

# Wound Healing with Laser Light Therapy

By Dr. Deidre Macdonald, Naturopathic physician

Chronic wounds are a major source of disability for many people. They are notoriously difficult to treat with standard protocols. Often chronic wounds occur on the feet and lower limbs as a result of poor circulation. Diabetes and atherosclerosis are common contributing factors. Laser therapy has been proven to speed healing and resolution of skin ulcers and chronic wounds. An analysis of the research on laser therapy allowed researchers at the University of Johannesburg to conclude:

“Low level laser therapy (LLLT) is a form of phototherapy that involves the application of low power ... light to injuries and lesions. It has been used successfully to induce wound healing in nonhealing defects. Other wounds treated with lasers include burns, amputation injuries, skin grafts, infected wounds, and post-surgical wounds. The unique properties of lasers create an enormous potential for specific therapy of skin diseases.”

A triple blind study at Brigham Young University concluded that:

“The laser therapy resulted in enhanced healing as measured by wound contraction. These data indicate that laser therapy is an effective modality to facilitate wound contraction of partial-thickness wounds.”

Harvard Medical School, Department of Dermatology has been researching laser therapy extensively. In a published paper researchers state:

Our laboratory has shown that a single exposure to red or near-IR wavelengths 30 minutes after wounding can stimulate wound healing in mice. Specifically, the light appears to hasten the contraction process at the edges of the excisional wound.

In my naturopathic medical clinic I have been treating patients with a high end laser therapy machine for 2 years and have had the opportunity to help patients heal wounds that previously wouldn't heal. One such patient, a 60 year old man with diabetes, had a longstanding wound on the bottom of his foot the size and depth of two stacked toonies. After a series of treatments, the wound healed completely. Six months later, the wound remained healed, and laser therapy quickly healed up another wound that was starting. The patient was able to increase his activity level, go traveling and enjoy life again.

Laser therapy is a painless treatment used to heal tissues throughout the body too. It is an excellent way to speed the healing of back pain, sports injuries, arthritis, plantar fasciitis (foot pain), tendonitis, shoulder pain and more. It works by increasing the output of fuel within the cells. Specific wavelengths of light, emitted by the machine, can be absorbed by photoreceptors in the body's cells. Photons are then transmuted into ATP, which is the fuel for the cells. Also, cell membranes become more permeable to nutrients. Thus, with added energy and fuel, cellular function is enhanced. Nitric oxide is also increased, which increases circulation. The net effect is less inflammation and rapid healing of tissue creating a real resolution of the problem. The results are quite visible in the case of wound healing and there has been photo documentation of many dramatic resolutions of gangrenous toes that were able to be saved from amputation.

***To book a no-charge 15 minute no obligation consultation with naturopathic physician Dr. Deidre Macdonald, contact her medical practice in downtown Courtenay at 250 897-0235. For more information about laser therapy, visit Dr. Deidre Macdonald's website at [www.getwellhere.com](http://www.getwellhere.com).***