

Medilux Healthcare Ltd.

Healthcare for the Internet Age

www.mediluxprofessional.net

Safe - Natural - Drug-free - Non-invasive

Phototherapy Systems for Nursing Services and Residential Care

from Q.Products AG (Biotechnology & Photomedicine), Switzerland

Clinical recognition of phototherapy



Clinical recognition of the benefits of phototherapy is now widespread. **Biostimulation** by light energises cells directly, enabling them to function and reproduce more efficiently. **Photomodulation** of the blood spreads the benefits more widely.

Natural healing is accelerated, the immune system is boosted and pain and inflammation are alleviated.

Low-power laser is restricted to trained therapists but Q.Light® is less intense, so anybody can buy and use one. The light diameter is vastly greater however, making it practical to treat large areas and ideal for nursing staff working in residential care or home visits.

- ❖ Acute wounds heal faster, with fewer complications.
- ❖ Just 3-4 minutes daily treatment at change of wound dressings can improve healing times remarkably.
- ❖ Even chronic wounds have shown remarkable recovery where previous treatments have failed.

Modular systems give great flexibility



For the elderly or bed-ridden, pressure sores and chronic leg ulcers cause considerable distress.

Phototherapy has a proven record of alleviating these conditions, but until now devices had limited coverage. This made

treatment slow, expensive and commercially impractical.

Q.Light® PRO and Q.Light® Skin Care are modular systems, with a choice of clearly-labelled filter modules, for a wide range of therapies. Treatments are short, convenient to administer and improved healing saves on nursing time and dressings. Q.Light® therapy is also very gentle and quickly becomes popular with patients.

- ❖ Treatment diameters up to 40cm give even coverage.
- ❖ Non-laser light source requires no special training or safety precautions. No ultra-violet light.
- ❖ CE marked medical products, for stand-alone therapy or to supplement most existing treatment regimes.



Nursing Professional filter modules

Pain Care

Warm red light 580-1,700nm reduces pain and inflammation e.g. strains and injuries, post-operative pain, back pain, rheumatism and arthritis.



Wound Care without infra-red

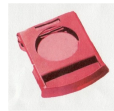
Cool white light 385-785nm stimulates healing of injuries, burns, surgical wounds, stasis ulcers/leg ulcers, decubitus/pressure sores and diabetic gangrene.

Wound Care with infra-red

Warm white light 385-1700nm for added stimulation of blood circulation and enhanced healing, for muscle strains and uninfected injury wounds.

S.A.D. Care

Cool white light 420-780nm treats Seasonal Affective Disorder and depressions.



Also available

Psoriasis Care

Cool white light 385-780nm eases psoriasis, neurodermatitis and atopic dermatitis, relieving itching and improving skin tone.

PDT for skin cancer specialists, Acne, Colour Therapy, Cellulite, Anti-Ageing and Skin Care



Q.Light® PRO for hospitals and clinics



- 10-40cm light diameter
- Variable aperture
- Timer control
- Electronic display panel
- Takes PRO-Plus or Regular stand

Q.Light® Skin Care for portability



- 25cm light diameter
- Fixed aperture
- On/off control
- Takes PRO-Plus, Regular or folding 'Home' stand for ease of transport



Stands and further information

The 'Regular' stand (left) suits confined spaces whilst clinics and hospitals may prefer the 'PRO-Plus' stand (right) with extended reach. This now includes an additional lower shelf and wire storage basket (not shown). Please ask for details on the folding 'Home' stand.

For details visit: www.mediluxprofessional.net

Enquiries: office@mediluxprofessional.net

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Safe, natural, drug-free and non-intrusive

Phototherapy for Nursing Services and Residential Care

from Q.Products AG (Biotechnology & Photomedicine), Switzerland



What are Q.Lights®?

Q.Lights® are non-laser phototherapy devices designed for both professional and home use. The patented light source produces a balanced mix of visible or visible plus near infra-red light, which is then filtered according to the treatment desired and polarised to aid absorption by the body. Q.Lights® do not emit ultra-violet light, just visible and near infra-red light frequencies up to 1700nm, or selected parts of this spectrum.

