

Contents

Chapter 1	Some basic laser physics	1
1.1	Electromagnetic radiation	2
1.1.1	Wavelength and frequency	2
1.1.2	Photon energy	2
1.1.3	The electromagnetic spectrum.....	2
1.1.4	The optical field.....	3
1.1.5	Radiation risks	3
1.1.6	Can electromagnetic radiation cause cancer?.....	4
1.1.7	Protective mechanisms	5
1.2	Various sources of radiation.....	5
1.2.1	Natural sources of radiation	5
1.2.2	Man-made sources of radiation	5
1.2.3	The light-emitting diode (LED)	6
1.2.4	The laser	8
1.2.5	Laser design.....	8
1.2.6	The properties of laser light.....	12
1.2.7	Coherence	12
1.2.8	Polarisation	15
1.2.9	Output power.....	16
1.2.10	Continuous and pulsed lasers	16
1.2.11	The pulse peak power.....	17
1.2.12	Average power output	17
1.2.13	Power density	17
1.2.14	Collimation	19
1.2.15	Risk of eye injury	19
1.2.16	Decisive factors in the risk of eye injury.....	22
1.3	Laser types in medicine and surgery	26
1.4	The surgical lasers.....	27
1.4.1	The Carbon dioxide laser (CO ₂ -laser).....	28
1.4.1.1	<i>Carbon dioxide lasers in surgery.....</i>	<i>29</i>
1.4.1.2	<i>Carbon dioxide lasers in dental applications</i>	<i>31</i>
1.4.2	The Nd:YAG laser.....	33
1.4.2.1	<i>Nd:YAG lasers in surgery</i>	<i>33</i>
1.4.2.2	<i>Nd:YAG lasers in dentistry.....</i>	<i>33</i>
1.4.3	Ho:YAG lasers	35
1.4.4	Er:YAG lasers	35
1.4.5	Argon laser	37
1.4.6	Copper vapour laser.....	37

1.4.7	KTP/532-laser (frequency doubled Nd:YAG laser).....	37
1.4.8	Ruby laser.....	38
1.4.9	Alexandrite	39
1.4.10	High power semiconductor lasers	39
1.4.11	Dye laser.....	39
1.4.12	Excimer laser.....	39
1.5	Therapeutic lasers	40
1.5.1	The Helium-Neon laser (HeNe)	40
1.5.2	Indium-Gallium-Aluminium-Phosphide lasers (InGaAlP)	41
1.5.3	Gallium-Aluminium-Arsenide lasers (GaAlAs)	41
1.5.4	The Gallium-Arsenide laser (GaAs).....	42
1.5.5	The defocused strong lasers	43
1.5.6	Some “exotic lasers”	44
1.5.7	The krypton laser.....	44
1.5.8	The nitrogen laser.....	44
Chapter 2	Therapeutic instruments.....	45
2.1	A customer's guide	46
2.1.1	History	46
2.1.2	What will tomorrows lasers look like.....	47
2.1.3	Hand held lasers and automatic devices.....	48
2.1.4	Which type of laser is best suited to which task?.....	49
2.1.4.1	<i>HeNe laser and InGaAlP laser</i>	49
2.1.4.2	<i>GaAs laser</i>	50
2.1.4.3	<i>GaAlAs lasers</i>	50
2.1.4.4	<i>Combination probes</i>	51
2.1.4.5	<i>Therapeutic CO₂-lasers</i>	52
2.1.5	Which laser should I buy?	52
2.1.6	Stronger = better?	53
2.1.7	How much should a laser cost?	55
2.1.8	Is a therapeutic laser really worth the money?	56
2.1.9	Do you need to update your laser?	56
2.2	Ten points to consider when choosing an instrument.....	56
2.3	How do I maintain my laser?	59
Chapter 3	Biostimulation	61
3.1	History	62
3.2	A few words on mechanisms	65
3.2.1	Photoreceptors	67
3.3	What parameters to use.....	68
3.3.1	Laser parameters.....	68

