18TH CONGRESS OF JAPAN LASER THERAPY ASSOCIATION (JaLTA)

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The history of JaLTA

The 1st Congress of JaLTA was held in June 1989. Three persons including Prof. Mitsuo Motegi, Department of orthopedics, Toho University, and Prof. Toshio Ohshiro worked as coordinators.

The 2nd Congress was held with the 1st International Laser Therapy Association (ILTA) in Okinawa in

October 1990 with Prof Toshio Ohshiro as President. The rules of the association were adopted at the 3rd Congress. Special lectures, tutorial lectures, a lecture by the President, lectures open to the public were planned. Participants have increased, and congress contents have been filled up as well.

The 18th JaLTA

The 18th JaLTA Congress was held with the 1st International Phototherapy Association (IPTA) in Nagano in July 2006 with Dr. Yoshimi Asagai as President. The program was consisted of 57 subjects on the theme "Improvement and Practice of Laser Therapy", including special lectures, tutorial lectures, a lecture by the President as well as symposiums on each medical area. The number of participants was over 250.

As for the special lecture, Dr. Chiyuki Shiroto spoke on the History of JaLTA and the application LLLT in many areas.

In tutorial lecture 1, Dr. Masami Akai spoke on LLLT effectiveness from EBM - report of meta analysis -. It introduced the effectiveness of LLLT in high-integrity documents and highlighted need of an agreement to define type of laser, wavelength, beam shape, spot size, distance from surface, treated area, power, power density, dosage, and energy density.

In tutorial lecture 2, Dr. Jitsuo Usuda gave a speech about the front of Photodynamic Therapy (PDT) for lung cancer. It introduced effectiveness of PDT that is minimally invasive treatment for lung cancer in older people, and new action making photodynamic reaction in the neoplastic cell by optical emission.

As for the lecture by the President, Dr. Yoshimi Asagai spoke on application of LLLT in an infantile orthopedic surgery. It introduced shortening the treatment period for Perthes which is a hematogenous disorder of infantile caput femoris. It enable restraining deformation of caput femoris, and prevents avascular necrosis of the femur head. This is always a problem. And it reported usefulness for promoting hip cup growth and prevention of coxa magna as well. As other applications, it reported the effectiveness of a simultaneous use of LLLT and a correction massage for a congenital club-foot, and for external wounds and postoperative cutaneous necrosis.

Reports from rehabilitation, orthopedics, sports, basic medicine, department of dermatology, anti-ageing medical care for skin, dentistry oral surgery, pain, the obstetrics and gynecology department, veterinary were performed as a symposium.

In luncheon seminar 1, Dr. Yoshimitsu Abiko gave a lecture about Bioinformatics study of anti-inflammatory effectiveness by photodynamic therapy for rheumatoid arthritis.

In luncheon seminar 2, Dr. Taro Kono spoke on the possibility of Skin Rejuvenation by Fractional

Resurfacing. And Dr. Junichiro Kubota reported LED world – effectiveness of Skin Rejuvenation by Omunilux –.

In an evening seminar, Dr. Toyoshi Hosokawa spoke the practice of LLLT clinical application – from evidences -. Improvements and practices of Laser Therapy were reported and gained interests of participants. **(Fig. 1)** A joint Party of the JaLTA and IPTA was held at night and became the venue of international exchange fostering closer relationships. **(Fig. 2)**

I spent much time on preparations for holding the congress simultaneous by IPTA, but was proud to receive good reports that the plan, management and congress contents were fruitful. The congress finished successfully thanks to the efforts of staff of Shinano Handicapped Children's Hospital and Japan Medical Laser Laboratory on Prof. Toshio Ohshiro's goodwill. I'm strongly convinced of the possibility that the application range of light treatment will widen further and could contribute to society and could enable treatment of what is now deemed impossible.

Fig. 1: A conference room in 18th Congress of JaLTA

Fig. 2: A joint party of JaLTA and IPTA