



# JAPRAK



www.lichthansa.com  
fax: 0421-22 104 26  
tel: 0421-22 104 22

## LTT LIGHT THERAPY EASILY DONE

http. www.lichthansa.de / com. e Mail. info@lichthansa.de phone (+49) 0421 - 2210040 -2210422 faxes. (+49)042- 2210041 - 2210426

### Metabolisches Syndrom SPEZIAL 7

The arteriosclerosis is one of the most frequent illnesses of our time in Germany, 260 000 people suffer a **heart attack** annually, altogether 180 000 people per year die **corona-reindeer** of the consequences of that **heart condition (KHK)**; at a **stroke** dies 170000 people annually with which each fourth dies in the framework of the quite acute Krankheitsgeschehens and becomes care-needy each fourth from the survivor on the other hand. The illness is caused by settlements at the vessel-walls, which causes contractions of the concerned blood-vessels. These vessel-settlements cause a restricted circulation, until to the complete embolism and the consequence-conditional illnesses, according to Lokalisation of the vessel-process. Even if the **circulation-disturbance of the legs, arterial Verschlusskrankheit / Claudicatio intermittens**, leads only in the rarest cases to the death, the prognosis is an at it sicken all too favorably: because so the risk is to be suffered a heart attack, 6 - fold increases. The arteriosclerosis is -um to express it differently once - a collective-concept for initial not inflammable changes of the arteries. Settlements in the wall of the blood-vessels lead rebuilding-processes to the swelling, to the Verhärtung and to the elasticity-loss of the vessel-walls, through bindegewebige (fibrin-eyelet). These vessel-processes often proceed very slowly, over year away. The patient notices at the beginning of nothing of these changes. Troubles appear only from a constriction of 50% of the original vessel-diameter. The blood-quantity, that flows through the vessel, is reduced, circulation-disturbances occur. Decisively for the appearance of a fatal event, that at the heart the heart attack, in the brain the stroke, in the peripheral blood-vessels of the legs the acute shutter of a blood-vessel, is the Ruptur of the unstable arteriosklerotischen Plaques: this leads through complex processes to the Anlagerung of blood-little tiles (Thrombozyten) with the consequence of a " white blood clot ", that the vessel inkomplett or locks also completely.

#### Metabolic syndrome - or deadly quartet:

The common appearance:

**a diabetes mellitus,  
a fat-metabolism-disturbance,  
a hypertonia and  
increased the arteriosclerosis, magnifies, the  
risk of the formation of such an illness about a  
multiple.**

To what extent also bacterially caused inflammation-processes play a role, not yet leaves complete themselves at the present research-stand says.

A. Wie already mentions, **pectoris is the angina - attack, breast - narrowness**, the prevalent symptom with the arteriosclerosis of the coronary-

vessels. The **heart attack** expresses the heaviest form of the change of the demonstration of the arteriosclerosis at the heart.

B. Die name **display window-illness (= Claudicatio intermittens**, represents a weight-degree of the demonstration of the arteriosclerosis at the leg-vessels, for which one **calls peripheral arterial shutter-illness** broadly.

C. Die **acute cerebrale circulation-disturbance** as well as the **stroke (Apoplex) the possible consequence of the illness at the vessel-system of the brain.**

**You/they therefore see, how a homogeneous reason-illness to the different shapings of the illness - according to Lokalisation of the sickened vessel-sections - can lead.**

**An isolated illness - only the coronary-vessels of the heart as well as only the leg-vessels - is rare, mostly the entire vessel-system is changed through the arteriosclerosis.**

#### Which diagnostic proceeding does one have to the disposal today?

Also with this illness, an unambiguous diagnosis can be put through exact census of the prehistory and through complementary test-procedures in most cases:

A. **Laborchemische examinations**, blood-sugar, blood-formation, coagulation-values, possibly that oxygen-salary of the blood.... and possible risk-factors like blood-fats, urine-acidity.... the examinations widen; B. as well enables **doppler-sonographische examinations** of the current-circumstances in the brain-looking after arteries an exact Lokalisation of vessel-contractions if necessary.

C. Die **Ultraschall-Doppler-Untersuchung of the peripheral vessels** -verbunden with the measurement of the blood pressures - has assessed the weight of the illness of the peripheral arterial shutter-illness.

The x-ray representation of the vessels by means of contrast-methods delivers **further detail-information** before the operative action, is already replaced by the **color-coded Ultraschall-Doppler-Verfahren** however frequently.

E. Die exact location and the direct proof of a **brain-infarct succeeds through a Computertomogramm (CT) as well as a Kernspintomogramm (MAGNETRESONANZTOMOGRAMM MRT).**

#### Which therapeutic possibilities are there today?

A. at the heart:

through Verabreichung of medications, that dissolves the coronary-shutter (Thrombus) again, Thrombolyse,; through a balloon - Dilatation, i.e. an expansion of the narrowed coronary-artery by means of a catheter, also as **Percutane transluminale coronare Angioplastik = PTCA**, marks. A necessary bypass-operation can be avoided by it in many cases.

