

### How does nitric oxide increase circulation?

During the 20 minute treatment, the infrared light energy releases nitric oxide from hemoglobin and endothelial cells. Nitric oxide is a signaling molecule that relaxes smooth muscle cells found in the arteries, veins, and lymph vessels. When these muscles relax, the vessels dilate thus allowing increased circulation.

### Who uses infrared light therapy?

Light therapy is currently being used in clinical and home settings around the world. Light therapy has been in use by the medical profession to increase circulation and reduce pain and inflammation for more than 20 years.

### What does it feel like when using Light Therapy?

A comforting, warm feeling.

### How often can light therapy be used for peripheral neuropathy?

A minimum of three times per week for 8-12 weeks. More frequent usage can reduce the number of weeks necessary to reach maximum improvement. Typically, a regular schedule of maintenance treatments helps sustain the improvement.

**PERIPHERAL NEUROPATHY**

**7 Steps**

**FOR MANAGING  
DIABETIC PERIPHERAL  
NEUROPATHY**

**FDA Cleared Infrared Therapy**

## What is Diabetic Peripheral Neuropathy?

**It is nerve damage caused by Diabetes. It is often found in the feet, legs and hands.**

### What are frequent complications?

Neuropathy progresses through various stages. Loss of sensation in the feet and/or hands leads to an increased risk of falls. In addition, wounds and ulcers are caused by the poor blood flow to the area. Left untreated, ulcers and wounds can lead to amputation.

### What are typical treatments?

Drugs are often prescribed to treat symptoms NOT the cause. Nerve health can be improved through non-drug treatments like infrared light therapy.

### What is infrared light therapy?

Decades of research found that certain wavelengths of light within the red and infrared bands were very beneficial to living tissue.

### What are the effects of light therapy?

The 1998 Nobel Prize was awarded to scientists who discovered the relationship between near infrared light, Nitric Oxide and increased circulation.

# Peripheral Neuropathy



**#1 CAUSE of HOSPITALIZATION**

For Diabetics

# 7 Steps

FOR MANAGING

**DIABETIC PERIPHERAL NEUROPATHY**

**114 Million**  
**DIABETIC**

or Prediabetic  
Adults in the US

**1.5 Million**  
**NEW CASES**

Diabetes  
Annually

**108,000**  
**LIMBS LOST**

Annually in the  
US to Diabetes

**\$327 Billion**  
**MEDICAL COSTS**

\$237 Billion: Direct Costs  
\$90 Billion: Indirect:  
Disability, Reduced  
Productivity,  
Premature Death

**70%**  
**DIABETICS**

suffer from  
Peripheral  
Neuropathy

**Ulcers**

**Lack of  
Sensation**

**Impaired  
Balance**

**Increased  
Falls**

**Difficulty  
Walking**

**Tingly or  
Numb Feet**

*Symptoms*

**Slow Healing  
Wounds**

**Shooting or  
Burning Pain**

**Trouble  
Sleeping**

**Sensitivity to  
Touch**

1

Be sure to see your physician and have your blood tested to rule out possible causes of Peripheral Neuropathy (PN).

2

If you have PN from Diabetes, you must do your best to control your blood sugar. We understand this is not easy, but the many benefits of light therapy are undermined without this important check.

3

Certain supplements, such as L-arginine, appear to help control the symptoms of PN. Consult with your medical team to learn more about these options.

4

Exercise helps to increase blood flow through vessels. This will help delay the development of severe PN. Check with your healthcare provider for exercise recommendations.

5

Watch your diet. Certain foods offer no nutritional value. Diabetes affects both you and your family. Improving what your family eats benefits everyone.

6

Ask questions of medical professionals. Be sure to get answers appropriate for your particular PN. As you age, treatments that worked in the past may no longer be as effective or vice versa.

7

If you have diabetes and PN be sure you routinely check your feet. Redness or other color changes in the skin may be early signs of a developing ulcer. Avoiding the formation of the ulcer and eventually possible amputation should be your highest priority. Check weekly to avoid this devastating complication.