### Flexural psoriasis

- This occurs in older adults and is characterized by psoriasis plaques in the groin, buttock cleft and under the breasts.

#### Erythrodermic and pustular psoriasis

- These are the most severe forms of psoriasis; the lesions are large, severely inflamed and may fuse together; pustules can form on the hands (and possibly on other parts of the body); this type of psoriasis can be fatal in extreme cases.



Psoriasis skin lesions- plaques

### What are the common symptoms of psoriasis?

Psoriasis lesions are itchy and sore, and may form painful cracks. Around half of sufferers develop changes in their fingernails and toenails. People who develop psoriasis-associated joint problems will have stiff and painful joints, commonly affecting the fingers and toes.

In addition the physical problems, many people with psoriasis have a reduced quality of life. They worry about their physical appearance and can suffer from a loss of confidence that impacts on all aspects of the person's life, including personal relationships and employment. Non-psoriasis sufferers frequently have incorrect views about the condition; for example many people mistakenly believe that psoriasis is contagious, or that a psoriasis sufferer is 'unclean'.

This often leads to psoriasis patients feeling ashamed of their disease.

### What treatment is available?

Psoriasis is incurable. The treatment of psoriasis is concerned with controlling the symptoms rather than curing the disease itself.

Most patients have mild to moderate disease and treatment applied directly to the skin (topical therapy) is usually sufficient.

Topical therapy consists of creams, ointments and lotions, such as emollients (to moisten the skin and reduce skin scaling), steroid creams (to reduce inflammation), vitamin D preparations (to slow down skin cell turnover) and coal tar preparations (to reduce inflammation).

Topical treatments can be unpopular with patients as the various treatments can be greasy or smell unpleasant, and may stain clothing.

More severe disease (either clinically severe or disease having a major negative effect on patient quality of life) may need to be treated more aggressively in hospital.

Treatments include drugs such as methotrexate (slows down skin cell turnover) and ciclosporin (suppresses the immune system), amongst others.

Phototherapy using forms of ultraviolet light may also be used. Patients receiving such treatments must be monitored closely, as toxic side effects may develop.



**BIOPTRON LIGHT THERAPY** is a new and effective treatment for relieving the symptoms of psoriasis.

### BIOPTRON Light Therapy in Psoriasis

BIOPTRON Light Therapy may help to treat skin conditions such as psoriasis by relieving pain and inflammation, by promoting a healing response in any skin lesions.

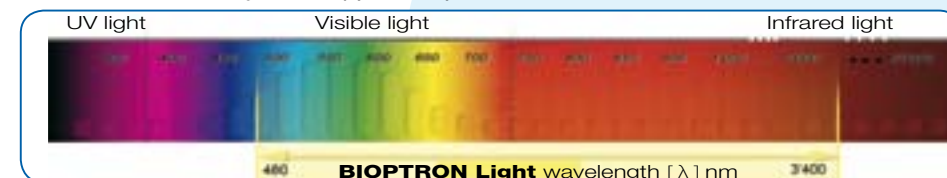
### How do I use BIOPTRON Light Therapy if I have Psoriasis?

It is so simple! BIOPTRON Light Therapy is completely safe and easy to use.

The BIOPTRON Light Therapy device can easily be positioned so the healing light shines on any areas where psoriasis is present (head, hands, legs, etc). Treatment should be applied to each affected area for 4 to 10 minutes per session and for 1 to 2 sessions per day for as long as required until improvement is observed.

### What is BIOPTRON Light Therapy?

Light is a form of energy and has 'wave-like' properties; the difference between the various colours of light is determined by their *wavelength*. Light has been used as a healing tool since ancient times. Scientists now have a better understanding of which components of natural light are useful in the stimulation of healing. This has led to the development of optical devices to produce various types of 'medically useful' light, such as the *BIOPTRON Light Therapy (BLT) System*.



### What effect does BIOPTRON Light Therapy have on the body?

*BIOPTRON Light Therapy* devices emit light containing a range of wavelengths that correspond to visible light *plus* infrared radiation, both of which have been reported to stimulate biological reactions. Importantly, *no harmful ultraviolet (UV) radiation* is present in BLT.

When the BLT device is held over the skin surface, energy from the emitted light penetrates the underlying tissues.

This produces a biological response, called *photo-biostimulation*, causing various reactions within these tissues that may result in the reduction of pain and promotion of healing.