**More detailed and elaborate information to the particular procedure-technologies at the heart:**

Heart-catheters - examination  
Bypass - operation  
Balloon - Dilatation PTCA, with Stent - establishment,

**B. at the other vessels:**

Should conservative physical and if therapy-possibilities deny medication-eyelet, one will have to discuss *surgical possibilities*: infrages come:

**PERKUTANE TRANSLUMINALE ANGIOPLASTIE**

**(PTA):** through a catheter brought in into the vessel, the narrowed vessel-section becomes aufgedehnt, the already for years enforced possibilities of the **vessel-substitute**, body-own vein or prosthetic substitute,

with defection of all possibilities, the amputation is often the relevant extremity the only possibility to ease pains and further complications of the illness, open legs, heavy infections..., , to prevent.

How do my arteries remain fit?

Most upper goal to hold about your blood-vessels fit is risk-factors, that promote an arteriosclerosis, it to prevent as well as to hold low::

**keep an eye on your blood pressure (normal-area)**

**have checked your blood pressure continuously**

**an optimally put in diabetes of mellitus is**

**optimally normal urine-acidity-values**

**give up nicotine**

**normalize your weight**

**drink liquid sufficiently**

**nourish yourself age-corresponding, cholesterol-poor,**

**try to reduce your personal risk-factors!**

**try a healthy lifestyle**

**perceive the possibilities of that Prevention / Gesundheitsuntersuchung**

Ask your doctor about a date.

An important treatment-principle is to be prescribed sufficiently long: the full clinical benefit of a light-thermo-therapy appears usually only after one to two weeks. The patients are not often ready because of the extension of the treatment-time however to apply the instrument further. Later however a well amicable option is light-thermo-therapy, that finds a good acceptance in the population moreover, here.

ADDRESS - PRIVATE

The light-thermo-therapy MS - depression alternative therapy.

Under the countless light-therapy instruments, light-thermo-therapy proved effectively in different tests to be particular well antidepressant. Since the effect of the light-dosage is dependent, the relevant will require respective instrument in sufficient dosage.

With him/it light-thermo-therapy instrument is attitude a dosage very simply and precise. Daily doses of two to six full applications are regarded as effective for the depression-treatments today. With long-time-therapy (LZT), one shines on the skin arealweise at 3 - 15 minutes long with visible focused light. That would lead into shorter time to a strong light-absorption. So that reaches time decrease to a therapy, sodass the light more deeply into the skin in penetrates. An electronic-timer, distance-holders as, treffen. Dosismetry, without through unbearable Erwärmung in the upper skin-layers prevents. Later than conservation-dose, short-time-therapy (KZT) also with daily 1 to 2malige interval can be used.

However your personal therapy-plan may look, you never should the decision to put down a light-thermo-therapy alone but always in agreement with its doctoring physician

**Light-thermo-therapy is:**

The simultaneous use of salvation-factors:

- the Fokusierete (**LAFER**) a constant observable light-radiation (yellow-light), infrared-spectrum without UV irradiation wide band infrared radiation
- Yellow-light complete recovery and improvement of the health-condition with the sick person important of the decrease of the salvation-treatment,
- Verräglichkeit, complete harmless-ness, simple applications **fast amortization of the purchase-price through short treatment-times and leaving out of expensive medications**

**Therapy indications with the light-thermo-therapy appliance**

- Saisonal dependent depressions - SAD
- Arthrose and Osteoarthritis pains, (bones and Gelenksentsendung)
- Myalgie, skin-illnesses,
- Sore-cure accelerated.

**Rental fee:**

Ltt instrument

for three-months for **Patienten practices** € 115.00

With purchase credited / plus shipping and postage

**Endpreis of the appliance:**

Ltt light-thermo-therapy instrument € 399.00

You can order the appliance to the light-thermo-therapy under following addresses:

**Lichthansa.com - Medical**

Gröpelingerheerstr. 155 28237 Bremen

Fax. ( +49) 421 2210 041 telephones (+49) 421 2210 040,

and (+49) 421 2210 426 and, (+49) 421 2210 422

Practice-stamps

Imprint: JAPRAK: LTT LIGHT THERAPY EASILY DONE

LICHTTHERMOTHERAPY SYSTEM FOUNDATION - INFO

Phone (+49) 0421.2210 040 - 422 Fax.0421.2210 041- 426

http. www. lichthansa.de / com e Mail. info@lichthansa.de

LICHTHANSA MEDICAL: Vionvillestr.7 / 28211 Bremen