

# Medilux Healthcare Ltd.

Healthcare for the Internet Age

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

Safe - Natural - Drug-free - Non-invasive

## Q.Light® Pain Care

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

### Clinical recognition of phototherapy



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.

- ❖ Generous light diameter up to 25cm gives short treatment times and even coverage.
- ❖ Easy to use with simple on/off operation and safe even on children and infants.

### Q.Light® Pain Care

Sports physiotherapists were amongst the first to adopt light therapy using low power laser, which is now used widely for sports and other injuries. Now Q.Light® phototherapy devices offer similar therapeutic benefits without laser and treat much larger areas.

Warm red light in the range 580-1,700nm is made up of visible red light plus near infra-red, which provides the warming effect, to dilate blood vessels, increase oxygen supply and accelerate healing.

Light stimulation strengthens the body's defences and metabolism.

Q.Light® Pain Care does not replace professional healthcare but regular therapy at home between consultations produces highly beneficial results.

### Treatments

Arrests inflammation and alleviates pain, e.g. arthritis and rheumatism.

Especially useful in physiotherapy, rehabilitation and sports medicine, including treatments for strained muscles and tendons, e.g. 'tennis elbow'

Effective for injuries, operation pain and back pain

Reduces pain when applied before cosmetic procedures e.g. epilation and semi-permanent make-up.

Typical treatment times at maximum treatment diameter 25cm (10") are 15-25 min, twice daily. Smaller areas can be treated more quickly and for severe cases it is safe to apply Q.Light® more frequently. This is more effective than treating for longer periods.

You cannot over-dose! Excess treatment time will be ineffective but not harmful.

### Simple, effective treatment in clinics or at home



Q.Light® is used to promote healing wherever therapists employ low power laser, but the light intensity is much lower.

Most Q.Light® treatments are much shorter however, since the light diameter is

many times greater. This makes Q.Light® safe and convenient for therapists and home users alike.

- ❖ Non-laser light source requires no special training or safety precautions. No ultra-violet light.
- ❖ CE marked medical product, for stand-alone therapy or to supplement most existing treatment regimes.



### Further details



Q.Light® Pain Care is usually supplied with the folding 'Home' stand (left) for ease of portability, but is also available on the sturdy 'Regular' stand (right) for clinics 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)

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## Phototherapy for Everyone

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



### What are Q.Lights®?

Q.Lights® are light therapy devices designed for both professional and home use. The special, patented light source produces a balanced mix of visible or visible plus near infra-red light, which is then filtered according to the therapy selected and polarised to aid absorption by the body.

Many physiotherapists, doctors and other medical and cosmetic professionals use low-power laser to treat a range of wounds, skin complaints, muscle strains and other conditions. Q.Lights® now offer many of the same benefits without laser. The light intensity is lower but treatment areas are very much larger, bringing safe, convenient and economical light therapy to home users and professionals alike.

### How does Q.Light® work?

Light is a form of energy. Infra-red heaters and the tanning effect of ultra-violet in sunlight are both very familiar. Between these forms of light lie the visible frequencies: red, orange, yellow, green, blue and violet that govern and bring colour - quite literally - to our daily lives. It should be no surprise therefore that components of this visible light energy can also have profound effects upon our health.

Visible light enters the body through the skin and the eyes, directly bio-stimulating the cells which it reaches, assisting natural regenerative processes, stimulating the immune system and increasing lymphatic drainage. This helps cells to repair damage caused by injuries, environment or the ageing process and to eliminate waste products more efficiently.

### Can I use Q.Light® for tanning?

No. Q.Lights® do not emit ultra-violet light which is required for tanning, but which can also be harmful.

### Can Q.Light® therapy have any side effects?

Yes – but these are a bonus! Phototherapy works by stimulating the body's natural restorative mechanisms. In treating arthritis, rheumatism, psoriasis, acne or wounds, or even in treating dry skin or fine lines and wrinkles, some light is absorbed by blood cells near the skin surface. By 'photomodulation' their functioning is improved too and this can trigger a similar change in the remaining bloodstream. Treatment of one area may therefore result in unexpected and indirect benefits in apparently unrelated areas.

### Is Q.Light® suitable for sensitive skin?

By restoring natural balance and metabolism in the skin cells, Q.Light® therapy is an effective treatment for psoriasis, dermatitis and dry and sensitive skin conditions generally. Take-up of moisturisers is enhanced after treatment and Q.Light® therapy has other cosmetic benefits too. When used regularly it stimulates collagen formation, improves skin elasticity and reduces fine lines and wrinkles.

