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## Journal-news

FEATURED

## Nursing students learn benefits of PBM as area is home to leaders in field

By Jessica Wilt jmanuel@journal-news.net Jun 12, 2021



Dr. Sharon Mailey, Shepherd University Dean of the School of Nursing, opens the day-long session about photobiomodulation and use of light therapy in wound healing on June 3.

Submitted photo

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SHEPHERDSTOWN — With many leaders and early users of photobiomodulation in various ways sprinkled throughout the Eastern Panhandle, Shepherd University took the time to continue its efforts in the field with a recent presentation to nursing students on the benefits of light therapy and wound healing.

The university received a \$2.7 million federal grant a few years ago to address rural health issues, several components being involved in the grant, including the light therapy aspect.

"PBM was discovered in 1967," PBM Foundation's Hon. Scot Faulkner said. "Basically, I like to say we're warm-blooded plants. We need Vitamin D. We change color in the sun. We seem to be happier when it's sunny versus overcast. As a result, different part of the light spectrum do different good things for the body."

Faulkner explained how blue light takes care of bacteria and how red light or near infrared light can be used in bringing energy to the cells.

"If you are injured, if you are aging, if you have any kind of chronic condition, the functionings of those mitochondria get hampered to the point sometimes where it's blocked completely," Faulkner said, adding that roughly 80% of conditions humans front have something to do with cellular function, the red/near infrared lights taking care of those malfunctions through the mitochondria.

Shepherd has not only worked to be the first nursing school globally to introduce knowledge and use of PBM as part of graduation requirements bu the university also presents deep-dives different applications of PBM, like the June 3 look into wound healing.



"Basically, if you have a wound — anything from a paper cut to a diabetic ulcer that can be very deep and if left untreated could lead to a foot being amputated — it helps stimulate tissue regrowth in a very tangible way," Faulkner said.

Throughout the presentation, it was explained how PBM can be used in healing for diabetic patients, cosmetic healing where scars are likely and cancer treatments among other uses. For cancer patients who have sores appear inside the throat — which normally leads to a feeding tube or suspension of treatment until the sores heal, allowing for the cancer to spread — the therapy quickens the recovery process, in turn helping those patients battle their cancer better.

"We're talking literally weeks the wound will start healing as opposed to months, if not years," Faulkner said.

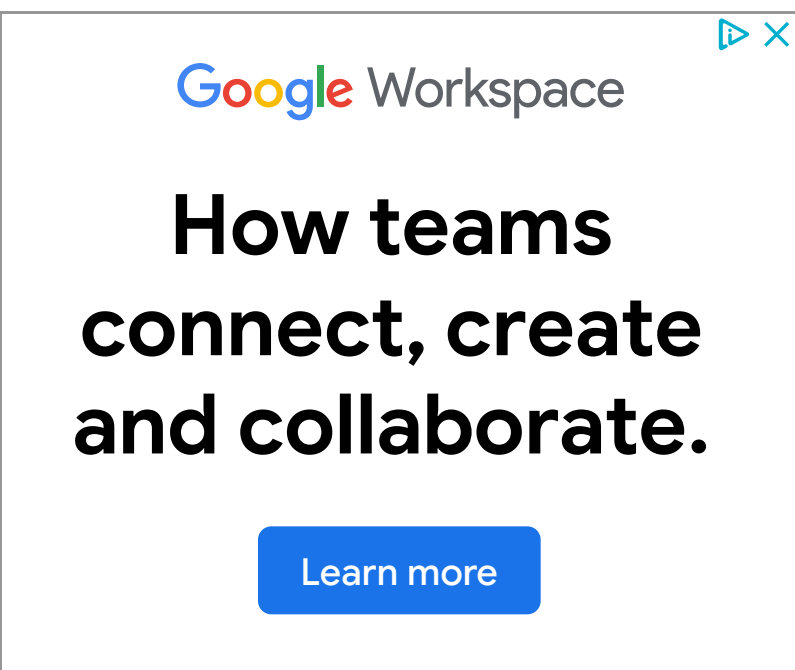
Three global experts spoke to the students during the presentation: James Carroll out of England, who spoke on background of PBM; Dr. Robert Bowen, who focused on wound healing; and Dr. Praveen Arany, who went deep into the applications and process of PBM. The presentation focused on medical-grade PBM equipment, highlighted by a practical demonstration as Shepherd has several medical-grade devices.