3.3.1.1	Which wavelength?	68
3.3.1.2	Output power.....	69
3.3.1.3	Average output power	69
3.3.1.4	Power density	69
3.3.1.5	Energy density	70
3.3.1.6	Treatment dose	70
3.3.1.7	Calculation of doses.....	71
3.3.1.8	Dose ranges.....	72
3.3.1.9	Calculation of treatment time for a desired dose.....	75
3.3.1.10	“Ready reckoner”	75
3.3.1.11	Dose per point	77
3.3.1.12	Pulsed or continuous light.....	77
3.3.1.13	Pulse frequency	78
3.3.2	Patient parameters	79
3.3.2.1	Treatment area	79
3.3.2.2	Treatment intervals	80
3.3.2.3	Pre- or postoperative treatment?	82
3.3.3	Treatment method parameters	83
3.3.3.1	Local treatment	83
3.3.3.1.1	Shallow problems.....	83
3.3.3.1.2	Deeper problems.....	83
3.3.3.1.3	Treating inside the body.....	84
3.3.3.2	Systemic treatments.....	84
3.3.3.2.1	Acupuncture.....	84
3.3.3.2.2	Trigger points.....	87
3.3.3.2.3	Spinal processes.....	88
3.3.3.2.4	Dermatome.....	88
3.3.3.2.5	Blood irradiation.....	88
3.3.3.2.6	Lymph nodes.....	91
3.3.4	Combination treatment	91
3.3.5	Interaction with medication.....	91
3.4	Other considerations	92
3.4.1	What about collimation?	92
3.4.2	Depth of penetration, greatest active depth.....	92
3.4.2.1	Factors that reduce penetration.....	94
3.4.2.2	Tissue compression	95
3.4.2.3	How deep does the light penetrate?	95
3.4.3	The importance of the tissue and cell condition.....	95
3.4.4	In vitro/in vivo.....	97
3.5	Laser Therapy with high output lasers	98

3.5.1	Laser therapy with carbon dioxide lasers	98
3.5.2	Laser therapy with Nd:YAG lasers	100
3.5.3	Laser therapy with ruby lasers.....	101
3.6	Risks and side effects.....	101
3.6.1	The importance of a correct diagnose	102
3.6.2	Cancer.....	102
3.6.3	Cytogenetic effects?	102
3.6.4	A false picture of health	103
3.6.5	Tiredness	103
3.6.6	Pain reaction	103
3.6.7	Do high doses of laser therapy damage tissue?	103
3.6.8	Protection against radiation injury	104
3.7	How to measure effects of laser therapy	105
3.7.1	Thermography	105
3.7.2	Magnetic resonance imaging.....	106
3.7.3	High resolution digitised ultrasound B-scan	106
3.7.4	Tensile strength	106
3.7.5	Other objective methods.....	106
3.8	"Is laser therapy effective?"	107
3.8.1	Does laser therapy really work?	107
3.8.2	Why the controversy?.....	108
3.8.3	Does it have to be a laser?	109
3.8.4	FDA (Food and Drug Administration).....	110
3.8.5	"There is no documentation on that!"	111
3.8.6	Confused?.....	112
3.8.7	Experience and attitudes.....	113
3.8.8	The funding of research.....	114
Chapter 4	Medical indications.....	115
4.1	Who and what can be treated?.....	116
4.1.1	Allergy, acne systica gravis and eczema	116
4.1.2	Arteriosclerosis.....	117
4.1.3	Asthma.....	117
4.1.4	Arthritis	118
4.1.5	Blood pressure.....	125
4.1.6	Bone regeneration.....	126
4.1.7	Cancer.....	130
4.1.8	Cardiac conditions.....	134
4.1.9	Carpal tunnel syndrome.....	135
4.1.10	Cerebral palsy.....	136
4.1.11	Crural and venous ulcers	137