### Will Q.Light® conflict with other treatments?

Q.Light® therapy only works by stimulating the body to perform its normal functions more effectively and to restore these functions to a proper balance, so if other treatments are safe they will continue to be so. Always consult your doctor before changing prescribed treatments. In most cases Q.Light® therapy will work alongside existing treatments to give better results or faster recovery, but it should be noted that steroids will block some of the beneficial effects of Q.Light® therapy.

### How does it feel to receive Q.Light® therapy?

There is usually no immediate sensation from cool light treatments and just a gentle warmth from treatments including infra-red. After light therapy on the face there is often a pleasant sensation of having been out in the sun and wind, and dry skin will benefit particularly from moisturisation after treatment. After treatment on joints patients may experience a mild and short-lived increase in symptoms as the cells are activated and the phototherapy starts to work, but this soon passes.

### Is Q.Light® safe for anyone to use?

Q.Light® therapy is safe for adults, children and also for pets; even snakes and dolphins have benefited from light therapy! No adverse side-effects have been reported, but Q.Light® therapy is not recommended in cases of pregnancy, cancer, over-sensitivity to light, intake of photo toxic medication or heart surgery.

### What happens if I treat my self for too long?

Nothing! Most treatments need only a few minutes per application, during which the body absorbs the energy it requires. Further exposure is ineffective but not harmful. You cannot burn or over-dose

## Phototherapy for Everyone

### Which Q.Light® and which stand should I choose?

There are models for specific or general application and three different stands. All Q.Lights® come with a useful grip for hand-held treatment. 'PRO' and 'Skin Care' adapt to your requirements with interchangeable filter modules (order separately). Max treatment diameter is 25cm except 'Acne Care' (20cm) and 'PRO' (40cm).

|                         |  |
|-------------------------|--|
| Q.Light® Acne Care      | For treatment of a wide range of acne conditions. 20cm (8") treatment diameter.  |
| Q.Light® Pain Care      | For pain and inflammation in arthritis/rheumatism, muscle strains and injuries.  |
| Q.Light® Psoriasis Care | For psoriasis, neurodermatitis, atopic dermatitis, dry skin  |
| Q.Light® Wound Care     | For injuries (inc post-operative), burns, pressure sores, leg ulcers, chronic wounds.  |
| Q.Light® Home Care      | For general wound, pain and skin care at home, including beauty treatments   |
| Q.Light® Skin Care      | Combines flexibility and ease of transport, for therapists and home users alike. Wide range of optional filter modules: general medical (inc. SAD), cosmetic and colour. |
| Q.Light® PRO            | Fully flexible system for medical professionals or home use. Diameter max 40cm (16"), aperture control and timer. Filter modules as above plus specialist medical.       |
| 'Home' stand            | Folding stand for travelling and domestic use only. All Q.Lights® except PRO   |
| 'Regular' stand         | Sturdy and compact on mobile base, for clinics and home use. Takes all Q.Lights®   |
| Stand 'PRO-Plus'        | Professional stand for clinics and hospitals. Takes all Q.Lights®  |

### What are the optional filter modules?

Q.Lights® 'Skin Care' and 'PRO' require the use of filter modules and in this way the device can be tailored to your exact requirements. To change filter modules simply switch off, pull out the old, slot in the new and switch on again. The same filter modules fit both models and they are available individually or in sets. The ranges are:

Medical: Acne, Pain, Psoriasis, Wound excluding infra-red, Wound including infra-red, SAD.

Cosmetic: Skin Care, Anti-Ageing, Cellulite.

Colour basic: red, orange, yellow, green, blue, violet  
Colour advanced: pink, magenta, cyan, turquoise, indigo.

### Can I treat Seasonal Affective Disorder (SAD)?

SAD is included in the range of medical filter modules available for Q.Light® Skin Care or Q.Light® PRO. With the SAD module inserted these units deliver 10,000 lux at 30cm or 40cm treatment distance respectively. Unlike light boxes using fluorescent tubes, the light is flicker-free and more comfortable to use.

### How long do treatments take?

This varies depending upon the size of the area to be treated. By bringing the light closer a smaller area may be treated more quickly. Times below are at 40cm (16") distance, which gives the maximum treatment area.

For most skin and beauty treatments and for wounds 5 min once per day is sufficient, but acne requires 20 min. For pain 15-25 min twice daily is recommended. For severe cases it is safe to apply

Q.Light® more frequently, which is more effective than treating for longer periods. Consult the treatment guide for details. Using Q.Light® PRO, times are typically 50% shorter for the same area or 20-25% shorter for a larger area.

### So how do I operate a Q.Light®?

#### **Q.Light® PRO:**

- Slot in the optional filter module for the treatment required, e.g. Pain, then switch on.
- Rotate the mechanical control to set the aperture, which is displayed on the control panel.
- Select the time required in minutes, then press OK.

