

# Medilux Healthcare Ltd.

Healthcare for the Internet Age

[www.mediluxhealth.net](http://www.mediluxhealth.net)

Safe - Natural - Drug-free - Non-invasive

## Q.Light® S.A.D. Care

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

Phototherapy for Seasonal Affective Disorder and Disturbed Sleeping Patterns

### Clinical recognition of phototherapy in general



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.

- ❖ Easy to use with simple on/off operation
- ❖ You cannot over-dose! Excess treatment time is ineffective but not harmful.

### Phototherapy for S.A.D. and disturbed sleeping

S.A.D. is a condition effecting a small but significant proportion of the population, ranging from irritability and inability to concentrate up to depressions and can have very serious consequences for some.

Suggested treatments include aerobic exercise, daily walks, vacations to sunny climates and the use of light therapy devices. Many people are already familiar with this aspect of light therapy, but not its wider applications.

Studies have also reported positive responses with non-seasonal depression, premenstrual syndrome (late luteal dysphoria), bulimia, and alcohol withdrawal symptoms, and further work investigation in these areas is clearly warranted.

### Treatments



Treatment times decrease with greater light intensity. Q.Light® S.A.D. delivers 10,000 lux over a 30cm diameter area at a distance of 30cm.

Q.Light® S.A.D. Care delivers specially filtered white light in the range 420-780nm only.

Q.Light® S.A.D. Care also stimulates the cells in the skin to greater efficiency, assisting collagen formation for natural elasticity and enhancing take up of moisturisers.

For a wider choice of therapies, we also offer Q.Light® Skin Care or Q.Light® PRO, which share a range of interchangeable filter modules for medical and cosmetic treatments, including S.A.D.

### Further details

Q.Light® S.A.D. Care is usually supplied on the folding 'Home' stand (left) for portability, but but is also available on the 'Regular' stand (right) for clinics, airport lounges or home use.

Q.Lights® are not tanning devices and do not emit ultra-violet light.

For details visit: [www.mediluxhealth.net](http://www.mediluxhealth.net)

Enquiries: [office@mediluxhealth.net](mailto:office@mediluxhealth.net)



Home

### Q.Light® S.A.D. Care



S.A.D. is the commonest application of phototherapy but the fluorescent tubes used in most 'light boxes' give a harsh, flickering and unstable light.

Q.Lights® are medical devices giving a clear, steady light, which many users find more comfortable.

Q.Light® SAD Care is therefore ideal for nursing/care homes, airport departure/arrival lounges or for home use.

- ❖ Requires no special training or safety precautions
- ❖ CE marked medical product, for stand-alone therapy or to supplement most existing treatment regimes

Beneficial results have also been obtained in certain cases by using light administration and restriction to shift circadian rhythms. These include patients with stable circadian rhythm abnormalities such as delayed sleep phase syndrome (DSPS) or advanced sleep phase syndrome (ASPS).

Patients with DSPS have trouble falling asleep and waking up at conventional times; they can be helped by exposure to bright light in the morning and restriction of light in the afternoon and evening.

ASPS is most common in the elderly; their tendency to fall asleep and wake at inconveniently early hours can be alleviated by exposure to bright light at night.



NOTE: Medilux Healthcare Ltd. offers products on the basis of the Manufacturers' representations as to quality and efficacy. Any further guidance as to conditions which may benefit from use of the goods is based purely on our own opinions and beliefs regarding general application. We do not guarantee that goods will be suitable or effective for all purchasers and we do not advise on individual cases. We recommend that customers seek qualified medical advice before commencing treatment.