Faulkner added that there are several leaders in PBM use throughout the area, including the VA Medical Center, which is using it for pain management and wound healing; a local veterinary, which uses in animals with hip dysplasia or similar issues; a place in Hagerstown that is one of 17 sites in North American with FDA approval for clinical trials and is a major treatment hub for dry macular degeneration; and Mountaineer Recovery Center, which will soon by launching a major research project related to PBM.

"With any medical breakthrough, it takes a while for more traditional medicine to embrace it. It almost sounds too good to be true," Faulkner said. "This isn't snake oil; it's the real deal. It's a universal good."



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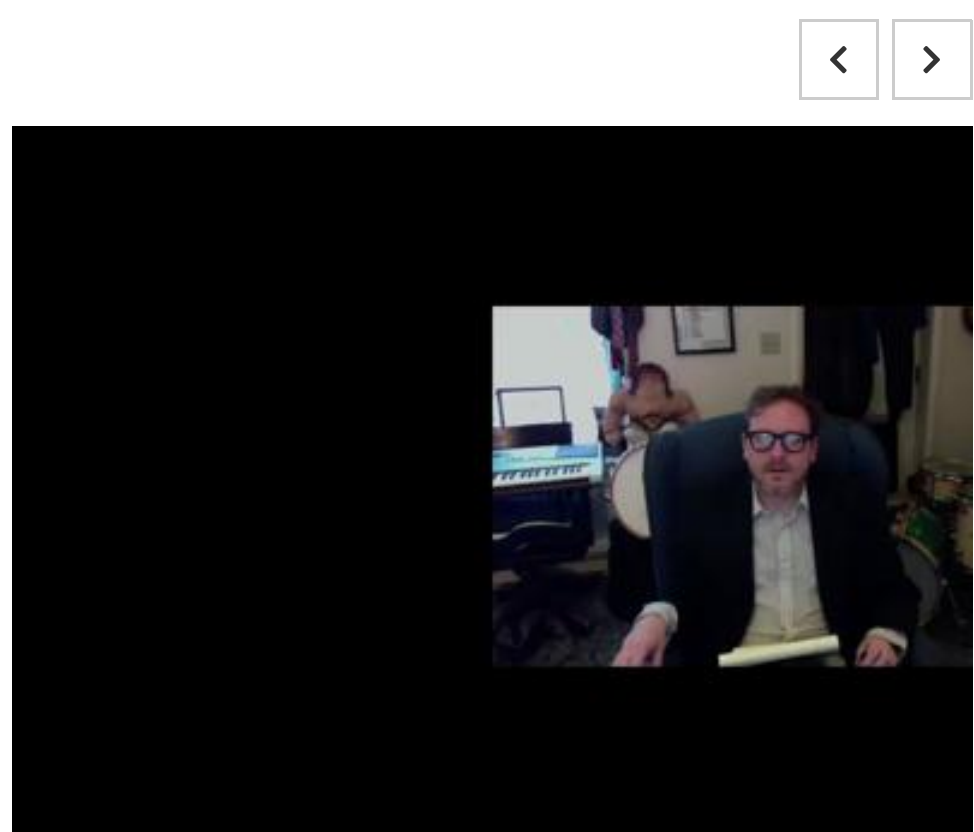
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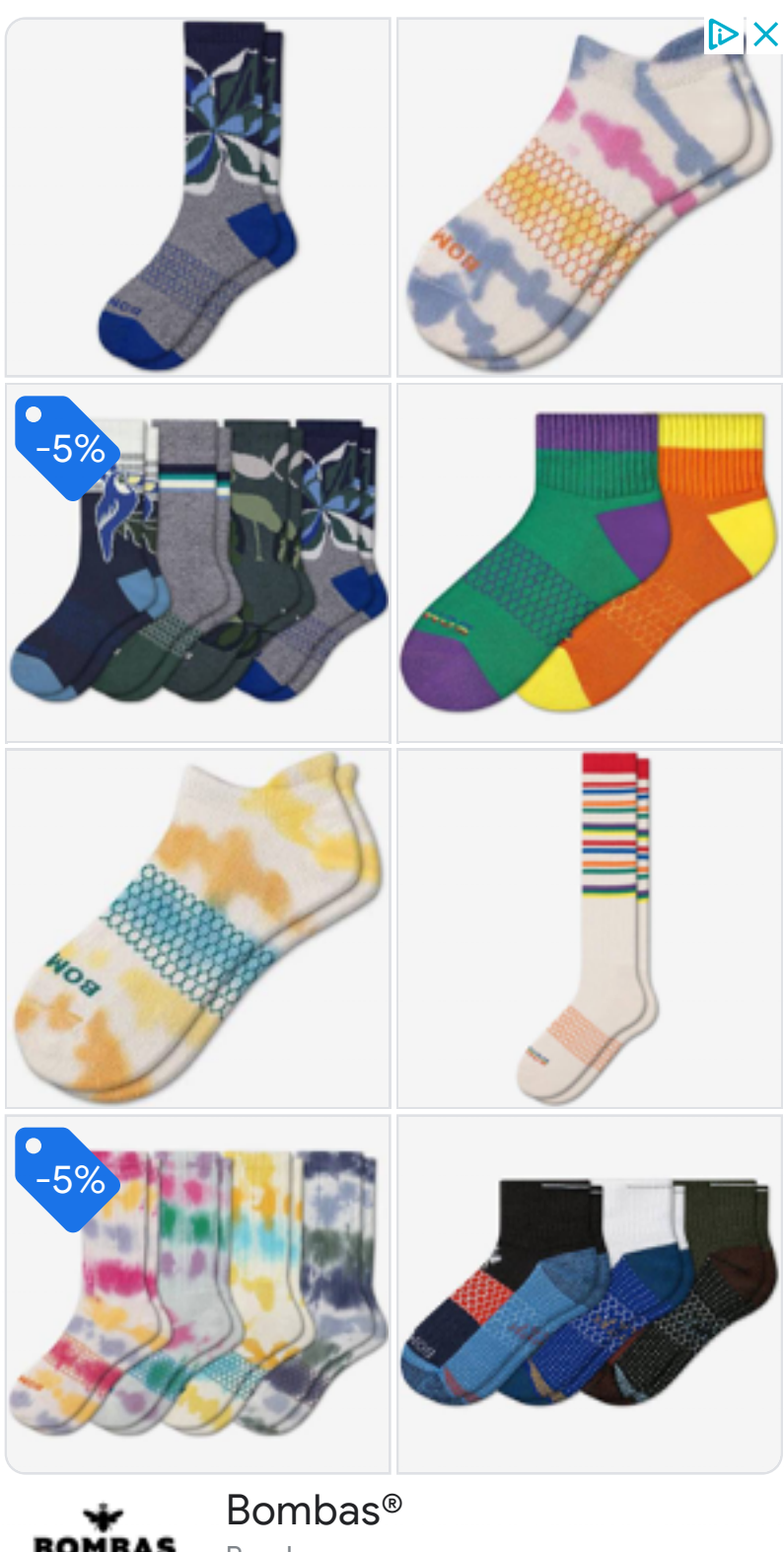
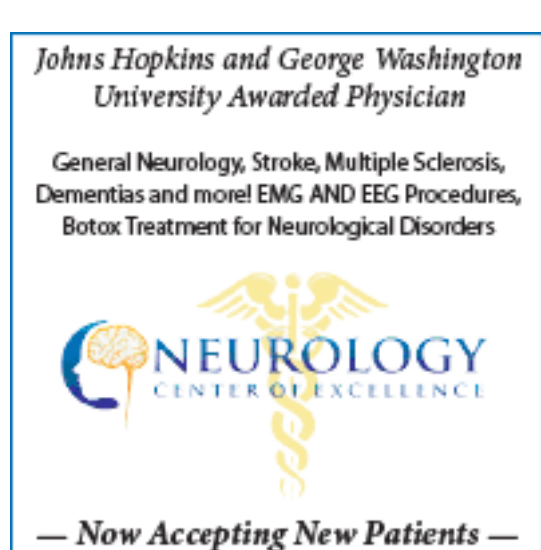
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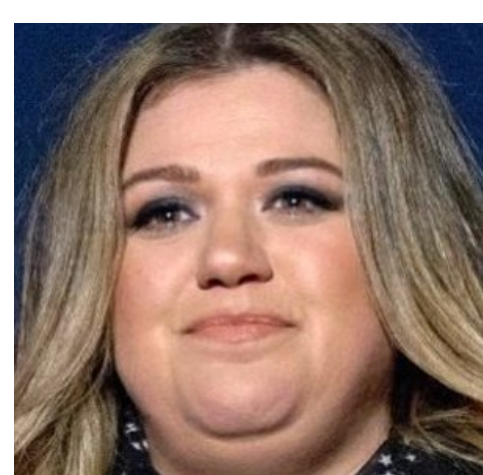
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- Bulldogs, Cougars begin regionals

