

Dear National Biological

I was diagnosed with psoriasis at age 14 and now I am 36 years old. You can say that I have tried just about every medicine both approved by FDA and trial without much success. Examples include Enbrel, Humira, oral meds, creams, oils, salts, coal tar, etc and the list is much more extensive that I can't even remember all of the names.

My dermatologists over the years have told me the benefits of light therapy, but I was scared. I thought that it would hurt me and would take so much of my time (going to and from my doctors office three times a week). About two years ago, I gave in. I decided that nothing else was working and I was tired of being embarrassed to wear shorts or short sleeve shirts because it would raise too many questions of what was all over my body.

I went to the doctor and she started my light (UVB) treatments for a short amount of time and then increased slowly for many reasons: 1) I have very light skin and eyes she had to make sure that I didn't burn -it takes hours sometimes for a burn to come out. 2) to see what the lowest amount of light would help my psoriasis-no reason to do an extensive amount when just a little will do. 3) Started out just twice a week and then three times a week. My skin and psoriasis seemed to like this time frame.

Well, I was right. It was time consuming going into my doctors office three times a week and expensive too. I had to pay a co-insurance every time I went to get my treatments. You can do the math \$30 (3) times a week--crazy. It was a benefit to start out with the treatments at my doctors office because it helped me see that the treatments work and under the supervision of my doctor to do it safely, but now I was ready for the next phase. My doctor sent a letter to my insurance and I was approved to have a light box in my own home. The insurance approved it because it was extremely expense for them if I continued to go to my doctors office. It took about two weeks after that for me to get my light box. So, three times a week, in the privacy of my own home--I do my light treatment on my Panosol II 311mm NB UVB light box. It is slim and easy to move around-takes up very little space. I happen to have a large 1/2 bathroom, so it stays in there. Since it is on wheels I can move it when I need to.

I still go see my doctor, but a lot less. And I still take precautions as my doctors tells me, but my skin is sooo much better. I am getting married in Oct, 2008 and I am wearing a strapless gown that also shows my back and I am confident (not like before) that my skin will be soft and pretty vs red and flakey.

I love my home light box.

Sincerely,

Tara A.

Bronx, NY