



Title: Application of MIRE in the treatment of post-herpetic neuralgia

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Abstract

Post-herpetic pain is an extraordinary drug-resistant neuropathic pain, which arises after the skin lesions disappear. The present case is a lady aged 57, who complained of severe herpetic pain on a scale 8 out of VAS 0-10, affecting the right T7 dermatome. She was prescribed acyclovir, nido, famotidine, neutim and clinovir cream two days after the onset. These whilst reduced the extent of skin eruptions, did not control the neuropathic pain and allodynia. Even touching by clothes provoked severe pain. A week later, she felt “weak” and consulted a Chinese medical practitioner. She was then treated by Chinese medicine and acupuncture. The treatment lasted for one month. It reduced both the pain intensity and frequency. Pain was reduced from nearly 20 hours a day to occasional pain. She was then referred for treatment by monochromatic infra-red energy (MIRE), which has been documented to have similar effects to laser irradiation that is effective in reducing post-herpetic neuralgia. Immediately after the first treatment which lasted for 20 minutes, she felt pain reduction and relaxation of adjoining muscles. After 6 consecutive treatments which spanned over two weeks, she had complete relief and she felt that the circulation in the area returned.

The effects of MIRE are similar to low level laser, which has been found to reduce or control postherpetic pain effectively. It is suggested that MIRE be used in the treatment of post-herpetic neuralgia, given its effectiveness, the ease of use and that it is less dangerous than laser to operate.

Reference

Fan X, Wang S. A novel treatment of herpes zoster pain with pulsed laser irradiation. *Dermatol Surg.* 2015 Oct; 41(10): 1189-90

Knapp DJ. Postherpetic neuralgia: case study of class 4 laser therapy intervention. *Clin J Pain.* 2013 Oct; 29(10): e6-9

Biography

Ka Yu Lee has completed her Bachelor degree in Physiology and Neuroscience in University of California, San Diego. She then go on her studies in the Chiropractic field in Palmer College of Chiropractic West and obtained her Doctorate degree in Chiropractic. Ka Yu is now working as a chiropractor in Hong Kong Chiropractic College Foundation – Wanchai Clinic.

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Session name/ number:

Category: (Oral presentation/ Poster presentation)