

A large, light gray, stylized 'Q' that serves as a background element on the left side of the slide.

# **Q.Light® SAD CARE**



## Q.Light® Lighttherapy for general treatment of Seasonal Affective Disorder - SAD

The **Q.Light® SAD CARE** system is specially designed for the application of neurological treatments in medical practices, clinics, specialized treatment centers, nursing homes/services and for the treatment at home.

The main applications for the **Q.Light® SAD CARE** system are:

- Seasonal Affective Disorder – SAD
- Depressions
- Burn Out



Two different devices are available for SAD care:

**Q.Light® PRO UNIT**  
with SAD module



**Q.Light® SAD CARE**



## Technical data of **Q.Light® SAD CARE**

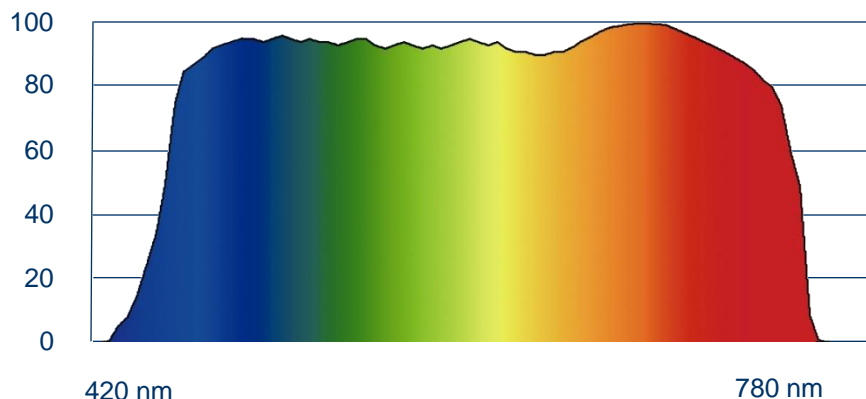
Models	Q.Light® SAD CARE	Q.Light® PRO UNIT
Digital display	No	Yes
Module	Fixed system	<b>SAD CARE</b>
Ø Standard treatment area	15 cm fixed	5 – 40 cm variable
Spectrum	420 – 780 nm	
Polarization	0 %	
ViS emission	Wavelength of 420 – 780 nm	
Infrared emission	No Infrared-radiation	
UV emission	No UV-radiation	
Light temperature	4700 K	
Certification	DIN EN ISO 9001:2008 & EN ISO 13485:2012 + AC:2012	
CE Mark	0197	

stabilized hormone system

## Spectrum & power density of **Q.Light®** SAD CARE systems

**Q.Light®** emission spectrum with patented light source technology

Transmission in %



**Q.Light®** - treatment parameters & treatment dose in min. for  
**Q.Light®** SAD CARE & **Q.Light®** PRO UNIT with SAD CARE module

Device	Treatment-distance	Treatment-diameter	Lux	Therapy dose in min.
<b>Q.Light® PRO UNIT</b>	20 cm	20 cm	2'500	60 - 90
	10 cm	15 cm	10'000	30
<b>Q.Light® SAD CARE</b>	20 cm	20 cm	2'500	60 - 90
	10 cm	15 cm	10'000	30

## Additional technical data for **Q.Light®** SAD CARE systems

Models	Q.Light® SAD CARE	Q.Light® PRO UNIT
Medical devices class	IIa	
Voltage	230 V, 50 - 60 Hz	
Power supply	50 VA max.	60 VA max.
Safety class	II, Type B	
Ø Treatment-energy efficiency	10'000 Lux at standard treatment distance	
Weight	1'120 g	1'200 g
Size	260 x 158 x 173 mm (L x B x H)	
Guarantee	24 month	

Stand HOME

Standwagon STANDARD

Standwagon PRO



defined spectrum

## Neuroimmunomodulating effects induced by visible light

The immune system is susceptible to a variety of stresses. Recent work in neuroimmunology has begun to define how mood alteration, stress, the seasons, and daily rhythms can have a profound effect on immune response through hormonal modifications. Central to these factors may be light through an eye-brain hormonal modulation.

By human beings, only visible light (380-780 nm) is received by the retina of the eye. This light energy is then transduced and delivered to the visual cortex and, by an alternative pathway, to the suprachiasmatic nucleus (SCN), the hypothalamic region that directs circadian rhythm. Visible light exposure also modulates the pituitary and pineal glands, leading to neuroendocrine changes. Melatonin, norepinephrine and acetylcholine decrease with light activation, whereas cortisol, serotonin and dopamine levels increase.

