

Rhinolight®

Find Out How This Simple Non-Drug
Alternative Is Shining Hope For Hay
Fever Sufferers



Australian Allergy Centre
leaders in allergy & ENT shared.care



What is Rhinolight®?

Rhinolight® is an intranasal phototherapy treatment suitable for patients who suffer from allergic rhinitis. It is a non drug option that helps reduce symptoms of hayfever. The special wavelength light source (5% UV-B, 25% UV-A, plus 70% visible light) works by dampening the body's immune response to inhaled allergens, such as house dust mites, pollens, moulds and animal dander (Brehmer, 2010).

“

Rhinolight ® is a safe non-drug option to help reduce symptoms of hayfever.

”

When is rhinolight® indicated?

Rhinolight® phototherapy is indicated for chronic sufferers of seasonal or perennial allergic rhinitis. Rhinolight® is sometimes undertaken as a complimentary treatment, to enhance the effectiveness of such conventional treatments as pharmacotherapy (e.g. nasal sprays, oral anti-histamines) or allergen immunotherapy (Rhinolight® Ltd., 2014)..

How many treatments are required?

Patients are generally encouraged to undergo 6-8 Rhinolight® treatments. On occasion a patient with very severe symptoms may require 9 or 10 treatments. The exact number of treatments will be determined by the pattern and severity of a patient's symptoms.

What does rhinolight® treatment involve?

Rhinolight® involves shining the special wavelength light source into each nasal cavity for 2-3 minutes at a time. Patients are generally encouraged to undergo 6-8 Rhinolight® treatments. On occasion a patient with very severe symptoms may require 9 or 10 treatments. The exact number of treatments will be determined by the pattern and severity of a patient's symptoms.

How effective is rhinolight®?

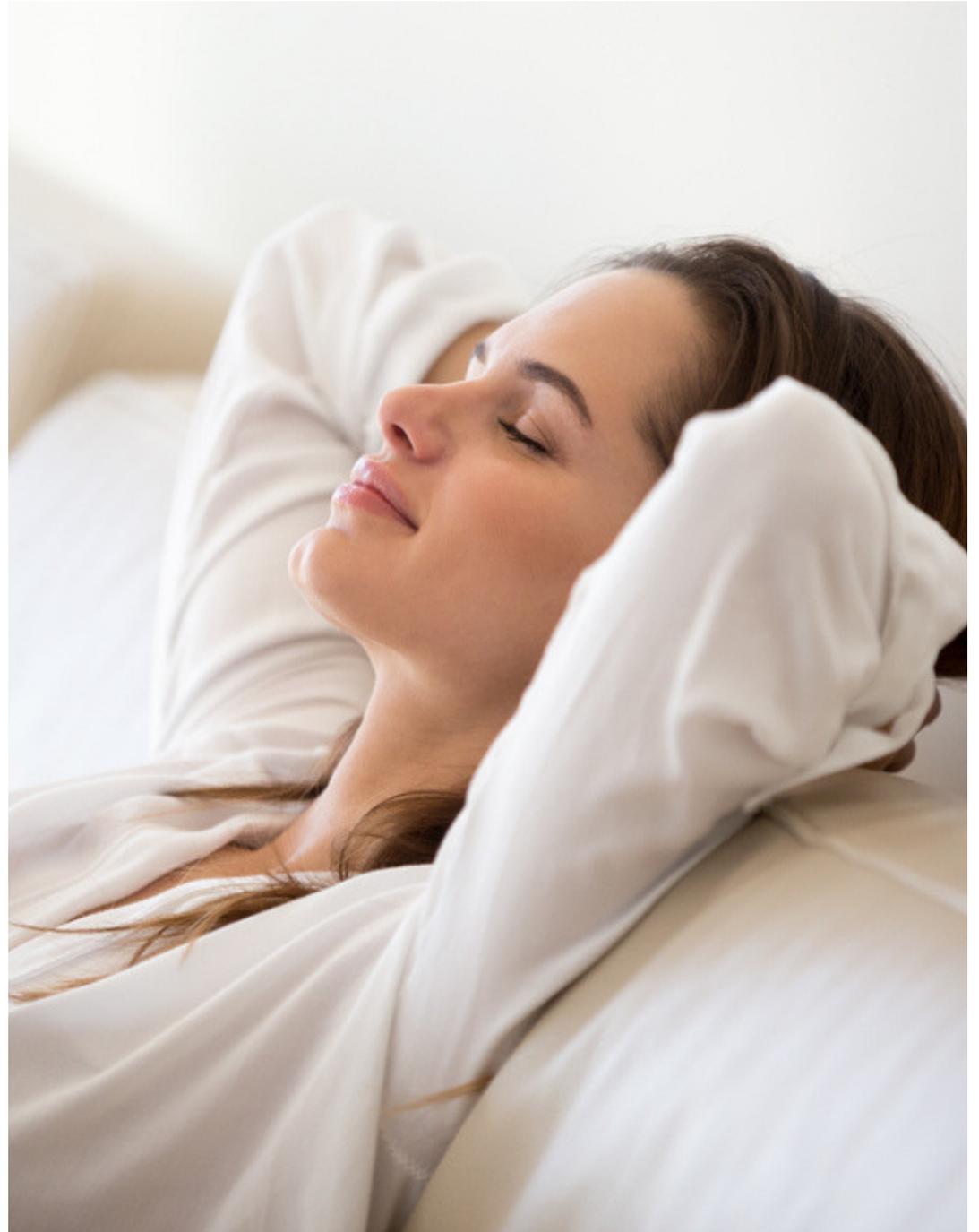
Rhinolight® is proven to significantly decrease the severity of common symptoms of allergic rhinitis such as sneezing, runny nose, nasal itching and nasal blockage, for up to 12 months (Koreck et al., 2005).



