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## **NARROWBAND UVB PHOTOTHERAPY INFORMATION**

### **What is Phototherapy?**

Phototherapy is the use of specific wavelengths of light that have been shown to be very effective in the treatment of psoriasis and other skin conditions. This light occurs naturally as a component of sunlight and is called ultraviolet light.

### **What is Narrow Band UVB Light?**

Narrow band UVB is light energy which is emitted in a narrow band portion of the UVB light range, 311 nm to 313 nm. UVB-NB has been shown to be the optimal part of the UV light spectrum which slows growth of psoriasis lesions. It is also used to start the repigmenting process for vitiligo.

### **Is Phototherapy Safe?**

As we all know, virtually every treatment for any type of illness carries with it some level of risk. We know that excessive exposure to UV light over a long period of time may increase the chances of skin cancer. However, unlike oral, IV or IM medications, the safety of ultraviolet phototherapy has been studied for over 100 years. Recent studies show that narrowband UVB lamps (UVB-NB) has virtually NO incidence of causing skin cancer and has minimal side effects\*. UVB-NB is generally considered to be safe for children and lactating mothers. Phototherapy has been shown to be an extremely effective treatment for controlling Psoriasis and Vitiligo.

### **How Does Phototherapy Compare With Other Forms Of Psoriasis Treatment?**

Other forms of treatment require the use of topical steroids, immunosuppressive drugs, or other systemic drugs. These alternatives are often costly and have the potential for serious side effects. Phototherapy has been recognized as safe, effective, and economical and has stood the test of time. Your insurance company often will cover phototherapy treatment.

### **How Often are Treatments Taken and How long Are Treatment Times?**

This depends on the condition. For psoriasis, phototherapy treatments are given 3 to 5 times per week, with treatment times beginning at a few seconds and increasing to several minutes over time for several months. For vitiligo, phototherapy sessions are 1-2 times per week for several months. Once clearing is achieved, some patients will require regular phototherapy maintenance while others may need only periodic checkups.