4.1.12	Depression, psychosomatic problems	139
4.1.13	Diabetes	140
4.1.14	Duodenal/gastric ulcer.....	141
4.1.15	Epicondylitis.....	141
4.1.16	Fibrositis/fibromyalgia	143
4.1.17	Gynaecologic indications	145
4.1.18	Headache/Migraine	146
4.1.19	Haemorrhoids	147
4.1.20	Herpes simplex	147
4.1.21	Immune system modulation	149
4.1.22	Inner ear conditions	151
4.1.23	Laryngitis.....	151
4.1.24	Lichen.....	151
4.1.25	Low back pain	152
4.1.26	Microcirculation	152
4.1.27	Morbus Sluder	155
4.1.28	Mucositis	155
4.1.29	Muscle regeneration	155
4.1.30	Nerve conduction	156
4.1.31	Nerve regeneration and function	157
4.1.32	Oedema.....	162
4.1.33	Ophthalmic problems	164
4.1.34	Pain.....	166
4.1.35	Plantar fasciitis	170
4.1.36	Salivary glands	171
4.1.37	Sinuitis.....	172
4.1.38	Spinal cord injuries.....	173
4.1.39	Sports injuries.....	174
4.1.40	Strain injuries	175
4.1.41	Tendinitis/bursitis	176
4.1.42	Tinnitus, vertigo, Ménière's disease.....	178
4.1.43	Tonsillitis.....	183
4.1.44	Trigeminal neuralgia	184
4.1.45	Thrombophlebitis	185
4.1.46	Tuberculosis	185
4.1.47	Urology.....	185
4.1.48	Warts	188
4.1.49	Whiplash-associated disorders	188
4.1.50	Wound healing	189
4.1.51	Zoster.....	196
4.2	Anecdotal indications.....	198

4.2.1	Obesity.....	198
4.2.2	Wrinkles	198
4.2.3	Cellulites.....	199
4.2.4	Hair loss.....	199
4.2.5	Problems with orgasm.....	199
Chapter 5	Dental laser therapy	201
5.1	What is “a god dentist”	202
5.2	On which patients can laser therapy be used?	203
5.3	Dental indications.....	203
5.3.1	Alveolitis	204
5.3.2	Anaesthetics.....	204
5.3.3	Aphthae (canker sores).....	205
5.3.4	Bleeding.....	206
5.3.5	Caries.....	207
5.3.6	Dentitio difcilis.....	209
5.3.7	Endodontics	210
5.3.8	Extraction	211
5.3.9	Gingivitis.....	213
5.3.10	Herpes zoster	215
5.3.11	Hypersensitive dentine	215
5.3.12	Implantology	218
5.3.13	Jaw fractures.....	219
5.3.14	Leukoplakia	219
5.3.15	Lingua geographica (glossitis)	219
5.3.16	Lip wounds	220
5.3.17	Mucositis	220
5.3.18	Nausea	220
5.3.19	Nerve injury.....	220
5.3.20	Oedema.....	221
5.3.21	Oral surgery	221
5.3.22	Orthodontics	222
5.3.23	Pain.....	224
5.3.24	Mild dental pain.....	224
5.3.25	Paediatric dental treatment	224
5.3.26	Periodontics	225
5.3.27	Prosthetics	228
5.3.28	Secondary dentine formation.....	229
5.3.29	Temporo-mandibular disorders (TMD).....	230
5.4	Other dental laser applications	234
5.4.1	Dental photo dynamic therapy	234