**Of 113 patients surveyed,
83% had a positive improvement
in hay fever symptoms
after Rhinolight.**

Rhinolight for 'steroid holidays'

Rhinolight (R) is a suitable treatment for patients looking for a non-drug alternative when needing a "steroid holiday". While intranasal steroids are considered first line treatment for allergic rhinitis, a "steroid holiday" may be recommended by your doctor for allergy sufferers on long term steroid treatments.





Dr Suzie, clinical director at the Australian Allergy Centre, talks about rhinolight. Watch the video here:



References

Brehmer, D. 2010. Endonasal phototherapy with Rhinolight® for the treatment of allergic rhinitis. *Expert Review of Medical Devices* 7, 1, 21-26.

Koreck, A., Csoma, Z., Bodai, L., et al. 2005. Rhinophototherapy: a new therapeutic tool for the management of allergic rhinitis. *Journal of Allergy and Clinical Immunology* 115, 3, 541-547.

Rhinolight® Limited [Rhinolight® Ltd.]. 2010. Rhinolight Medical Phototherapy for Respiratory and Skin Diseases. Szeged, Hungary: author. Rhinolight® Limited [Rhinolight® Ltd.]. 2014. Rhinolight-IV Phototherapeutic Device: User manual. Szeged, Hungary: author.

Page, D. and Mahony, D. 2010. The airway, breathing and orthodontics. *Today's FDA* 22, 2: 43- 47. Accessed March 17, 2016: <http://www.ncbi.nlm.nih.gov/pubmed/20443530>

Sinha, D. and Guilleminault, C. 2010. Sleep disordered breathing in children. *Indian Journal of Medical Research* 131, 1: 311-320. Accessed March 17, 2016: <http://icmr.nic.in/ijmr/2010/february/0221.pdf>

Zusko, E. 2010. Posture and Dental Health. Temporomandibular Joint Disorder Effective Diagnosis. Accessed March 17, 2016: <http://www.tmjorthocentre.com/index.php/conditions-of-tmd/posture>

Zsolt Bella et al. Rhinophototherapy in persistent allergic rhinitis. *European Archives of Oto-RhinoLaryngology*. Vol 274 Mar 2017.
Tayfun Apuhan et al. Histopathological evaluation of the effect of intranasal phototherapy on nasal mucosa in rabbits. *Journal of Photochemistry and photobiology. Biology*. Vol 105 Oct 2011

Lajos Kemeny et al. Review: Ultraviolet light for phototherapy for allergic rhinitis. *Journal of Photochemistry and Photobiology. Biology*. Vol 87 Apr 2007

Koreck et al. Effects of intranasal phototherapy on nasal mucosa in patients with allergic rhinitis. *Journal of Photochemistry and Photobiology. Biology*, Vol 89 Dec 2007

Andrea Koreck et al. Rhinophototherapy: A new therapeutic tool for the management of allergic rhinitis. *Journal of Allergy and Clinical Immunology*. Vol 115 Mar 2005

Leong SC. Rhinophototherapy: gimmick or an emerging treatment option for allergic rhinitis? *Rhinology*. 49 (5) Dec 2011

Ittai Neuman et al. Narrow-Band Red Light Phototherapy in Perennial Allergic Rhinitis and Nasal Polyposis. *Annals of Allergy Asthma & Immunology*. Vol 78 Apr 1997.

Andrea Koreck et al. Rhinophototherapy: A new therapeutic tool for the management of allergic rhinitis. *Allergy and Clinical Immunology*.

Zsannett Csoma et al. PUVA treatment of the nasal cavity improves the clinical symptoms of allergic rhinitis and inhibits the immediate-type hypersensitivity reaction in the skin. *Journal of Photochemistry and Photobiology. Biology*, Vol 83 Apr 2006.

Hay Fever Sufferers Are Enthusiastic About Rhinolight, Bekir, S/ Paudel, B, 2017, Australian Allergy Centre and collective.care survey.



Australian Allergy Centre

leaders in allergy & ENT shared.care