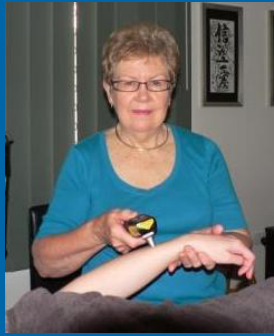


## THERAPIST FOCUS



### Name?

Lyn Barnet

### How long have you been using the LTU-904?

Over 10 years

### Most inspiring or surprising laser story?

I treated a man from India who had filariasis. The condition had been treated, but he still had the fibrotic tissue in his legs. I had always thought that the laser would not have an effect on filariasis, however the laser reduced the fibrosis and he had considerable softening.

### What do you use the laser for?

I use the laser for everything! I treat many lymphoedema patients, but I also treat many patients with chronic pain.

## NEW IDEA

RianCorp are looking into supplying a small separate timer with alarm to users who may require this option.

Please let us know what you think.

## TIP

It is important that you send in your laser to be calibrated at least every 2 years to ensure the efficacy of your treatments.



## WELCOME

Welcome to RianCorp's very first online newsletter! The newsletter will be produced quarterly and will contain features such as a therapist bio, tips, and new research reports. Any suggestions for inclusions will be welcomed, and if you would like to be featured in our Therapist Focus then please contact us at [sales@riancorp.com](mailto:sales@riancorp.com). We may even have competitions with freebies in future issues so make sure you read each one!

## THERAPISTS, PLEASE PASS ON THIS INFORMATION TO YOUR CLIENTS:

A new research study by Dr. Mei Fu of New York University School of Nursing, and StepUp-SpeakOut.org, are conducting a survey regarding Breast Cancer and Lymphedema Symptom Experience. Input will help researchers better understand women's experiences of breast cancer in order to create more personalised care.

Any female 21 years of age or older that has been diagnosed with and treated surgically for breast cancer, is invited to share their experience of

breast cancer in this online study. The survey will take about 10-15 minutes. Participation is voluntary and anonymous and responses kept confidential.

The survey link and more details can be found at: <http://www.stepup-speakout.org/>

NB: Regarding the question "Which US State are you in", International participants should write their residing country.

## NEW RESEARCH:

### The Short-Term Effects of Low-Level Laser Therapy in the Management of Breast-CancerRelated Lymphedema

Dirican A, Andacoglu O, Johnson R, McGuire K, Mager L, Soran A.

Department of Surgery, Division of Surgical Oncology, Magee-Womens Hospital University of Pittsburgh Medical Center, Pittsburgh, PA, USA.

### Abstract

**BACKGROUND:** Breast-cancer-related lymphedema (BCRL) is a chronic disease, and currently there is no definitive treatment for it. There are some therapeutic interventions targeted to decrease the limb swelling and the associated problems. Low-level laser therapy (LLLT) has been used in the treatment of post-mastectomy lymphedema since 2007 in the US. The aim of this study is to review our short-term experience with LLLT in the treatment of BCRL.

**METHOD:** Seventeen BCRL patients referred to our lymphedema program between 2007 and 2009 were enrolled in this study. All patients had experienced at least one conventional treatment modality such as complex physical therapy, manual lymphatic drainage, and/or pneumatic pump therapy. LLLT was added to patients' ongoing therapeutic regimen. All patients completed the full course of LLLT consisting of two cycles. The difference between sums of the circumferences of both affected and unaffected arms (DeltaC), pain score, scar mobility, and range of motion were measured before and after first and second cycles of LLLT sequentially.

**RESULTS:** All patients were female with a median age of 51.8 (44-64) years. DeltaC decreased 54% (15-85%) and 73% (33-100%), after the first and second cycles of LLLT, respectively. Fourteen out of seventeen experienced decreased pain with motion by an average of 40% (0-85%) and 62.7% (0-100%) after the first and second cycle of LLLT, respectively. Three patients had no improvement in pain after LLLT. Scar mobility increased in 13 (76.4%) and shoulder range of motion improved in 14 (82.3%) patients after LLLT. One patient developed cellulitis during LLLT.

**CONCLUSION:** Patients with BCRL received additional benefits from LLLT when used in conjunction with standard lymphedema treatment. These benefits include reduction in limb circumference, pain, increase in range of motion and scar mobility. Additionally, two cycles of LLLT were found to be superior to one in this study.

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<http://www.ncbi.nlm.nih.gov/pubmed/20445997?dopt=Citation>

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## Use and Response to Treatment using Low Level Laser Therapy

Low level laser has been used for the management of lymphoedema and other conditions for a number of years. It is just recently that laser treatment has been introduced as an adjunct treatment within Wolverhampton Lymphoedema Service. This facility in the UK, enrolled 12 patients to take part in a study to observe their response to laser treatment for lymphoedema. Out of the 12 participants, 7 of those received RianCorp LTU-904 laser treatment only and 5 received laser treatment in combination with MLD. End results included: 100% of patients reporting a reduction in tissue thickening, 83% experienced improvements in range of movement, and 43% saw improvement in scar tissue.

Click on the link below to access the full study written by Jane Wigg:

[http://www.lymphormation.org/journal/content/0402\\_laser.pdf](http://www.lymphormation.org/journal/content/0402_laser.pdf)