Many doctors, physiotherapists and other medical and cosmetic professionals use low-power laser to treat wounds, skin complaints, arthritis, muscle strains and other conditions. Q.Lights® now offer many of the same benefits. The light intensity is lower than with laser, making Q.Lights® safer, but treatment areas are very much larger. This brings quick, convenient and economical light therapy to home users and professionals alike.

How does Q.Light® work?

Light is a form of energy. Infra-red heaters and the burning effect of ultra-violet in sunlight are both very familiar. Between these forms of light lie the visible frequencies: red, orange, yellow, green, blue and violet that govern and bring colour - quite literally - to our daily lives. It should be no surprise therefore that components of this visible light energy, separately or in combination, can have profound effects upon our health.

Visible light enters the body through the skin and the eyes, directly bio-stimulating the cells which it reaches, assisting natural regenerative processes, stimulating the immune system, improving perfusion and revascularization and increasing lymphatic drainage. This increases oxygen supply and helps cells to repair damage caused by injuries, environment or the ageing process and to eliminate waste products more efficiently.

Can Q.Light® therapy have any side effects?

Yes – but these are a bonus! Q.Light® works by stimulating the body's natural restorative mechanisms so it treats pain and inflammation from arthritis or rheumatism, dermatitis/psoriasis, dry skin conditions generally, acne, acute wounds such as accidental/post-operative injuries and burns and chronic wounds such as leg ulcers, decubitus/pressure sores and diabetic gangrene. In treating these conditions some light is absorbed by blood near the skin surface, where 'photomodulation' improves the functioning of these

cells too and this in turn can trigger a similar change in the remaining untreated blood. Applying Q.Light® therapy to one area of the body may therefore result in unexpected indirect benefits in apparently unrelated areas.

Will Q.Light® conflict with other treatments?

Q.Light® therapy only works by stimulating the body to perform its normal functions more effectively and to restore these functions to a proper balance, so if your other treatments are safe they will continue to be so. Always consult your doctor before changing prescribed treatments. In most cases Q.Light® therapy will work alongside existing treatments to give better results or faster recovery, but it should be noted that steroids will block some of the beneficial effects of Q.Light® therapy.

Is it possible to burn or over-dose?

No. There is no ultra-violet light to burn the skin and, whilst treatment beyond the recommended time ceases to be effective, it is not harmful. The body absorbs the energy that it needs then ceases to respond to more.

Who can operate a Q.Light®?

Anybody! All Q.Light® models are sold freely to the general public.

Experienced professionals will enjoy the advanced control features of Q.Light® PRO but no training is required and any care attendant can safely treat a patient. Filter modules are clearly named for the condition to be treated (e.g. Pain or Psoriasis) and treatments are short, e.g. just 3-4 minutes on changing a wound dressing.

Q.Light® Pain Care and Q.Light® Home Care have simple on/off control only, so residents can safely treat themselves without detailed supervision. For instance they could treat a whole hand for arthritic pain in one 10-20 min session, depending upon severity, whilst socialising or watching television.

No adverse side-effects have been reported, but Q.Light® therapy is not recommended in cases of pregnancy, cancer, over-sensitivity to light, intake of photo toxic medication or heart surgery.

Can Q.Light® light therapy cause cancer?

No! The wavelengths dangerous to humans are under 250 nm (low ultra-violet). The spectrum of the Q.Light® devices is between 385 – 1,700 nm, in the therapeutically effective range.

Phototherapy for Nursing Services and Residential Care

Which Q.Light® and which stand should I choose?

There are models for specific or general application and three different stands. All Q.Lights® come with a useful grip for hand-held treatment. 'PRO' and 'Skin Care' adapt to your requirements with interchangeable filter modules (order separately). Max treatment diameter is 25cm except 'Acne Care' (20cm) and 'PRO' (40cm).

Q.Light® Acne Care	For treatment of a wide range of acne conditions. 20cm (8") treatment diameter.
Q.Light® Pain Care	For pain and inflammation in arthritis/rheumatism, muscle strains and injuries.
Q.Light® Psoriasis Care	For psoriasis, neurodermatitis, atopic dermatitis, dry skin
Q.Light® Wound Care	For injuries (inc post-operative), burns, pressure sores, leg ulcers, chronic wounds.
Q.Light® Home Care	For general wound, pain and skin care at home, including beauty treatments
Q.Light® Skin Care	Flexible system for therapists requiring easy portability or for home use. Wide range of optional filter modules: general medical (inc. SAD), cosmetic and colour.
Q.Light® PRO	Fully flexible system for medical professionals or home use. Diameter max 40cm (16"), aperture control and timer. Filter modules as above.
'Home' stand	Folding stand for travelling and domestic use only. All Q.Lights® except PRO
'Regular' stand	Sturdy and compact on mobile base, for clinics and home use. Takes all Q.Lights®
Stand 'PRO-Plus'	Professional stand for clinics and hospitals. Takes all Q.Lights®

What is the Nursing Professional filter set?