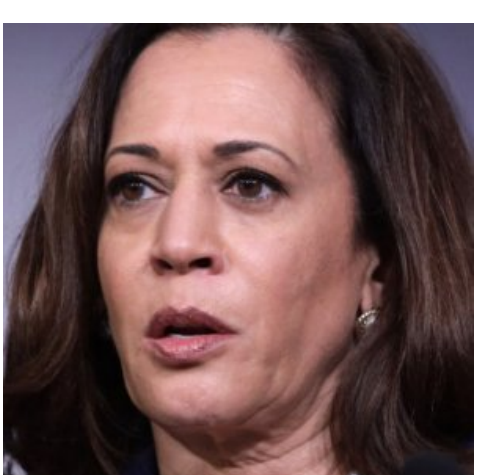


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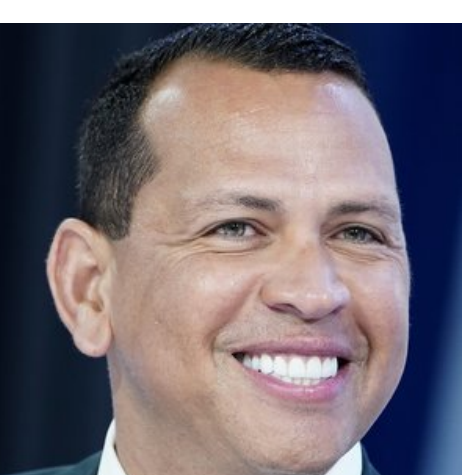
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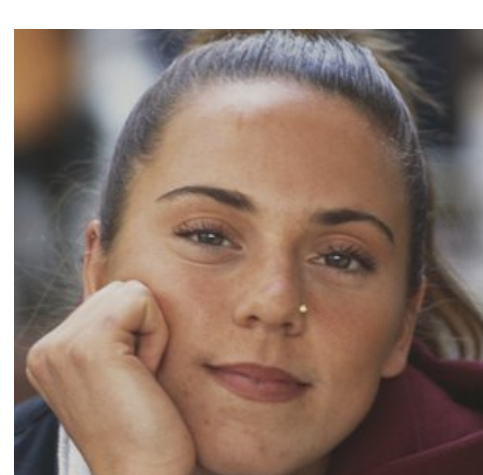
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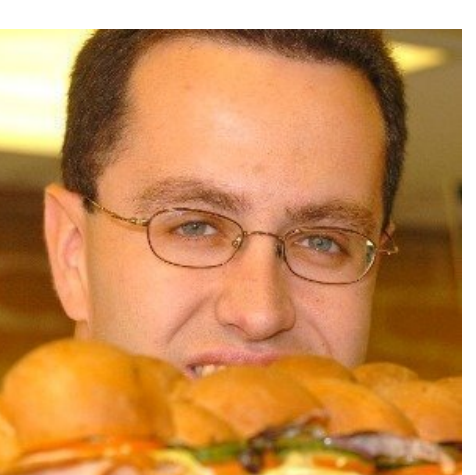
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