**Q.Light® Skin Care or Q.Light® Wound Care:** Slot in the filter module for the treatment required, then switch on.

**All other Q.Lights®:** simply switch on!

In each case apply for the time and at the distance indicated in the Q.Light® treatment guide.

### Can Q.Light® light therapy cause cancer?

No! The wavelengths dangerous to humans are under 250 nm (low ultra-violet). The spectrum of the Q.Light® devices is between 385 – 1,700 nm, in the therapeutically effective range.

### Is it safe to look into the light?

Q.Light® represents no danger for the eyes, but it is not necessary and is uncomfortable to look into the light directly. In case of age damage to the eyes or strong sensitivity to light, you should consult a specialist.

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## Q.Light® Treatment Guide

As recommended by Q.Products AG (Biotechnology & Photomedicine), Switzerland



### Q.Light® Therapy for ACNE

Scientific studies and empirical reports show individual cases of acne can be significantly reduced or even completely healed by regular therapy with **Q.Light®**. As individual treatment sessions are very short Q.Light® therapy can easily be integrated into traditional - local or systemic - regimens of acne therapy.

The average dose is 9.6 J/cm<sup>2</sup>, applied once per day. For optimal results it is recommended to clean the area to be treated with a mild cleanser, then direct the **Q.Light®** beam at a right angle to the treatment area. Treatment times per session are:

| Models   | Time   | Treatment distance |
|--|--------|--------------------|
| <b>Q.Light® PRO</b> with Acne Care Filter Module   | 15 min | 40cm               |
|  | 10 min | 30cm               |
|  | 7 min  | 20cm               |
| <b>Q.Light® Skin Care</b> with Acne Care Filter Module<br>or <b>Q.Light® Acne Care</b><br>or <b>Q.Light® Home Care</b> | 20 min | 40cm               |
|  | 15 min | 30cm               |
|  | 10 min | 20cm               |

### Q.Light® Therapy for PAIN

**Q.Light®** can be an ideal complementary treatment to a variety of pain management programmes and its beneficial influence can affect the patient's general condition as well as pain symptoms. The average dose applied to the region of pain is around 12J/cm<sup>2</sup> to 24J/cm<sup>2</sup>.

For optimal results **Q.Light®** therapy should be applied daily, twice per day, but in acute stages sometimes three to four times per day. The light beam is directed at a right angle to the area to be treated and in cases of joint treatment it is possible to extend the therapy without danger. No side effects or contra-indications have been reported.

| Models   | Time        | Treatment distance |
|--|-------------|--------------------|
| <b>Q.Light PRO®</b> with Pain Care Filter Module   | 10 - 20 min | 40cm               |
|  | 7 - 15 min  | 30cm               |
|  | 5 - 10 min  | 20cm               |
| <b>Q.Light® Skin Care</b> with Pain Care Filter Module<br>or <b>Q.Light® Pain Care</b><br>or <b>Q.Light® Home Care</b> | 15 - 25 min | 40cm               |
|  | 10 - 20 min | 30cm               |
|  | 7 - 15 min  | 20cm               |

### Q.Light® Therapy for PSORIASIS, DERMATITIS and dry skin conditions

**Q.Light®** Therapy can offer relief for people with psoriasis conditions. As individual treatment sessions are short, it can easily be integrated into a standard psoriasis care programme depending on indication. The average dose applied to psoriasis is around 12J/cm<sup>2</sup> and the beneficial and regenerating effect of the **Q.Light®** Therapy can be used to support various forms of skin treatments.

Special dermatological creams can be applied before or after the light treatment. Any residue of cream should be wiped away if applied before commencing the light treatment. **Q.Light®** therapy offers relief of itching within days. The condition normally improves within the first two weeks, however in some cases it is very difficult to achieve total regeneration of the skin. It is recommended to continue long term **Q.Light®** therapy after initial symptom response, to regulate the immune system and moderate future flare-ups.