- **Pain Care** – warm red light for joint pain and inflammation, strained muscles, injuries and back pain.
- **Wound Care with infra-red** – warm white light to accelerate healing of chronic and acute wounds of all types and improve immune response, including torn ligaments, sports injuries, operations, rehabilitation.
- **Wound Care without infra-red** – cool white light for cases where heat would be uncomfortable, e.g. burns, infected wounds.
- **S.A.D. Care** - cool white light for treating Seasonal Affective Disorder and depressions

When treating SAD why not just use a light box?

With the SAD module inserted Q.Light® PRO will deliver 10,000 lux at 40cm treatment distance. Unlike light boxes using fluorescent tubes, the light is flicker-free and more comfortable for the eyes. As well as treating SAD some nursing homes have reported a calming effect on patients with mood swings and panic attacks.

What other medical filter modules are there?

- Acne Care – cool blue light treats all commonly occurring acne conditions.
- Psoriasis/Neurodermatitis Care – cool white light for dermatitis/psoriasis and dry skin conditions.

There are also filter modules for skin cancer diagnosis and treatment, cosmetic use and for colour therapy – please ask for details.

So how do I operate a Q.Light®?

Q.Light® PRO:

- i) Slot in the optional filter module for the treatment required, e.g. Wound with infra-red, then switch on.
- ii) Rotate the mechanical control to set the aperture, which is displayed on the control panel.
- iii) Select the time required in minutes, then press OK.

Q.Light® Skin Care or Q.Light® Wound Care: Slot in the filter module for the treatment required, then switch on.

All other Q.Lights®: simply switch on!

In each case apply for the number of minutes and at the distance indicated in the Q.Light® treatment guide.

How does it feel to receive Q.Light® therapy?

There is little immediate sensation from cool light treatments and just a gentle warmth from treatments including infra-red. After treatment on joints patients may experience a mild and short-lived increase in symptoms as the cells are activated and the phototherapy starts to work, but this soon passes.

Is it safe to look into the light?

Q.Light® represents no danger for the eyes, though it is not necessary and is uncomfortable to look into the light directly. In case of age damage to the eyes or strong sensitivity to light, you should consult a specialist.

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Q.Light® Treatment Guide

As recommended by Q.Products AG (Biotechnology & Photomedicine), Switzerland



Q.Light® Therapy for ACNE

Scientific studies and empirical reports show individual cases of acne can be significantly reduced or even completely healed by regular therapy with **Q.Light®**. As individual treatment sessions are very short Q.Light® therapy can easily be integrated into traditional - local or systemic - regimens of acne therapy.

The average dose is 9.6 J/cm², applied once per day. For optimal results it is recommended to clean the area to be treated with a mild cleanser, then direct the **Q.Light®** beam at a right angle to the treatment area. Treatment times per session are:

Models	Time	Treatment distance
Q.Light® PRO with Acne Care Filter Module	15 min	40cm
	10 min	30cm
	7 min	20cm
Q.Light® Skin Care with Acne Care Filter Module or Q.Light® Acne Care or Q.Light® Home Care	20 min	40cm
	15 min	30cm
	10 min	20cm

Q.Light® Therapy for PAIN

Q.Light® can be an ideal complementary treatment to a variety of pain management programmes and its beneficial influence can affect the patient's general condition as well as pain symptoms. The average dose applied to the region of pain is around 12J/cm² to 24J/cm².

For optimal results **Q.Light®** therapy should be applied daily, twice per day, but in acute stages sometimes three to four times per day. The light beam is directed at a right angle to the area to be treated and in cases of joint treatment it is possible to extend the therapy without danger. No side effects or contra-indications have been reported.

