



Low Level Laser Therapy & Osteoarthritis Research followed by testimonials

Arthritis

Calvin Rasmussen, Los Molinos, CA

After receiving my Q1000 I began using it to quiet the pain in my wrist and thumb joints, of course it did not cure the arthritis, but afterwards I had long hours of pain free use of my hand.

I have one of those necks that make a grinding sound when turned from side to side with some pain in the adjacent muscles. I found that the condition could be relieved by the use of the Q1000 directly on the center of the neck. By using the enhancer on the acupoints on each side of the spine, the effect lasted longer.

I came back from a trip with a bronchiole condition and was treating it with medications. About that time, the fires started here in CA and the smoke and ash were thick in my area. The congestion in my system was not clearing up. I used the Q1000 on my lungs and bronchiole tube which I believe started a clearing process that loosened up the phlegm so I could cough it out. The process was slow but it did clear up.

I have a continuing anemic condition. In August '07 my hemoglobin number had dropped to 8.8 and I was not getting around very well. My medical team got me a transfusion of three units of blood to keep me going. Tests of my bone marrow showed that I had lymphoma, a form of blood cancer. I underwent Rituxan infusion therapy which in 30 days brought my H. number up to 11.7. By May '08 it had dropped back to 10.8. I hid from my medical team and began using the Q1000 on my pelvic bones in hopes that would activate the production of red blood cells. By June '08 my H. number was back up to 11.0 and in July '08 it is up to 11.6 - which is very encouraging. I will continue with the Q1000 treatments and share my success with my medical team.

Another of my maladies is squamous cell carcinoma, small scaly growths. After having one removed surgically, I have been working on them with the Q1000. I cannot say that the laser

kills the cancer (Note from Dr. Lytle: it does not kill the cancer, but rather helps the body's immune system overcome the cancer naturally.) but the growths shrink and the scaly tops fall off, leaving only a reminder of what was there - or nothing at all.

I will continue to enjoy my new healing tool and share it with those around me who are willing to grasp something that you cannot hold, chew or swallow. It is sort of like offering the Gospel, some people have trouble accepting the intangible and all that it promises.

Mel Mandel

I used Dr. Lytle's lasers to treat my knees, which suffer from arthritis and old tennis injuries. It has been successful. Laser treatments of my left knee, which has suffered from arthritis and sports injuries, have been successful. I feel little or no pain in my daily activities. Now I am treating my right knee, which was subject to fewer problems. Mel Mandel

Doug Phillips

My name is Doug Phillips, President of the SD Racquetball Association, and competitive open level payer. I am 45 years old and have played multiple sports all my life. In 1990, I was diagnosed as having ankylosing spondylitis (arthritis) fusing of the spine and hips, and had a "titanium cage" implanted in my back in 1999. In 1990, I also ruptured the Anterior Cruciate Ligament (ACL) in my right knee, and was told by two different orthopedic surgeons that I would need a total knee replacement. I didn't have the surgery, and continued as best I could an active lifestyle while fighting the pain with a combination of anti-inflammatory drugs and pain killers prescribed by my doctor neither of which worked very well at all – the knee was still inflamed and caused a great deal of pain.

While at the YMCA for a lunch time racquetball session in September of 2001, Dr. Larry Lytle allowed me to use his low level laser on my right knee. I lasered the knee for about 3 minute's before and after playing that day. The results were amazing – I was able to play a full hour and half of racquetball, and go back to work without any pain or inflammation!

I continued to use the laser approximately three times per week (during our lunch time racquetball sessions) for the next 3 weeks, and continue to be amazed by what low level laser

therapy has done for me. My right knee is pretty much back to normal, with no pain and no inflammation! Thank you Dr. Lytle for introducing me to this incredible equipment!