**Q.Light®** therapy is applied for just a few minutes once or twice per day. In order to use the Q.Light® system effectively, the skin should be cleansed before exposure to the light. Side effects and contraindications have not been reported. It is advisable to check longer lasting skin conditions with a specialist to receive additional professional advice.

| Models   | Time  | Treatment distance |
|--|-------|--------------------|
| <b>Q.Light® PRO</b> with Psoriasis Care Filter Module  | 4 min | 40cm               |
|  | 3 min | 30cm               |
|  | 2 min | 20cm               |
| <b>Q.Light® Skin Care</b> with Psoriasis Care Filter Module<br>or <b>Q.Light® Psoriasis Care</b><br>or <b>Q.Light® Home Care</b> | 5 min | 40cm               |
|  | 4 min | 30cm               |
|  | 3 min | 20cm               |

## Q.Light® Treatment Guide

### Q.Light® Therapy for WOUNDS and BURNS

Typically, wound healing takes place in three interlinking phases: endogenous purification, granulation and epithelialisation. **IMPORTANT NOTE:** In the initial treatment phase of chronic wounds some patients' wounds may respond to light treatment with rapid closure at the edge of the wound site. In these cases light therapy should be discontinued for a few days for the system to adjust and allow healing to proceed evenly. Recommence light therapy after this short period according to the treatment indications below.

For optimal results **Q.Light®** therapy should be applied on a daily basis, with the light beam directed at a right angle to the area under treatment. The average dose applied to wounds is 12J/cm<sup>2</sup>.

| Models  | Time  | Treatment distance |
|---|-------|--------------------|
| <b>Q.Light® PRO</b> with either Wound Care Filter Module  | 4 min | 40cm               |
|   | 3 min | 30cm               |
|   | 2 min | 20cm               |
| <b>Q.Light® Skin Care</b> with either Wound Care Filter Module<br>or <b>Q.Light® Wound Care</b><br>or <b>Q.Light® Home Care</b> | 5 min | 40cm               |
|   | 4 min | 30cm               |
|   | 3 min | 20cm               |

### INFRA-RED

Infra red-light produces a warming effect that stimulates blood circulation and can promote healing. It is not recommended to apply infra-red to infected wounds or to burns however, so there are two Wound Care filter modules to choose from, with and without infra-red. **Q.Light® Wound Care** is supplied with both filter modules, making this model exceptionally good value.

### BURN WOUNDS

**Q.Light®** therapy can reduce the need for surgery in the treatment of deep dermal burns, if applied immediately after admission to hospital. Within this group of patients, the use of light therapy accelerates wound healing and allows for early pressure therapy, therefore reducing hypertrophic scarring and contractures. In addition shortened hospitalisation results in cost benefits and increased patient satisfaction. This form of light therapy has become first choice for deep dermal burns in many hospitals and specialist burn centres.

### Q.Light® Therapy for SEASONAL AFFECTIVE DISORDER

For optimal results with **Q.Light® S.A.D.** therapy, it is important to apply an effective dose for adequate biological response. The light beam is directed from the front, directly onto the face and the treatment should be applied on a daily basis. It is not necessary to look directly into the light beam! One can read a book or magazine whilst receiving the light therapy.

Some studies have reported positive responses in patients with non-seasonal depression, premenstrual syndrome (late luteal dysphoria), bulimia, and alcohol withdrawal symptoms. Beneficial results have also been obtained by using the known capacity of light administration and light restriction to shift circadian rhythms.

| Models   | Time         | Lux    | Treatment distance |
|--|--------------|--------|--------------------|
| <b>Q.Light® PRO</b> with S.A.D. Care Filter Module   | 60 – 120 min | 2,500  | 80cm               |
|  | 40 - 60 min  | 10,000 | 40cm               |
| <b>Q.Light® Skin Care</b> with S.A.D. Care Filter Module<br>or <b>Q.Light® S.A.D. Care</b> | 60 – 120 min | 2,500  | 60cm               |
|  | 40 - 60 min  | 10,000 | 30cm               |

### Q.Light® Therapy for BEAUTY

For optimal results **Q.Light®** therapy should be applied on a daily basis, especially if treating fine lines and wrinkles. As individual treatment sessions are short, they can easily be integrated into a standard cosmetic programme. The average dose applied for general cosmetic treatments is around 12J/cm<sup>2</sup>. The beneficial and regenerating effect of **Q.Light®** therapy can be used to support normal cosmetic treatments and take-up of moisturisers is increased following light treatment.

**Q.Light®** therapy is applied for just a few minutes once or twice per day. In order to use the **Q.Light®** system effectively, the skin should be cleansed before exposure to the light.

| Models   | Time  | Treatment distance |
|--|-------|--------------------|
| <b>Q.Light® PRO</b> with Filter Modules Skin Care,<br>Cellulite Care or Anti-Ageing Care                                       | 4 min | 40cm               |
|  | 3 min | 30cm               |
|  | 2 min | 20cm               |
| <b>Q.Light® Skin Care</b> with Filter Modules Skin Care,<br>Cellulite Care or Anti-Ageing Care<br>or <b>Q.Light® Home Care</b> | 5 min | 40cm               |
|  | 4 min | 30cm               |
|  | 3 min | 20cm               |