Models	Time	Treatment distance
Q.Light PRO® with Pain Care Filter Module	10 - 20 min	40cm
	7 - 15 min	30cm
	5 - 10 min	20cm
Q.Light® Skin Care with Pain Care Filter Module or Q.Light® Pain Care or Q.Light® Home Care	15 - 25 min	40cm
	10 - 20 min	30cm
	7 - 15 min	20cm

Q.Light® Therapy for PSORIASIS, DERMATITIS and dry skin conditions

Q.Light® Therapy can offer relief for people with psoriasis conditions. As individual treatment sessions are short, it can easily be integrated into a standard psoriasis care programme depending on indication. The average dose applied to psoriasis is around 12J/cm² and the beneficial and regenerating effect of the **Q.Light®** Therapy can be used to support various forms of skin treatments.

Special dermatological creams can be applied before or after the light treatment. Any residue of cream should be wiped away if applied before commencing the light treatment. **Q.Light®** therapy offers relief of itching within days. The condition normally improves within the first two weeks, however in some cases it is very difficult to achieve total regeneration of the skin. It is recommended to continue long term **Q.Light®** therapy after initial symptom response, to regulate the immune system and moderate future flare-ups.

Q.Light® therapy is applied for just a few minutes once or twice per day. In order to use the Q.Light® system effectively, the skin should be cleansed before exposure to the light. Side effects and contraindications have not been reported. It is advisable to check longer lasting skin conditions with a specialist to receive additional professional advice.

Models	Time	Treatment distance
Q.Light® PRO with Psoriasis Care Filter Module	4 min	40cm
	3 min	30cm
	2 min	20cm
Q.Light® Skin Care with Psoriasis Care Filter Module or Q.Light® Psoriasis Care or Q.Light® Home Care	5 min	40cm
	4 min	30cm
	3 min	20cm

Q.Light® Treatment Guide

Q.Light® Therapy for WOUNDS and BURNS

Typically, wound healing takes place in three interlinking phases: endogenous purification, granulation and epithelialisation. **IMPORTANT NOTE:** In the initial treatment phase of chronic wounds some patients' wounds may respond to light treatment with rapid closure at the edge of the wound site. In these cases light therapy should be discontinued for a few days for the system to adjust and allow healing to proceed evenly. Recommence light therapy after this short period according to the treatment indications below.

For optimal results **Q.Light®** therapy should be applied on a daily basis, with the light beam directed at a right angle to the area under treatment. The average dose applied to wounds is 12J/cm².

Models	Time	Treatment distance
Q.Light® PRO with either Wound Care Filter Module	4 min	40cm
	3 min	30cm
	2 min	20cm
Q.Light® Skin Care with either Wound Care Filter Module or Q.Light® Wound Care or Q.Light® Home Care	5 min	40cm
	4 min	30cm
	3 min	20cm

INFRA-RED

Infra red-light produces a warming effect that stimulates blood circulation and can promote healing. It is not recommended to apply infra-red to infected wounds or to burns however, so there are two Wound Care filter modules to choose from, with and without infra-red. **Q.Light® Wound Care** is supplied with both filter modules, making this model exceptionally good value.

BURN WOUNDS

Q.Light® therapy can reduce the need for surgery in the treatment of deep dermal burns, if applied immediately after admission to hospital. Within this group of patients, the use of light therapy accelerates wound healing and allows for early pressure therapy, therefore reducing hypertrophic scarring and contractures. In addition shortened hospitalisation results in cost benefits and increased patient satisfaction. This form of light therapy has become first choice for deep dermal burns in many hospitals and specialist burn centres.

Q.Light® Therapy for SEASONAL AFFECTIVE DISORDER

For optimal results with **Q.Light® S.A.D.** therapy, it is important to apply an effective dose for adequate biological response. The light beam is directed from the front, directly onto the face and the treatment should be applied on a daily basis. It is not necessary to look directly into the light beam! One can read a book or magazine whilst receiving the light therapy.

Some studies have reported positive responses in patients with non-seasonal depression, premenstrual syndrome (late luteal dysphoria), bulimia, and alcohol withdrawal symptoms. Beneficial results have also been obtained by using the known capacity of light administration and light restriction to shift circadian rhythms.

