

# Omnilux LED System Offers a New Light for Psoriasis Sufferers

By Bob Kronemyer, Associate Editor



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Psoriasis on leg before Tx



Psoriasis on leg four months after a course of Omnilux Plus and Omnilux Revive Therapy

Photos courtesy of Mario Trelles, M.D., Ph.D.

Patients who had previously failed systemic therapy for their psoriasis have discovered high clearance rates with the Omnilux light-emitting diode (LED) system from Photo Therapeutics, Inc. (Carlsbad, Calif.) “We’ve seen significant improvement in our psoriasis patients with the Omnilux,” reported Glynis Ablon, M.D., owner of Ablon Skin Institute in Manhattan Beach, Calif.

According to Dr. Ablon, “Many patients don’t want to use oral medications, or even injectables, unless they have severe psoriasis. Patients with hard to reach areas, such as the upper back and back of the thighs, desire effective therapy, however, topicals are often not enough to control their psoriasis.” Omnilux delivers light therapy in a safe and non-thermal process and therefore, there is no downtime, little risk and no pain. Patients simply lie on the bed. It’s a simple yet effective technique.”

It has long been accepted that light therapy plays a role in the treatment of psoriasis. With this knowledge, Dr. Ablon has specifically employed the infrared (830 nm) wavelength and the visible red (633 nm) wavelength of the Omnilux in different combinations to treat psoriasis. “I now follow the infrared light with the red light in the same session,” she said. “Patients are getting great results. The only negative is a longer office visit: 40 minutes versus 20 minutes. But the frequency of treatments is reduced.” Typically, patients schedule an initial seven sessions (once or twice a week), but they may require up to an additional three sessions to resolve the plaques.

A study of the Omnilux examined ten psoriasis patients treated with a combination of infrared/red LEDs, plus a topical. After seven sessions (two sessions the first week, two sessions the second week, then once a week for the next three weeks), clearance was remarkable. “The lowest

clearance rate was 75%,” said study author Dr. Ablon. “We also observed no side effects or complications among study patients.”

One of Dr. Ablon’s patients was a 55 year old male who had failed systemic medications and experienced significant side effects and complications, including many skin cancers. In addition, topicals provided “very little resolution on his back, probably because of the patient’s inability to apply the topicals to the proper areas. He had no one to help him out,” Dr. Ablon conveyed. “But with only one series of treatments with the Omnilux, the patient was completely clear. He also remained completely clear for six months.”

A second patient was a woman approximately thirty years old, who achieved success with a newer systemic medication for multiple areas, but did not want to continue taking the medication. “We achieved 100% clearance with the Omnilux,” said Dr. Ablon, an assistant clinical professor of dermatology at the University of California, Los Angeles.

A third patient was an Asian woman approximately 40 years old who attained about 75% clearance of her lower back and buttocks with the Omnilux and topicals. “For darker skinned individuals, we often consider ultraviolet therapy,” Dr. Ablon said. “But there are side effects and complications with ultraviolet therapy, including skin cancer formation.”

Dr. Ablon pointed out that one of the potential risks with some of the other LED systems is that they may actually encompass the ultraviolet spectrum, even though it is not stated on the machine. In contrast, the Omnilux system has been shown to downgrade and regulate inflammatory processes within the skin through photobiomodulation, “without using ultraviolet light which has the implication of cellular toxicity,” she said. “It is amazing technology.”