

THE NORTHWEST WELLBEING HUB

CANCER & ILLNESS

Red light therapy, also known as low-level light therapy or photobiomodulation, is a non-invasive treatment that uses red or near-infrared light to stimulate cellular function and promote healing. While red light therapy has been studied for various health conditions, its effectiveness in treating cancer is still under investigation, and it is not considered a standard treatment for cancer.

However, there is some research suggesting that red light therapy may have potential benefits for individuals diagnosed with cancer / other illness, particularly in managing certain side effects of treatments.

- **Reducing chemotherapy-induced oral mucositis:** Oral mucositis is a common side effect of chemotherapy and radiation therapy for cancer. It involves inflammation and ulceration of the mucous membranes in the mouth and throat. Some studies have explored the use of red light therapy to alleviate the symptoms of oral mucositis and promote healing of the affected tissues.
- **Enhancing wound healing:** Cancer treatments, such as surgery and radiation therapy, can cause wounds that may be slow to heal. Red light therapy has been investigated as a potential adjunctive treatment to accelerate wound healing in cancer patients. It is thought to stimulate cellular activity and promote tissue repair.
- **Managing cancer-related skin reactions:** Radiation therapy can cause skin reactions, such as radiation dermatitis, which can be uncomfortable and affect a patient's quality of life. Some studies have explored the use of red light therapy to alleviate radiation-induced skin reactions and improve the overall condition of the skin.
- **Chronic pain management:** Red light therapy has been studied as a non-invasive treatment option for chronic pain conditions, such as fibromyalgia, osteoarthritis, and musculoskeletal disorders. It is believed to help reduce pain and inflammation by promoting blood circulation and stimulating cellular activity.
- **Hair growth:** Red light therapy has been explored as a potential treatment for hair loss conditions, such as androgenetic alopecia (pattern baldness). It is believed to stimulate hair follicles, improve blood flow to the scalp, and promote hair growth.