5.4.2	Composite curing	235
5.4.3	Tooth bleaching	235
5.4.4	Dental casts.....	235
5.4.5	Caries detection	235
5.5	Case reports	235
Chapter 6 Dental research		239
Argentina		240
Córdoba University, Faculty of Dentistry, Córdoba.....		240
Australia.....		240
University of Queensland, Dental School		240
Royal Perth Hospital, Plastic Surgery and Maxillofacial Unit, Perth.....		241
Austria.....		241
Universitätsklinik für Kiefer- und Gesichtschirurgie, Vienna.....		241
Belgium		241
University of Ghent, Department of Orthodontics.....		241
Brazil		241
UNESP, Faculdade de Odontologia, São José dos Campos, S.P.		241
Bauru School of Dentistry, University of São Paulo.....		242
University of São Paulo, Dentistry School		242
University of São Carlos, Sao Carlos, Sao Paulo		242
Universidade de Castelo Branco, São Paulo.....		243
Universidade de Castelo Branco, São Paulo.....		243
Universidade Federal de Pernambuco, School of Dentistry		244
Bulgaria.....		244
University of Medicine, Plovdiv, Department of Therapeutic Stomatology		244
Canada		244
McGill University, Faculty of Dentistry, Division of Oral and Maxillofacial Surgery, Montreal		244
Université Laval, Faculty of Dentistry, Quebec		244
China		245
West China University of Medical Sciences, Chengdu.....		245
Fourth Military Medical University, Xian.....		245
Nanfang Hospital, Stomatological Department, Guangzhou.		245
Croatia		245
Medicinski fakultet Rijeka, Katedra za stomatologiju, Rijeka		245
Cuba		246
University of Havana. DIEES-IMRE, La Habana.....		246
Czech Republic.....		246
Institute of Dental Research, Prague		246
Charles University, Prague		246
Denmark		246
Aarhus Universitet. Royal Dental College, Aarhus.....		246
Royal Dental College, Department of Oral and Maxillofacial Surgery, Copenhagen		247
Odense University Hospital, Odense.....		247
Egypt		247
Alexandria University, Faculty of Dentistry and Medicine.....		247
Finland		247
University of Helsinki, Department of Oral Surgery, Helsinki.....		247

France	247
Institut Pasteur de Lyon, Faculté d'Odontologie, Lyon	247
Faculté d'Odontologie de Marseille, Laboratoire de Biologie.....	248
Hôpital de la Pitié, Service d'anatomie pathologique, Paris	248
Faculté de Chirurgie Dentaire, Paris.....	248
Department of Radiotherapy, Cancer Centre, Marseilles	249
CHU, Service de Stomatologie, Dijon.....	249
Germany	249
Johannes Gutenberg-University, Mainz.	249
Universität Hannover, Institut für Biophysik, Hannover.....	249
University of Heidelberg, Dental School, Department of Conservative and Preventive Dentistry.....	249
Great Britain	250
Dental Hospital, Department of Maxillofacial Surgery, Cardiff	250
University Dental School, Department of Oral and Maxillofacial Surgery, Manchester.....	250
The Royal London School of Medicine and Dentistry, London	250
Institute of Dental Surgery, Department of Microbiology, London	251
University of London, Department of Microbiology.	251
University of Glasgow, Division of Neuroscience	251
Indonesia	252
Fakultas Kedokteran Gigi Universitas Airlangga, Laboratorium periodontia.....	252
Israel	252
Italy	252
Ospedale A. Cardarelli. Div di Odontostomatologia e Traumatologia Maxillo-Facciale, Naples	252
Università di Torino. Istituto Policattedra di Clinica Odontostomatologica.....	253
University of Modena, Department of Dentistry and Oral Surgery, Modena	254
Università degli Studi di Firenze, Istituto di Odonto-gnato-stomatologia, Florence.	254
Università degli studi di Bologna, Istituti policattedra di clinica odontostomatologica, Bologna.	254
Japan	255
Niigata University, School of Dentistry	255
Iwate Medical University, School of Dentistry, Department of Oral Pathology, Morioka.....	255
Keio University, Department of Dentistry and Oral Surgery, Tokyo.....	255
Nihon University, School of Dentistry, Department of Endodontics, Tokyo	256
Showa University, School of Dentistry, Department of Endodontics, Tokyo.....	257
Tokyo Dental College, Department of Orthodontics.....	258
Hiroo Metropolitan General Hospital, Tokyo	258
Ohu University, Graduate School of Dentistry, Ohu	258
Nihon University School of Dentistry, Matsudo, Chiba.....	259
Aichi-Gakuin University, Nagoya	259
Kyushu University, Faculty of Dentistry, Department of Preventive Dentistry, Fukuoka.....	260
Korea	262
Seoul National University, College of Dentistry, Department of Oral Diagnostics	262
Wonkwang University, School of Dentistry, Department of Oral Diagnostics and Oral Medicine.....	263
Dankook University, Department of Dentistry, Choongnam	263
Pusan National University, College of Dentistry, Department of Oral Medicine	263
Chonbuk National University, School of Dentistry, Department of Oral Medicine	264
Kuwait	264
Ministry of Public Health, Dental Centre, Department of Crown and Bridge	264
The Netherlands	264
University of Amsterdam, Academic Centre for Dentistry, Department of Masticatory Function.....	264
University of Nijmegen, Department of Orthodontics and Oral Pathology	265
Norway	265

