

## YOUR UVB TREATMENT PROGRAM

It takes an average of 25-40 treatments to get maximal improvements. It is essential that you commit to regular attendance at your scheduled times.

VISITS PER WEEK: \_\_\_\_\_

NUMBER OF WEEKS: \_\_\_\_\_

ADDITIONAL RECOMMENDATIONS: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## IMPORTANT PRECAUTIONS:

Patients must obtain their own approved protective goggles prior to starting treatment. Available for sale at Prana.

Patients should avoid exposure to natural sunlight on UVB treatment days as this may cause burning. We recommend the use of sunscreen (SPF 30 +) on uninvolved skin to minimize UVB exposure. Bring your sunscreen to each appointment.

Certain medications, herbal supplements and topicals can cause sensitivity to light; it is important to tell your doctor about all medications, treatments and supplements you are taking.

During treatment, conditions may worsen temporarily before improving. The skin may itch and become red. The amount of UVB administered may need to be reduced to avoid further irritation.

UVB is an established carcinogen (cancer-causing substance or agent) in humans. It is important to have a doctor examine your skin periodically.

## WHAT PEOPLE ARE SAYING ABOUT NARROWBAND UVB PHOTOTHERAPY...

You wouldn't believe the remarkable change in my feet and hands. The treatments took about 3-4 weeks before I was able to see a difference, but now I can go barefoot (even outside) and I can wear sandals again. W.Y.

My psoriasis is almost completely cleared (I'm the only one that can see it really). I'm so excited. It's been 2 ½ years since I last saw my skin looking so good. Up until 3 weeks ago I thought I'd be wearing long sleeves and pants all summer long – not anymore! T.C.

The Phototherapy System works much faster and better than any medication that I have tried previously. T.Z.

I am almost completely cleared. I only have maybe two or three little pea sized lesions. It has truly made a world of difference. N.T.

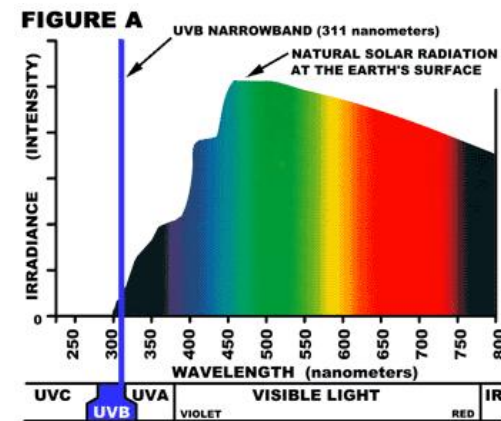
I use the system to help me with Vitamin D absorption issues following gastric bypass surgery. I have had a miraculous recovery from bones micro fracturing. I had used a walker 24/7 starting in December 2003. I walked without the walker June 2004. I had been to many specialists, who had left me with no hope. The lights were the healing. M.L.

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# Narrowband UVB Phototherapy



**Narrowband UVB has become the phototherapy treatment of choice for psoriasis, vitiligo, atopic dermatitis (eczema) & other photo responsive skin disorders.**

**Present in natural sunlight, ultraviolet light B (UVB) penetrates the skin and slows the abnormally rapid growth of skin cells.**

**The Result: stronger, healthier skin and immune system.**

### **WHAT IS UVB PHOTOTHERAPY?**

Present in natural sunlight, ultraviolet light B (UVB) is an effective treatment for many skin disorders. UVB phototherapy is the use of specific wavelengths of the sun's natural spectrum for the treatment of psoriasis, vitiligo, atopic dermatitis (eczema) and even vitamin D deficiency. UVB light produces biological reactions within the skin that slows the abnormally rapid growth of skin cells leading to clearing of lesions. UVB is also the waveband of light that produces Vitamin-D in our skin; essential to good health.

### **WHAT ARE SOME TREATABLE CONDITIONS?**

There are several conditions that show significant improvements with UVB therapy. These include psoriasis, atopic dermatitis (eczema), vitiligo and Vitamin D deficiency.

### **WHO IS A CANDIDATE?**

UVB phototherapy is safe for children and adults so anyone who can enjoy natural sunlight can undergo phototherapy.

### **IS IT SAFE?**

As with natural sunlight, repeated exposure to ultraviolet light can cause premature aging of the skin and increase your risk of skin cancer. However, when these risks are weighed against the risks of other treatment options, often involving strong prescription drugs, ultraviolet phototherapy is usually found to be the best treatment option.

### **HOW OFTEN & HOW LONG ARE TREATMENTS?**

Normally, treatment times are gradually increased until clearing occurs, unless the last session produced itching and/or skin tenderness. The first treatments are only seconds long, working up to several minutes per side after forty or more exposures, and depending on the individual and physician advice. After significant clearing is achieved, the "maintenance" phase begins; treatments are taken anywhere from three times per week to not at all and times are reduced accordingly. Subsequent sessions of UVB are adjusted according to a person's individual response. UVB requires a significant time commitment both in the short term acute phase and the longer maintenance phase of care.

### **HOW LONG WILL IT TAKE TO GET RESULTS?**

This is of course an individual matter, but typically some remission is evident after only a few weeks. Typically it takes an average of 25-40 treatments to see significant improvements. More advanced clearing requires two to six months. Long term low-dose maintenance can go on for years as determined by the supervising physician. People get the best results when they keep scheduled appointments and follow treatment directions carefully.

### **WHAT HAPPENS ONCE THE SKIN CLEARS?**

Once the skin clears, the treatments can be stopped. They should be resumed as the lesions begin to reappear. Sometimes UVB is continued on a maintenance basis. Studies show that UVB maintenance can increase remission time. If psoriasis lesions return, an individual may return to three treatments per week.

### **HOW LONG HAS THIS THERAPY BEEN IN USE?**

The benefits of UV phototherapy for psoriasis was recognized by the medical community as early as 1925 by a study of the effects of natural sunlight on psoriatic patients. Devices to produce artificial light for the treatment of psoriasis have been in use for over 50 years and today there is a phototherapy clinic in most cities.

### **CAN WE GET THE SAME BENEFITS FROM THE SUN?**

Our bodies evolved in an environment bathed in ultraviolet light, so we developed responses to use the light beneficially (vitamin D photosynthesis) and to protect us from over-exposure (tanning). Our modern lifestyles; being fully clothed, having protection from the sun, and many of us living in extreme northern latitudes; has significantly reduced our UV exposure and has contributed to health problems for many people.

### **HOW MUCH DOES IT COST?**

Initial treatment plan \$500  
(25 sessions)

Single Maintenance Session \$ 20

Your Doctor will work with you to determine the most appropriate treatment plan for you.