The synthesis of vasoactive intestinal polypeptide (VIP), gastrin releasing peptide (GRP) and neuropeptide Y (NPY) has been shown to be modified by light. These induced neuroendocrine changes can lead to alterations in mood and circadian rhythm as well as immune modulation. An alternative pathway for immune modulation by light is through the skin. Visible light can penetrate epidermal and dermal layers of the skin and may directly interact with circulating lymphocytes to modulate immune function.

It is therefore important for treatment to control the intensity, dose and wavelength of emitted light.

## Q.Light® is effective to treat SAD symptoms



Lighttherapy is the effective method to effectively treat the symptoms of seasonal disturbances. It is a side-effect free alternative to drug treatment.

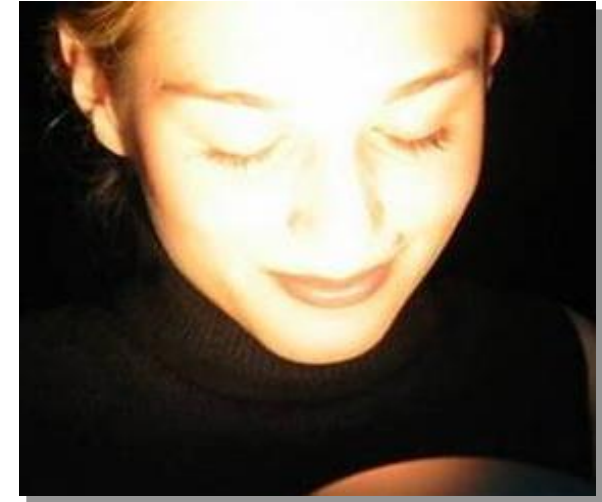
# regulating photomodulation

## Therapeutic guidelines for the treatment of Seasonal Affective Disorder – SAD

1. Encourage daily walks outdoors; the patient may look up at the sky but never directly at the sun. Enhance indoor lighting with regular lamps and fixtures.
2. Set a timer on a light to go on early in the morning in the patient's bedroom. Consider a dawn simulator for a more naturalistic artificial dawn.
3. Initiate **Q.Light®** therapy with 10,000 lux, starting with 30 minutes ideally in the morning, not later than noontime. Increase the duration if symptoms become more severe, up to 45 minutes per day.
4. Aerobic exercises, preferably in combination with exposure to bright light, may be quite helpful.
5. To help the patient manage stress, suggest vacations (preferably in the south) at strategic times, and provide support, counseling and therapy.

## How to treat SAD with Q.Light®

For optimal results with **Q.Light® SAD CARE** it is important to apply an effective dose. To receive adequate biological response an dose is applied to the eyes of approx. 30 min. at 10.000 Lux.. The light beam is directed at a right angle to the face, ideally with open eyes.



The treatment should be performed daily.

Some studies have reported positive responses in patients with non-seasonal depression, premenstrual syndrome (late luteal dysphoria), bulimia, alcohol withdrawal symptoms and Burn Out. Beneficial results were also obtained at the treatment of insomnia and jet leg.

# optimized treatment results

## Scientific research on Seasonal Affective Disorder

### Light suppresses melatonin secretion in humans

*Lewy, A J, Wehr TA, Goodwin FK, Newsome DA, Markey SP.*

*Published: Science. 1980;210:1267-1269.*

### A description of the syndrome and preliminary findings with light therapy

*Resenthal NE, Sack DA, Gillin JC, et al. Seasonal affective disorder.*

*Published: Arch Gen Psych. 1984;41:72-80*

### Canadian consensus for the treatment of seasonal affective disorder

*Lam RW, Levit A (eds)..*

*Canadian J of Diagnosis 1998; Supplement; 2 – 15:*

### Lichttherapie 3. edition

*Zulley J, Wirz-Justice, A (eds). Regensburg:*

*S.Rodner Verlag, 1999*

### Beginning to see the light.

*Wirz-Justice A,*

*Commentary. Arch Gen Psychiatry 1998; 55:861-862; auch alle Originalartikel pp 875 – 896*

### Seasonal Affective Disorder and Beyond: Light treatment for SAD and non SAD conditions

*Lam RW (ed). Washington DC American Psychiatric Press 1998*

## Practical experience with **Q.Light®** SAD CARE

### Sports medicine

FC Erzgebirge Aue, Germany, Herr Borchert, Masseur

Treatment of players before a match

(10 min. of **Q.Light®** - filter module „red“ - to the eyes).

Quotation: Noticeable improvement in the attention and increasing the aggressiveness.

### Psychotherapy

Clinic Hohe Mark, Oberursel, Germany

Addiction Patients (Alcohol and Drug addicts)

Quotation: Strong reduction of withdrawal symptoms, brightening of the mind, faster detoxification.