Jack Wiseley, Belle Vista, AR

We have a neighbor who suffers from chronic rheumatoid arthritis for years and has been in such pain that she has been wearing a brace on her knee just to be up and around ever for a little bit, and is contemplating surgery to relieve her pain. My wife used the 808 Enhancer on her knee for one cycle and then our Q1000 Mode 1 for another cycle. Her response was, “the pain is gone! I couldn’t even touch my knee before and now look,” as she massaged her knee all over with no pain. My wife went back the next morning and gave her another treatment. Her response was, “not only is the pain gone, but I slept soundly all night without the aid of pain or sleeping pills ... I need one of these!

B.D., California

I have suffered from Psoriatic Rheumatoid Arthritis for 8 years. I received chemotherapy, many anti-inflammatory drugs, and cortisone and none of them worked. I met Dr. Larry and he demonstrated the laser on my hand that I could not open. After the demonstration, I could open my hand and the pain was gone!

Joanne M. Johnson, Aspen, CO

Six and a half years ago, I suffered a severe traumatic knee injury when a skier collided with me at a high rate of speed. After two operations, my doctor told me that because I had lost a great deal of bone and cartilage from the shattering and splintering of the multiple impacts that I now had osteoarthritis and a “bone-on-bone situation. His prognosis was that I would need a total knee replacement in three years. I began using the Q-1000 laser with the 800 enhancer, at first once a day, then twice a week. It has been six and a half years and I have not felt the need for replacement surgery. There is pain in my knee when the barometer drops and on rainy days, but a three minute cycle with the laser brings complete relief.

FDA Cleared for Osteoarthritis of the Hand.

**The Effects of Low Level Laser Therapy on Osteoarthritis (OA) of the Hand
A Clinical Study**

Dr Larry Lytle, DDS, Ph.D. and Dr. Serafettin Ozdogan, MD

ABSTRACT

Objective: The objective of this placebo controlled, randomized, double blind, parallel group designed clinical study was to determine the effectiveness and feasibility of over-the-counter (OTC) use of the Q Laser System, made up of the Q1000 low level laser, a multiple diode device and the 660 nm enhancer laser probe, in providing temporary relief of pain and stiffness arising from osteoarthritis of the hand, when the treatment is administered by an individual in his or her own home.

Background: Studies have shown that low level laser therapy is beneficial for treating the pain and stiffness associated with osteoarthritis when treated in medical offices ^{6,7,8,9,10}, but there are few studies demonstrating the relief of osteoarthritis symptoms using low level laser therapy when the individual treats themselves at home.

Methods and Materials To qualify for the study subjects had to be diagnosed with osteoarthritis of one hand by criteria set by the American College of Rheumatology. Ninety one subjects, forty six in a placebo group and forty five in an active laser group treated themselves five times every other day for 10 days for one minute each on selected proprioceptive points using the multiple diode instrument and for 30 seconds on selected acupoints and direct on the affected joints using a single diode instrument. The laser system utilized (Q Laser System manufactured by 2035 Inc) was composed of two instruments, one, a hand held DC powered laser containing eight LEDs and twelve 5 mW laser diodes arranged to form 6 direct soliton waves and 32 indirect soliton waves, emitting 2.5 J/cm² of energy to an area 1.0322 cm² covering an area of 45.7 mm in diameter. The other instrument used was a single diode 50 mW continuous beam enhancer probe operated at 35 mW emitting 2.16 J/cm² to an area 0.2826 cm² covering an area of 6 mm in diameter.

Results: ROM evaluations demonstrated 87% improvement in range of motion over the placebo group and 87% of the subjects reported at least a 30% improvement in pain as measured by the VAS scale by the end of active treatment at day 10 with continuing latent benefits of reduction of pain and improvement of range of motion at days 21 and 32. The placebo group used twice as much Tylenol, the rescue pain medication designated for this study, as did the laser treated group and 81% of the treated group were satisfied with the laser system and 95% of all subjects stated the operations and instruction manual was easy to follow and they were very confident they followed the treatment protocol.

Conclusion: Based on the results of this study it can be concluded that the protocol used with this combination of low level lasers provided substantial relief of osteoarthritis symptoms when used by the patient in their own home and the instruments were easy to use.

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