Models	Time	Lux	Treatment distance
Q.Light® PRO with S.A.D. Care Filter Module	60 – 120 min	2,500	80cm
	40 - 60 min	10,000	40cm
Q.Light® Skin Care with S.A.D. Care Filter Module or Q.Light® S.A.D. Care	60 – 120 min	2,500	60cm
	40 - 60 min	10,000	30cm

Q.Light® Therapy for BEAUTY

For optimal results **Q.Light®** therapy should be applied on a daily basis, especially if treating fine lines and wrinkles. As individual treatment sessions are short, they can easily be integrated into a standard cosmetic programme. The average dose applied for general cosmetic treatments is around 12J/cm². The beneficial and regenerating effect of **Q.Light®** therapy can be used to support normal cosmetic treatments and take-up of moisturisers is increased following light treatment.

Q.Light® therapy is applied for just a few minutes once or twice per day. In order to use the **Q.Light®** system effectively, the skin should be cleansed before exposure to the light.

Models	Time	Treatment distance
Q.Light® PRO with Filter Modules Skin Care, Cellulite Care or Anti-Ageing Care	4 min	40cm
	3 min	30cm
	2 min	20cm
Q.Light® Skin Care with Filter Modules Skin Care, Cellulite Care or Anti-Ageing Care or Q.Light® Home Care	5 min	40cm
	4 min	30cm
	3 min	20cm

Rorschacherberg, 6. September 2005

Sehr geehrte Damen und Herren,

gerne bestätigen wir Ihnen den Einsatz Ihrer Lichttherapiegeräte **Q.Light® Pro Unit**, sowie **Q.Light WOUND CARE** in unserem Hause und nehmen dazu wie folgt Stellung:

Wir behandeln in unserem Hause seit nunmehr ca. 3 Jahren mit der **Q.Light®** Lichttherapie, der Firma **b & p® AG** unsere Heimbewohner.

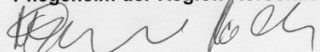
Nach anfänglicher Skepsis des Pflegepersonals stellten sich, insbesondere bei Wundheilungsstörungen sehr schnell gute Ergebnisse ein. Dies führte mittlerweile so weit, dass sich in unserem Hause 6 Lichttherapiegeräte befinden, welche fast ständig im Einsatz sind.

Auf Grund der teilweise hervorragenden Heilungsergebnisse können wir den Einsatz der **Q.Light®** Lichttherapie im Pflegeheim nur empfehlen. Wir verzeichnen neben den Heilergebnissen, welche zum Teil mit Bildmaterial dokumentiert sind, auch eine hervorragende Annahme der Lichttherapie durch die Patienten, als schmerzlose und angenehm empfundene Therapieform.

Die bei uns behandelten Indikationen sind hauptsächlich:
Wunden aller Art
Ulcus
Dekubitus
Schmerzen, auch Chronisch
Allgemeines Wohlbefinden

Mit freundlichen Grüßen

Pflegeheim der Region Rorschach


Maria Fornito Hoch
Leitung Pflege und Betreuung

Nursing Home of the Rorschach Region Rorschach – Rorschacherberg – Goldach – Untereggen

Rorschacherberg, 6 September, 2005

[Dear Sirs]

We are pleased to confirm the installation of your light therapy equipment **Q.Light® PRO** unit as well as **Q.Light® Wound Care** in our Home and we give our opinion on it below.

We have now treated our residents for about three years with **Q.Light®** light therapy from the company **b&p AG**.

After initial scepticism on the part of the care staff they very quickly showed good results, in particular with regard to wound healing disorders. This has led so far that we now have 6 light therapy devices in our Homes, which are in almost constant use.

On the basis of the sometimes outstanding healing results, we can only recommend the installation of **Q.Light®** light therapy in nursing homes. As well as the health results, which are partly documented with pictures, we also record an outstanding approval of light therapy from the patients, as a painless and pleasant form of therapy.

The conditions we treat are mainly:

Wounds of all types
Ulcers
Decubitus
Pain, also chronic
General well-being

[Yours faithfully]

Nursing Home of the Rorschach Region

Maria Fornito Hoch
Leader of Nursing and Care

[undated]

Erfahrungen mit Q-Light

Bis vor ca. 1 Jahr wurden in unserem Pflegeheim sämtliche Dekubiti, andere Hautdefekte, Wunden und auch Ekzeme nach klassischen Methoden (div. Salben, Wundauflagen usw.) behandelt.

