

Understanding Phototherapy

What is Phototherapy?

Phototherapy is the use of a medical device that emits very specific wavelengths of ultraviolet light to treat skin diseases such as psoriasis, vitiligo, eczema and other chronic skin conditions. Narrow Band UVB is the most commonly used type of light as it is easy to administer, is very effective and has only a few, easily managed side effects.

PUVA, another form of phototherapy, is generally reserved for the most serious cases as light in the UVA range is used in conjunction with a photosensitizing drug called Psoralen. Clearance rates are higher and remission times are longer with PUVA, but the therapy is more difficult to administer and may have more serious side effects.

Phototherapy can be administered in your physician's office or at home using devices specially designed for such use.

Am I a Candidate for Phototherapy?

Phototherapy is appropriate for those with moderate-to-severe disease. Typically 3% to 10% body involvement is considered moderate while 10% or more is deemed to be severe. For an average sized person, the size of your hand (including fingers and thumb) is equivalent to about 1% of your total skin area.

Device Shown: Phothera 100



Speak with your healthcare provider about prescribing Phothera home phototherapy!



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PHOTOTHERAPY & YOU

Understanding home phototherapy



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Learn more about Phothera home phototherapy and how our advanced technology enables you to treat your chronic skin condition safely, effectively, and affordably.

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Is it Safe?

Yes, phototherapy is considered to be very safe. Sunburn-like symptoms are the most common side effect. The most common misconception is that phototherapy may increase the risk of certain skin cancers, but recent studies show that there is no correlation between melanoma and narrowband UVB¹.

Is it Safe for Everyone?

Phototherapy has a very positive safety profile, especially when compared to many alternative therapies. It may be used by pregnant women², children³, and those who are immuno-compromised⁴. As with any treatment, if you are considering phototherapy, make sure that your dermatologist is fully aware of any health conditions you have and any medications you are using.

1. Hearn RMR, Kerr AC, Rahim KF, Ferguson J, Dawe RS. Incidence of skin cancers in 3867 patients treated with narrow-band ultraviolet B phototherapy. *British Journal of Dermatology*. 2008;159:931-935. doi: 10.1111/j.1365-2133.2008.08776.x.
 2. Bae YC, Van Voorhees AS, et al. "Review of treatment options for psoriasis in pregnant or lactating women: From the Medical Board of the National Psoriasis Foundation." *J Am Acad Dermatol*. 2012 Sep;67:459-77.
 3. Pavlovsky M, Baum S, Shpiro D, Pavlovsky L, Pavlovsky F. Narrow band UVB: is it effective and safe for paediatric psoriasis and atopic dermatitis? *J Eur Acad Dermatol Venereol*. 2011 Jun;25(6):727-9. doi: 10.1111/j.1468-3083.2010.03832.x. Epub 2010 Aug 18. PMID: 20726938
 4. Rácz, E. & Prens, E. P. (2017). Phototherapy of psoriasis, a chronic inflammatory skin disease. *Advances in Experimental Medicine and Biology*. 287-294. https://doi.org/10.1007/978-3-319-56017-5_24

What is Treatment Like?

There are phototherapy devices designed to serve a wide variety of cases. For instance, targeted devices, are designed to be focused on small areas of the body. Because incidental treatment of normal skin is avoided, higher levels of light can be used, which may result in quicker resolution of disease.

However, where there is widespread disease, larger area treatment devices such as hand/foot units, half-body or full-body devices must be used. Your dermatologist will suggest a device that is appropriate for your condition.

A typical treatment regimen is three exposures per week. In the beginning, treatment times may be just seconds long but they will gradually increase in length. With psoriasis, clearance will require 25 to 30 treatments if the therapy is consistently used. The repigmentation of vitiligo is generally a slower process.

Your dermatologist may require that sensitive areas of your body, or those areas unaccustomed to sun exposure, be shielded or treated with sunscreen prior to treatment.



Phothera Offers A Solution For Every Need



Phothera
100

- Treatment Type: Spot/Scalp
- Control Options: DT Timer
- Lamp Quantity: 1



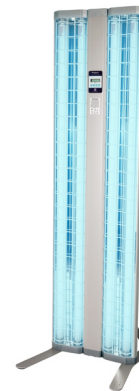
Phothera
200

- Treatment Type: Localized
- Control Options: DT Controller Clearlink Controller
- Lamp Quantity: 4



Phothera
600 3D

- Treatment Type: Full Body
- Control Options: DT Controller Clearlink Controller
- Lamp Quantity: 8, 12



Phothera
600

- Treatment Type: Full Body
- Control Options: DT Controller Clearlink Controller
- Lamp Quantity: 4, 6



Phothera
400

- Treatment Type: Widespread
- Control Options: Clearlink Controller
- Lamp Quantity: 10, 20