

## Alcoholism

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### **Use of low-energy laser as adjunct treatment of alcohol addiction. Zalewska-Kaszubska J, Obzejta D.**

Department of Pharmacodynamics, Medical University, Muszynskiego 1, 90-151 Lodz, Poland. [jzalewska@pharm.am.lodz.pl](mailto:jzalewska@pharm.am.lodz.pl)

Auricular acupuncture is a medical method that has been used in the treatment of alcohol addiction. In our study we decided to intensify this method by additional biostimulation of the whole organism. The aim of this study was the therapy of patients with alcohol dependence syndrome. Fifty-three alcoholics were treated with two types of laser stimulation in four sessions. Each session consisted of 20 consecutive daily helium-neon laser neck biostimulations and 10 auricular acupuncture treatments with argon laser (every 2nd day). The Beck Depression Inventory-Fast Screen (BDI-FS) was used to assess their frame of mind before the session and after 2 months of treatment. Moreover, beta-endorphin plasma concentration was estimated five times using the radioimmunoassay (RIA) method. Improvement in BDI-FS and increase in, beta-endorphin level were observed. These results suggest that laser therapy can be useful as an adjunct treatment for alcoholism.