

Medilux Healthcare Ltd.

Healthcare for the Internet Age

www.mediluxprofessional.net

Safe - Natural - Drug-free - Non-invasive

Phototherapy Systems for Sports Professionals and Physiotherapists 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 through the body. **Natural**

healing is accelerated, the immune system is boosted and pain and inflammation are alleviated.

- ❖ Large light diameters for short treatment times and even coverage.
- ❖ Choice of six medical filter modules for a range of proven, patient-friendly therapies.
- ❖ Specialised models also available, easy to use and suitable for rental to patients – please enquire.

Modular systems give great flexibility



Q.Light® PRO and Q.Light® Skin Care are modular systems, with a choice of medical, cosmetic and colour filter modules. These provide a wide range of professional treatments and are clearly labelled to guide the therapist. Q.Light® is used wherever where low power laser is employed but lower

intensity over a much larger area means that most therapy times are shorter, with no danger of over-dosing.

- ❖ Non-laser light source requires no special training or safety precautions. No ultra-violet light.
- ❖ CE marked medical products for stand-alone therapy or to supplement most existing treatment regimes.
- ❖ Save on statutory licence fee payable by laser therapists.

Sports Professional filter modules



Pain Care

Warm red light reduces pain and inflammation e.g. strains and injuries, tennis elbow or ham string, back pain, rheumatism and arthritis.



Wound Care without infra red

Cool white light stimulates healing of injuries, burns and surgical wounds, also leg ulcers, decubitus/pressure sores and diabetic gangrene.

Wound Care with infra-red

Warm white light for added stimulation of blood circulation to aid healing, for muscle strains and uninfected injury wounds.

Other filter modules



Acne Care

Cool blue light treats common acne, acne vulgaris and inflammation.

Psoriasis Care

Cool white light eases psoriasis/dermatitis and itchy, dry skin conditions.

S.A.D. Care

Cool white light treats Seasonal Affective Disorder and depressions.

Skin Care

Cool white light increases take-up of moisturisers and restores elasticity.

Cellulite Care

Warm orange light treats cellulite and stimulates blood circulation.

Anti-ageing Care

Warm white light reduces fine lines and wrinkles, slows skin ageing.

Colour Regular and Colour Advanced Sets

For colour therapists



Q.Light® PRO for clinics or sports clubs



- 10-40cm light diameter
- Variable aperture
- Timer control
- Electronic display panel
- Takes PRO-Plus or Regular stand

Q.Light® Skin Care for portability



- 25cm light diameter
- Fixed aperture
- On/off control
- Takes PRO-Plus, Regular or folding 'Home' stand for ease of transport

Stands and further information



The 'Regular' stand (left) is for confined spaces and the 'PRO-Plus' stand (right) with extended reach is for clinics and hospitals. 'PRO-Plus' now includes an additional lower shelf and wire storage basket (not shown). Please ask for details on the 'Home' stand.

For details visit: www.mediluxprofessional.net

Enquiries: office@mediluxprofessional.net

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.



Safe - natural - drug-free - non-intrusive

Phototherapy for Sports Professionals and Physiotherapists

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



What are Q.Lights®?

Q.Lights® are non-laser phototherapy devices that offer many of the benefits of low-power laser, in a more convenient, accessible and economic form. Q.Lights® do not emit ultra-violet light, just visible and near infra-red light frequencies up to 1700nm, or selected parts of this spectrum.

Experienced professionals will enjoy the advanced control features of the top model Q.Light® PRO but, unlike laser, you can safely operate any Q.Light® without training, save on annual statutory licence fees and there is no need to wear protective goggles. Practitioners untrained in laser can still achieve outstanding results with Q.Light®, in a safe, simple and affordable manner.

How does Q.Light® work?

Q.Lights® work by biostimulation – energising cells to assist natural regenerative processes, stimulating the immune system, improving perfusion and revascularization and increasing lymphatic drainage. Because Q.Light® also acts on blood cells (photomodulation) through fine capillaries close to the skin surface, biopositive effects are transmitted throughout the body.

Microcirculation is improved, increasing oxygen supply and helping cells to repair damage caused by injuries, environment and the ageing process and to eliminate waste products more efficiently.

By restoring natural balance and metabolism in the skin cells, Q.Light® therapy is also an effective treatment for psoriasis, dermatitis and dry skin conditions. Take-up of moisturisers is enhanced and Q.Light® therapy therefore has great cosmetic benefits as well as its medical applications.

Can Q.Light® therapy have any side effects?

Yes – but these are a bonus! In treating conditions such as pain and inflammation from arthritis or rheumatism, dermatitis/psoriasis, dry skin conditions generally, acne, acute wounds such as accidental/post-operative injuries or burns and chronic wounds such as leg ulcers, decubitus/pressure sores and diabetic gangrene, some light is absorbed by blood near the skin surface. 'Photomodulation' improves the functioning of these cells too and this in turn can trigger a similar change in the remaining untreated blood. Applying Q.Light® therapy to one area of the body may therefore result in unexpected indirect benefits in seemingly unrelated areas.

Where does Q.Light® fit into a professional physiotherapy programme?

Low-power laser may still have its place for treatment of small, defined areas but Q.Light® offers immense practical advantages for larger areas and is more patient-friendly. Treating up to 40cm diameter, Q.Light® avoids the danger of missing small patches and makes phototherapy a practical option for large areas during a standard patient visit.

Q.Light® therapy stimulates cells to function more efficiently, so is an ideal preparation before manipulation, whether light lymphatic stimulation or full massage. Q.Light® becomes part of your routine, enhancing patient care and satisfaction.

Will Q.Light® conflict with other treatments?

Q.Light® therapy works by helping the body to perform its normal functions more effectively and to restore a proper balance, so if your treatments are safe they will continue to be so. Note however that steroids block some of the effects of phototherapy.