University of Oslo, Faculty of Dentistry, Department of Oral Surgery and Oral Medicine	265
Poland	266
Medical Academy of Bialystok, Department of Conservative Dentistry	266
Medical University of Lodz, Institute of Dentistry, Lodz.	266
Portugal	267
Romania	267
University of Medicine and Pharmacy, School of Dentistry, Department of Oral Rehabilitation.....	267
Disciplina de Propedeutica Stomatologica, Universitatea "Ovidius" Constanta.....	267
Russia	267
Moscow Institute of Medicine and Stomatology	267
Voronezh State Medical Academy, Voronezh	268
State Research Centre for Laser Medicine, Moscow.....	269
Singapore	271
National University of Singapore, Faculty of Dentistry	271
South Africa	271
University of Pretoria, Faculty of Dentistry, Centre for Stomatological Research.....	271
Spain	271
Faculty of Odontology, Department of Oral Medicine and Maxillo-facial Surgery, Madrid	271
Hospital Provincial de Madrid.....	271
Universidad de Oviedo, Escuela de Estomatología.....	272
Universidad Nacional, Facultad de Odontología, Córdoba.....	272
Universitat Rovira i Virgili, Facultad de Medicina i Ciencia de la Salut, Reus.....	272
Sweden	272
Karolinska Institutet, Department of Periodontology, Stockholm	272
Switzerland	272
Université de Genève, Geneva.....	272
La Carita Hospital, Locarno	273
Taiwan	273
Pharmaceutical Industry Technology and Development Center, Taipei Hsien.....	273
Thailand	273
Khon Kean University, Bangkok.....	273
Turkey	273
Istanbul School of Dentistry, Istanbul	273
Gazi University, Faculty of Dentistry, Ankara	273
Marmara University, Department of Oral and Maxillofacial Surgery.....	274
United Arab Emirates	274
Clinic for Laser & Physiotherapy, Dubai	274
USA	274
Baylor College of Medicine, Texas Children's Hospital, Department of Pathology.....	274
University of Illinois, School of Dentistry, Department of Material Science	274
University of California, School of Dentistry, San Francisco	274
Center for Dental AIDS Research, Waukegan, Ill.....	274
University of Connecticut, School of Dental Medicine, Farmington.....	275
University of Nebraska, College of Dentistry, Lincoln, Nebraska	275
Department of Periodontics, Maxwell AFB, Alabama.....	275
University of Maryland, Department of Oral-Maxillofacial Surgery, Baltimore, MD.....	275
Uzbekistan	275
First State Medical Institute, Tashkent	275

Chapter 7 Veterinary use.....277

Chapter 8	Contraindications	285
8.1	Pacemaker	286
8.2	Pregnancy	286
8.3	Epilepsy	286
8.4	Thyroid gland	286
8.5	Children.....	287
8.6	Cancer	288
8.7	Radiation therapy patients	288
8.8	Diabetes	289
Chapter 9	Laser therapy on the Internet	291
9.1	Laser therapy on the Internet	292
9.2	Internet discussion groups.....	292
9.2.1	Tinnitus.....	292
9.2.2	Wavelength.....	292
9.2.3	Coherence	294
9.2.4	Polarisation	294
9.2.5	Laser power	295
9.2.6	Light emitting diodes (LED)	298
9.2.7	Pulse frequencies	301
9.2.8	FDA approval	302
9.2.9	Miscellaneous.....	310
Chapter 10	The difficult dose and intensity	311
10.1	Basics about energy	312
10.2	Output power	313
10.3	Power density	314
10.4	The laser beam.....	316
10.5	The laser probe	318
10.6	Pulsed lasers.....	319
10.7	Energy density	319
10.8	Treatment dose	320
10.9	The dose does not depend on the intensity	325
10.10	Dose per point	328
10.11	More about treatment technique	329
Chapter 11	The Mechanisms	333
11.1	Are the biostimulative effects laser specific?	334
11.1.1	Is it possible to prove that laser therapy doesn't work?	334
11.1.2	Comparisons between coherent and non-coherent light.....	335