Damals nahm die Firma b & p Aktiengesellschaft mit uns Kontakt auf, um uns ein von ihnen weiterentwickeltes Lichttherapiesystem vorzustellen. Mit diesem sind diverse therapeutische Behandlungen möglich. Es wurde uns die Möglichkeit geboten, eine dieser Lampen während einiger Wochen zu testen, um danach entscheiden zu können, ob wir unseren Bewohnern diese Art von Therapie in unserem Hause anbieten möchten.

Nach anfänglicher Skepsis waren wir von den Vorteilen, die diese Methode zur Wundbehandlung für alle Beteiligten brachte, überzeugt. Die Behandlung ist für den Patienten wesentlich vorteilhafter als die herkömmliche. Sie ist nahezu schmerzfrei, da die Wunden praktisch nicht berührt werden müssen. Durch die Auswahl der Farben besteht sogar die Möglichkeit, darüber hinaus schmerzlindernd und entzündungshemmend einzuwirken. Der Prozess der Wundheilung verläuft in der Regel deutlich schneller als mit herkömmlichen Methoden. Für die Mitarbeiter der Pflege bedeutet die neue Behandlung einen geringeren Arbeitsaufwand bzw. eine Zeitersparnis. Wo teure Verbandsmaterialien oder zeitlich aufwendige Verbände angebracht werden müssen besteht die Möglichkeit, die Lichttherapie über/durch den Verband anzuwenden.

Mittlerweile behandeln wir sämtliche Wunden ausschließlich mit dem Q-Light-System, sofern die Beteiligten und die Hausärzte ihre Zustimmung dazu geben. Viele unserer Patienten freuen sich selber über den raschen Heilungsprozess. Ebenfalls erachten wir es als indiziert, die Lichttherapie präventiv anzuwenden. Wird bei einem Bewohner eine Druckstelle bemerkt, wird mit dem dafür geeigneten Licht die Durchblutung des Gewebes angeregt und damit die Entstehung eines Dekubitus verhindert.

Darüber hinaus wenden wir die Q-Light Lichttherapie an sobald bei einem unserer Bewohner Stimmungsschwankungen oder Angstzustände festgestellt werden. In diesem Fall ist es schwieriger, über einen Erfolg zu sprechen, da dieser nicht in diesem Sinne „sichtbar“ ist. Positive Äußerungen unserer Bewohner lassen aber darauf schließen, dass die Anwendung der Lichttherapie zu einer psychischen Entspannung führen kann.

U. Daul
Stv. Pflegedienst
Stv. Geschäftsleiterin
- 24h

Experiences with Q.Light®

Until about a year ago we treated decubitus, other skin problems, wounds and eczema completely by classical methods (various ointments, wound dressings etc.)

Then the company b&p AG contacted us to promote one of their advanced light therapy systems. Various therapeutic treatments are possible with these. We were given the opportunity to test one of these lights for a few weeks so that we could decide whether we wanted to use this type of therapy on the patients in our Home.

After initial scepticism we were convinced of the advantages brought by this method of wound treatment for all parties involved. For the patients the treatment is fundamentally more advantageous than before. It is virtually painless since the wound hardly has to be disturbed. Moreover through the selection of colours [coloured light] there is even the possibility to achieve pain relief and reduction in inflammation. As a rule the process of wound healing is clearly accelerated compared to previous methods. For the nursing staff the new treatment means a minimal expenditure of effort or rather a saving of time. Where dressings must be applied which are expensive in material costs or time-consuming in application, there is the possibility to apply light therapy during the change of dressing.

Meanwhile we are treating all wounds exclusively with the Q.Light system, so far as the concerned parties and the House Doctor have given their consent. Many of our patients are really pleased with the fast healing progress. Similarly we consider that there is circumstantial evidence for the preventive use of light therapy. It was noticed that one of our residents had a bruise, the blood circulating in the tissue was stimulated by the appropriate light and thereby the development of a decubitus was prevented.

Over and above that we turn to light therapy as soon as we notice mood swings or panic attacks in one of our residents. In these cases it is more difficult to speak in terms of success, since they are not 'visible' in that sense. But positive statements about our residents can be suggested, in that the application of light therapy can lead to an easing of physical tension.

(Sgd.)

Head of Nursing Services
..... Director