

What is PBM Therapy

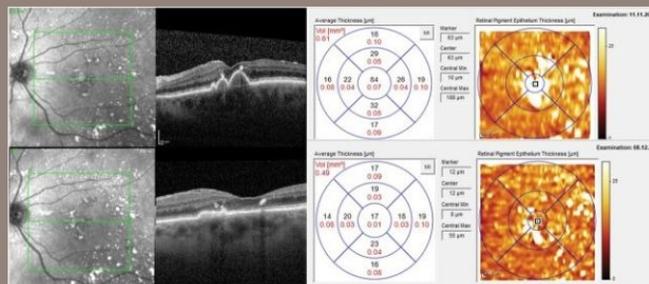
Photobiomodulation (PBM) is a light-based therapy that employs specific wavelengths of red, yellow, and near-infrared light to enhance cellular energy production and alleviate inflammation in the retina. These therapeutic wavelengths penetrate various layers of retinal tissue, energizing the mitochondria—the “powerhouses” of your cells—and promoting the health of the retinal pigment epithelium (RPE) and photoreceptors. PBM therapy is non-invasive, painless, and free from drugs. Each session only takes 8 minutes and can assist in slowing, stabilizing, or even improving vision for patients suffering from dry Age-Related Macular Degeneration (AMD).

How PBM Helps AMD

PBM helps restore the energy and function in retinal cells:

- Increases energy production (ATP) in retinal cells
- Reduces oxidative stress and inflammation
- Improves retinal metabolism and overall function
- Enhances visual contrast and acuity in numerous patients

PBM therapy operates by reestablishing the natural balance within your retinal cells, enabling them to perform more efficiently and better resist degeneration over time.



What PBM does not do

- PBM is not a cure for AMD
- PBM will not revive non-viable cells
- Continued treatment is required to maintain therapeutic benefit, but will not completely stop the progression of AMD.

What to Expect During Treatment

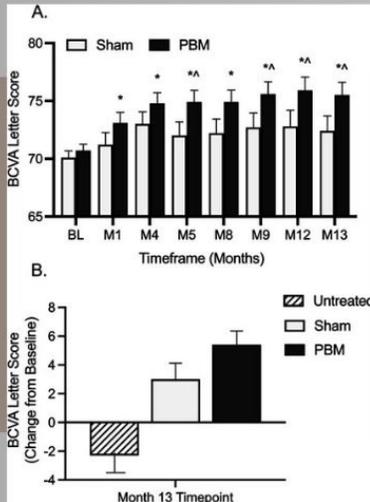
1. Comfortable Experience: You can either sit or recline during your session.
2. Quick Sessions: Each treatment lasts about 8 minutes.
3. Gentle Light Therapy: The device utilizes therapeutic red, yellow, and near-infrared light, providing a soothing experience without discomfort.
4. Treatment Plan: The usual protocol consists of one treatment per week for nine weeks, then one treatment per month for three months, repeating this cycle for a total of 26 treatments each year.



Clinical Support

Clinical Research: The LIGHTSITE Studies
Recent multi-center clinical trials have shown that PBM therapy can improve visual outcomes and slow progression of dry AMD:

- LIGHTSITE I (Toronto, 2016): PBM led to significant improvement in best-corrected visual acuity and contrast sensitivity.)



- LIGHTSITE II (Europe, 2020): Patients showed sustained functional and structural retinal benefits after repeated PBM cycles.
- LIGHTSITE III (U.S., 2022): PBM-treated eyes demonstrated improved vision and reduced disease progression compared to sham-treated eyes. (*References available upon request; data on file, LumiThera, Inc.*)

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Photobiomodulation (PBM) Therapy for Macular Health



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