### SAD treatment

### Extract of a memorandum from Psychiatric University Clinic Basel, Switzerland

### Diagnostic and Treatment of SAD

Prof. A. Wirz-Justice and Dr. P. Graw

### Effectiveness of Light therapy

More than 60 controlled studies with more than a total of a few 100 SAD patients have been implemented.

The rate of effectiveness of all the studies is 60 – 90 %.

The placebo rate is 15 %.

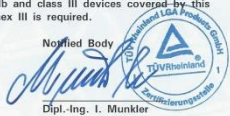
**Light therapy is the treatment of the first choice for SAD.**

for contented patients



## Quality certificate

**Q.Light®** phototherapy systems are certified active medical products based on DIN EN ISO 9001:2008 & EN ISO 13485:2012 + AC:2012 and carry the CE mark **CE 0197**


EC Certificate		TÜVRheinland®
Directive 93/42/EEC Annex V		
Production Quality Assurance		
Medical Devices		
Registration No.:	DD 60107707 0001	
Report No.:	21238979 001	
Manufacturer:	Q. Products AG Säntisstr. 11 9401 Rorschach Schweiz	
Products:	Medical Devices for Light Therapy/Phototherapy (see attachment for products included)  Replaces Certificate, Registration No.: DD 60098314 0001	
Expiry Date:	2021-01-28	
<p>The Notified Body hereby declares that the requirements of Annex V of the directive 93/42/EEC have been met for the listed products. The above named manufacturer has established and applies a quality assurance system, which is subject to periodic surveillance, defined by Annex V, section 4 of the aforementioned directive. For placing on the market of class IIb and class III devices covered by this certificate an EC type-examination certificate according to Annex III is required.</p>		
Effective Date:	2016-01-29	Notified Body  Dipl.-Ing. I. Munkler
Date:	2016-01-29	
TÜV Rheinland LGA Products GmbH - Tillystraße 2 - 90431 Nürnberg		
TÜV Rheinland LGA Products GmbH is a Notified Body according to Directive 93/42/EEC concerning medical devices with the identification number 0197.		

## Free Sales Certificate

This certification approves **Q.Products AG** to manufacture and sell **Q.Light®** phototherapy devices internationally.



## FREE SALES CERTIFICATE

Nr.: FSC-16-20243	valid until: 21 February 2019
<p>The SWISS AGENCY FOR THERAPEUTIC PRODUCTS certifies herewith, that medical devices are regulated in Switzerland under the Federal Law on Medicinal Products and Medical Devices (Law on Therapeutic Products) of 15 December 2000 in force since 1 January 2002 and the Medical Devices Ordinance of 17 October 2001 in force since 1 January 2002.</p> <p>The following medical device(s) meets (meet) the legal requirements set out in the Swiss Medical Devices Ordinance and which incorporates the Medical Devices Directives of the European Union:</p> <p><b>Q. Light® Photo Therapy Devices.</b></p> <p><b>Therefore, the firm Q.Products AG, Säntisstrasse 11, 9401 Rorschach, Switzerland,</b></p> <p>in conformity with the medical devices law of Switzerland is authorized to manufacture and sell on the Swiss market and to export into any country the CE marked medical device(s) above-mentioned.</p> <p>This certificate is valid until 21 February 2019</p> <p>Bern, 22 February 2016</p> <p>Swiss Agency for Therapeutic Products Medical Devices Division</p> <p> Claude-Philippe Pelletier, Master of Law</p> <p>Fee: CHF 300.00</p>	

# certified medical products

## **Q.Products AG – biotechnology & photomedicine**

**Q.Products AG** develops and manufactures specialized phototherapy devices for professional application and for self medication at home. Additionally to our **Q.Light® SAD CARE** we also manufacture the following specialized systems:

➤ **Q.Light® PAIN CARE**

➤ **Q.Light® WOUND CARE**

➤ **Q.Light® ACNE CARE**

➤ **Q.Light® PRO UNIT**

This professional device is a flexible system that works with different filter modules for all specialized treatments, the spectrum is adapted to the specific needs.

In addition, appropriate filters for color therapy are available.

Due to the comfort to set treatment time and treatment diameter, it is the ideal product for clinics, medical practices and esthetic salons.

### **Q.Products AG**

Säntisstrasse 11, CH-9401 Rorschach

Fon +41 (0) 71 858 20 60

Fax +41 (0) 71 858 20 61

Email [contact@QProducts.info](mailto:contact@QProducts.info)

Web [www.QLight.info](http://www.QLight.info)

Version 2016/02/16

© copyright **Q.Products AG**



# specialized systems