



By Dr. Tom Gilhooly

Anodyne Therapy - Clinical Experience

Anodyne therapy is a new, novel method of treating pain and wound infection.

The anodyne (Latin for "no pain") machine consists of soft flexible pads, fitted with 60 infra red light emitting diodes (LED's) which are placed over the painful area.

The monochromatic infra red light that these diodes emit, is of a specific frequency (890 nm) which has been shown to be the most effective at releasing the natural pain killing substance, nitric oxide, from the haemoglobin in the blood. The light penetrates down to a level of 5cm under the skin and is absorbed by the red blood cells.

Nitric oxide is a natural painkiller and also increases circulation, reduces inflammation and facilitates infection control. Nitric oxide is the body's most powerful vasodilator and is the substance responsible for pain relief induced by morphine. The treatment has been well researched with 11 published papers in peer reviewed journals, including one double blind study which showed significant improvements in diabetic neuropathy.

Successful Stateside

Anodyne has been in use in the United States for over ten years but only obtained the CE mark allowing use in the European Community in 2005 so it is a brand new treatment in the UK.

It is in use in over 5,000 clinics in the US but at the moment our clinic, The Essential Health Clinic in Glasgow, is the only UK based provider of this treatment.

Our early clinical experience of Anodyne therapy in the UK has been very positive. The first patient with diabetic neuropathy underwent the recommended 12 treatments with anodyne and has been pain free for the past three months. I am well acquainted with this patient and know the distress and fatigue she was suffering as due to lack of sleep at night due to her pain. Her only relief was walking on a cold wooden floor at night and she would go to bed exhausted as her husband go up to go to work. They were literally "ships in the night" so they are both delighted to have this vast improvement in the quality of their lives. Anodyne provides only a temporary improvement in circulation so it is likely that she will require more treatment in the future as she suffers from a chronic condition.



Her husband is expecting to buy a home machine (approximately £1868) at some time, but at the moment they are just enjoying a pain free existence.

No diagnosis - no problem

As anyone with knowledge of neuropathy will know, many cases have no diagnosis and we are seeing a number of patients who are in this category. Happily the lack of a diagnosis does not seem to make a difference to the effectiveness of anodyne and the early responses from these patients have been very positive. We have not had 100% success rates, as you would expect, several patients with neuropathy related to their multiple sclerosis have had a mixed response. In the USA, the use of anodyne is restricted by the FDA to increasing circulation and reducing pain. In Europe we are able to treat a wider variety of conditions and have had some success with muscular back pain and the treatment of injuries.

Its use in management of difficult to heal wounds is another very exciting area where conventional treatment does not perform well. The effects of anodyne are ideally suited to wound healing and one of our first patients with diabetic ulcers has had more improvement in the first two months with anodyne than in the previous 18 months with conventional dressings. In this case the district nurses were visiting three times per week to change the dressings and there was frustration all round. Now the anodyne is applied twice daily by the family and the nurse visits once weekly to keep an eye on progress. One ulcer has healed and the other is

well on the way to healing. Just as importantly, the pain and swelling has reduced so that for the first time in 18 months, the patient can put on a pair of slippers!

Many positives

This case illustrates the potential savings to the NHS if this treatment is more widely used. Improvements in balance and a reduction in falls and therefore hospital admissions would produce considerable savings. The savings in nurse time that earlier wound healing would produce could be equally significant. Most important of all is the improvements in the quality of life of the patients, some of whom may be able to resume employment if their pain was properly controlled.

Anodyne is one of the most exciting treatment developments in my medical career and the team at The Essential Health Clinic are all delighted to be involved in its introduction into this country. At present the only treatment site is in our private clinic in Glasgow where each treatment costs £80 and the home machines are £1868. This unfortunately excludes a large number of patients for both economic and geographical reasons. Anodyne treatment is too good to be kept in this narrow forum and there is no reason why anodyne should not be available at your local NHS clinic. The professional machines are less than £4,000 to buy which is a really small investment for the NHS.

Get onboard

We are keen to spread anodyne across the UK and if you can exert any influence on your local hospitals

we will be delighted to supply any information that they require. We could also arrange for a trial of a machine as most physicians will be sceptical about this treatment until they have seen it working.

Anodyne could be the best thing to happen to many patients with neuropathy and it is important that larger, better research studies are conducted to convince doctors and patients alike of its effectiveness.

For further information contact:

**Essential Health Clinic
Glasgow
G73 2LS**

**Enquires and appointments
08700 553399**

www.essentialhealthclinic.com