11.1.2.1	<i>Hode's hamburger</i>	338
11.1.2.2	<i>Hode's big burger</i>	340
11.1.3	Abrahamsson's apple.....	341
11.1.4	Moonlight.....	342
11.1.5	How deep does light penetrate into tissue?.....	343
11.1.6	Bright Light Phototherapy.....	345
11.1.7	Similarities and differences.....	348
11.2	Possible primary mechanisms	348
11.2.1	What characterises the light in a laser speckle?.....	350
11.2.2	Porphyrins and polarised light.....	350
11.2.3	Cell cultures and tissue have different optical properties.....	351
11.2.4	Is laser therapy an effect of heat development in the tissue? ...	352
11.2.5	Fluorescence - luminescence.....	353
11.2.6	Multi-photon effects.....	354
11.2.7	Lasing effects in tissue.....	354
11.2.8	Non linear optical effects.....	355
11.2.9	Opto-acoustic waves.....	356
11.3	Secondary mechanisms	356
11.3.1	Effects on pain.....	356
11.3.2	Effects on blood circulation.....	358
11.3.3	Stimulatory and regulatory mechanisms.....	358
11.3.4	Effects on the immune system.....	359
11.3.5	Other interesting possibilities.....	360
11.4	Summary of mechanisms	361
11.5	Diagnostics with Therapy Lasers	363
11.6	Photodynamic Therapy - PDT,	363
11.7	Other medical uses of lasers	363
Chapter 12	A guide for scientific work	365
12.1	Methodology of a trial	368
12.2	Parameters	369
	Technical parameters.....	369
	Treatment parameters.....	369
	Medical parameters.....	370
12.2.1	Closer description of the technical parameters.....	370
	1) Name of instrument (producer).....	370
	2) Laser type and wavelength.....	370
	3) Laser beam characteristics.....	371
	4) Number of sources.....	371
	5) Beam delivery system.....	371
	6) Pulsed or continuous emission.....	371

	7) Output power	372
	8) Power density at probe aperture.....	372
	9) Calibration of the instrument	373
12.2.2	Closer description of the treatment parameters	373
	1) Treatment area	373
	2) Dose: Energy density	373
	3) Dose per treatment and total dose	374
	4) Intensity: Power density.....	374
	5) Treatment method	374
	6) Treatment distance (spot size), type of movement, scanning	374
	7) Sites of treatment	375
	8) Number of treatment sessions	375
	9) Frequency of treatment sessions	375
12.2.3	Closer description of the medical parameters	376
	1) Description of the problem to be treated.....	376
	2) Patients (number, age, sex)	376
	3) Exclusion criteria	376
	4) Inclusion criteria	376
	5) Condition of patient	376
	6) Pre-, parallel- or post-medication	376
	7) Treated with other methods before	377
	8) Drop-out rate	377
	9) Follow up	377
	10) Outcome measures	377
	11) Statistical Analysis.....	377
	12) Economy	377
	Conclusion.....	377

Chapter 13 The laser therapy literature.....379

13.1	The positive double blind studies.....	380
13.2	The negative double blind studies.....	388
13.3	Are all the negative studies really negative?	391
13.3.1	“I heard it through the grapevine”	391
13.3.2	Positive from negative.....	392
13.3.3	Negative from negative	392
13.3.4	Dose development	392
13.3.5	Pitfalls.....	393
13.4	The Cochrane analyses – can they be improved?.....	412
13.5	Poor documentation – compared to what?	418
13.6	The Russian experience	418
13.7	The work of Tiina Karu.....	421
13.8	English language books on laser therapy:.....	430

13.9	Books in other languages, with ISBN.....	431
13.10	Laser journals.....	433
Chapter 14	References - Abbreviations.....	435
14.1	Numeric references referred to in the book.....	436
14.2	Alphabetical register of references	499
14.3	Abbreviations.....	559
	Alphabetic index	561