How long do treatments take?

For pain, Q.Light® PRO treats 40cm diameter in 10-20 minutes, or 20cm diameter in 5-10 minutes. For joint pain times can be prolonged if necessary. Wound treatment times (including lymphatic stimulation) are just 4 and 2 minutes respectively.

Q.Light® Wound Care treats pain over a 40cm diameter in 15-25 minutes, or a 20cm diameter in 7-15 minutes, whilst wound treatment times are 5 and 3 minutes respectively. Q.Light® Pain Care or Q.Light® Home Care treatment times are the same.

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

There is no immediate sensation from cool light treatments and just a gentle warmth from treatments including infra-red. After treatment on joints patients may experience a mild and short-lived increase in symptoms as the cells are activated, but this soon passes.

Is it safe to look into the light?

Q.Light® represents no danger for the eyes, though 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.

Phototherapy for Sports Professionals and Physiotherapists

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 | Flexible system for therapists requiring ease of portability and for home use. 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 is the Sports Professional filter set?

- **Pain Care** – warm red light for injuries, joint and back pain, inflammation, strained muscles.
- **Wound Care with infra-red** – warm white light improves immune response and healing of chronic and acute wounds e.g. torn ligaments, sports injuries, operations, rehabilitation.
- **Wound Care without infra-red** – cool white light for cases where heat is uncomfortable, such as burns or infected wounds.

What other filter modules are there?

- Acne Care – cool blue light treats all commonly occurring acne conditions.
- Psoriasis/Neurodermatitis Care – cool white light for dermatitis/psoriasis and dry, itchy skin.
- S.A.D. - cool white light for treating Seasonal Affective Disorder and depressions
- Skin Care, Anti-Ageing, Cellulite and eleven different modules for colour therapy.

So how do I operate a Q.Light®?

Q.Light® PRO:

- i) Slot in the optional filter module for the treatment required, e.g. Pain, then switch on.
- ii) Rotate the mechanical control to set the aperture, as displayed on the control panel.
- iii) Select the time required in minutes, then OK.

Q.Light® Skin Care or Q.Light® Wound Care: Slot in the chosen filter module, then switch on.

All other Q.Lights®: simply switch on!

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

How else can I learn from Q.Light®?

For maximum healing effect, light therapy should be applied for a few minutes daily. Unlike laser, you can rent or sell patients a Q.Light® to use at home. Most models treat 25cm diameter and are available on the folding 'Home' stand for portability, so you could hold some for rental, stock a few to sell or refer sales to us and earn commissions.

Q.Light® does not replace the personal care offered by a trained physiotherapist, but it helps to achieve better results, a faster recovery and satisfied patients. Patients who buy a Q.Light® can also use it for a host of family medical complaints and even for beauty treatments - when used daily, Q.Light® stimulates collagen formation, improves skin elasticity and reduces fine lines and wrinkles.

What happens if I over-dose a patient?

Nothing! Most treatments take only a few minutes, during which time the body absorbs the energy it requires. Treatment beyond this point is ineffective but not harmful. You cannot burn or over-dose.

Is it safe to use on anybody?

Q.Light® is safe even for infants. No adverse side-effects have been reported, but the manufacturers do not recommend Q.Light® therapy in cases of pregnancy, cancer, over sensitivity to light, intake of photo toxic medication or heart surgery.

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.

Medilux Healthcare Ltd.

Healthcare for the Internet Age

www.mediluxhealth.net
www.mediluxprofessional.net

Safe - Natural - Drug-free - Non-invasive

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/cm², 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 |
|--|--------|--------------------|
| Q.Light® PRO with Acne Care Filter Module | 15 min | 40cm |
| | 10 min | 30cm |
| | 7 min | 20cm |
| Q.Light® Skin Care with Acne Care Filter Module or Q.Light® Acne Care or Q.Light® Home Care | 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/cm² to 24J/cm².

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 |
|--|-------------|--------------------|
| Q.Light PRO® with Pain Care Filter Module | 10 - 20 min | 40cm |
| | 7 - 15 min | 30cm |
| | 5 - 10 min | 20cm |
| Q.Light® Skin Care with Pain Care Filter Module or Q.Light® Pain Care or Q.Light® Home Care | 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/cm² 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 |
|--|-------|--------------------|
| Q.Light® PRO with Psoriasis Care Filter Module | 4 min | 40cm |
| | 3 min | 30cm |
| | 2 min | 20cm |
| Q.Light® Skin Care with Psoriasis Care Filter Module or Q.Light® Psoriasis Care or Q.Light® Home Care | 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/cm².

| Models | Time | Treatment distance |
|---|-------------|---------------------------|
| Q.Light® PRO with either Wound Care Filter Module | 4 min | 40cm |
| | 3 min | 30cm |
| | 2 min | 20cm |
| Q.Light® Skin Care with either Wound Care Filter Module or Q.Light® Wound Care or Q.Light® Home Care | 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 |
|--|--------------|------------|---------------------------|
| Q.Light® PRO with S.A.D. Care Filter Module | 60 – 120 min | 2,500 | 80cm |
| | 40 - 60 min | 10,000 | 40cm |
| Q.Light® Skin Care with S.A.D. Care Filter Module or Q.Light® S.A.D. Care | 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/cm². 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 |
|--|-------------|---------------------------|
| Q.Light® PRO with Filter Modules Skin Care, Cellulite Care or Anti-Ageing Care | 4 min | 40cm |
| | 3 min | 30cm |
| | 2 min | 20cm |
| Q.Light® Skin Care with Filter Modules Skin Care, Cellulite Care or Anti-Ageing Care or Q.Light® Home Care | 5 min | 40cm |
| | 4 min | 30cm |
| | 3 min | 20cm |