

FOTOVITA FV-10 S (SMALL)

TECHNICAL DATA:

Supply voltage	230V, 50Hz
Power requirement	80 W
Supply of fluorescent lamps	high-frequency converter HF
Luminous flux density	3 200 lx at the distance of 50 cm from the screen 1 800 lx at the distance of 75 cm from the screen
Fluorescent lamp life	10 000 h
Class of protection against electric shock	I
Dimensions	455 x 270 x 115 mm
Mass	2,8 kg
Warranty	60 months

FOTOVITA FV-10 M (MEDIUM)

TECHNICAL DATA:

Supply voltage	230V, 50Hz
Power requirement	120 W
Supply of fluorescent lamps	high-frequency converter HF
Luminous flux density	5 000 lx at the distance of 50 cm from the screen 2 500 lx at the distance of 75 cm from the screen
Fluorescent lamp life	10 000 h
Class of protection against electric shock	I
Dimensions	560 x 270 x 115 mm
Mass	3,1 kg
Warranty	60 months

FOTOVITA FV-10 L (LARGE)

TECHNICAL DATA:

Supply voltage	230V, 50Hz
Power requirement	230 W
Supply of fluorescent lamps	high-frequency converter HF
Luminous flux density	10 000 lx at the distance of 50 cm from the screen 5 000 lx at the distance of 75 cm from the screen
Fluorescent lamp life	10 000 h
Class of protection against electric shock	I
Dimensions	560 x 345 x 120 mm
Mass	5,0 kg
Warranty	60 months

FOTOVITA



LIGHT OF THE LIFE

SAD phototherapy light

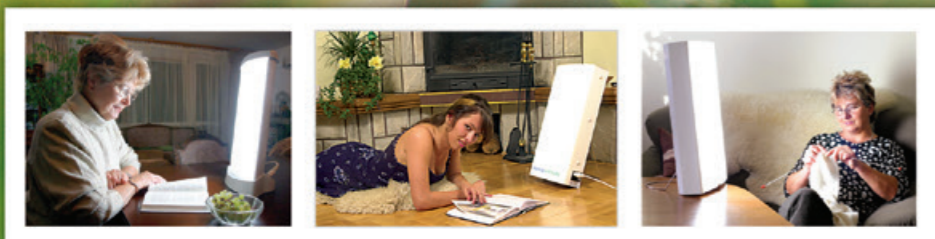
FOTO VITA

ANTIDEPRESSIVE LIGHT

LIGHT OF THE LIFE

fotovita

ANTICIPATE THE SYMPTOMS OF A BAD MOOD – USE THE PHOTOTHERAPY PREVENTIVELY



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CE 2274

The sun is our source of life and energy. Seasonal depression may be caused by the lack of sunlight early in the morning that is the reason for disturbances of internal biological rhythms of human being. This depression is called SAD (Seasonal Affective Disorder). One in every eighteen adults is exposed to winter depression. 80 percent of people suffering from the lack of sunlight are women on average. Two thirds of the sick are not aware of disorders they suffer from.

Seasonal depression appears at the end of October and finishes in May or April.

Symptoms of seasonal depression:

- feeling of sadness
- discomfort, anxiety
- troubles with concentration
- irritability
- tendency to fly into a passion
- avoidance of pleasant situations (anhedonia)
- no motivation
- loss of interests, apathy
- inordinate appetite, especially for sweets
- weakened sexual impulse
- inordinate sleepiness
- lethargy
- feeling of hopelessness
- increase of symptoms of before menstruation stress

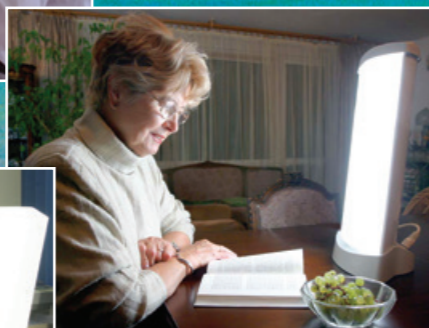
The main problem of our civilisation is that we live and work in environment where luminous flux density is about 500 lx. This dose is far too small for us to function properly. Many people react for this darkness very sensitively, especially in the autumn and winter. We get up at the artificial light, go to work in darkness, work at the artificial light, returning home at twilight, having a rest at the light of 500 lx. And as a result of that, the autumn-winter depression may take place.

There are some examples of luminous flux density that we may come across during our life:

- dose of sunlight during summer walk - 100 000 lx
- dose of antidepressive light - 2 500-10 000 lx
- domestic lighting or at work - about 500 lx (enough for people)

We may successfully compensate a lack of the sun during the autumn and winter with the use of FOTOVITA antidepressive light. It emits artificial light of parameters similar to the sunlight more powerful than usual bulbs. The light from usual bulbs is sufficient for our eyes to see but for our brain it means the night. Artificial light which is emitted by fluorescent lamps regulates secretion of melatonin (the sleep hormone) and serotonin responsible for controlling of our mood. **Phototherapy has medical and preventive qualities.**

YOUR SOLUTION TO WINTER



Advantages of phototherapy:

- prevents from winter depression
- removes bad moods, apathy, feeling of sadness and fear
- helps to fight against sleeplessness
- helps to fight against periodic bulimia
- relieves the menstruation stress
- cheaper than pharmacology
- any side effects.
- it may be recommended for persons of any age, phototherapy may be used by both pregnant and suckling women

Phototherapy can be effective in 80% and does not cause any side effects. Its first effects appear just after a few days.

Phototherapy is very comfortable - it can be used in domestic conditions.

You do not have enough time at home - use the lamp at work

It is void of harmful ultraviolet radiation because of the special filter that prevents our body from it.

Undesirable symptoms are minimal or they do not occur. Few people complain about headaches or eyes reddening. A larger distance from the source of light and a reduction of the time of irradiation should eliminate such complaints.

Phototherapy is not recommended for persons who take pharmacological preperates that cause sensitivity to light or have problems with their sight organ.

Phototherapy can be started one week before the time change into the winter time if it is not certain when first symptoms of depression appear. Phototherapy is the most effective method when it is used twice a day: in the morning and early evening (at least two hours before falling asleep).

To supplement an essential daily dose of sunlight two 30-60 minutes' sessions of irradiation are sufficient. The patient should sit at a distance of 0,5 m at the lamp and look at that.

Therapy with the use of bright light synchronizes biological rhythms regulating secretion of melatonin and restores health. Various illnesses caused by the disturbance of the internal biological rhythms include such troubles as winter depression, sleep disturbance resulting from changes of falling asleep time, sleep disturbance caused by multi-shift work, "jet lag" syndrome.

A charitable influence of the light on our life has been known for ages.



"Kobieta i styl", February, 2001

Seasonal depression comes in the late autumn and lasts until the spring. In May when days are warm and sunny our mood changes radically. In the summer all those complaints disappear and a human being forgets that he felt terrible. Dr Łukasz Świącicki from the Institute of Psychiatry and Neurology says "Winter depression similarly to other endogennic depressions (mourning, loss of job) makes the sick feel sad and desperate. Any other symptoms are like in usual depressions such as: inordinate sleepiness, inordinate appetite, a lack of energy and apathy".

Who falls ill?

Mostly people, aged between the age of 30 and 60 suffer from that complaint. Women falls ill with depression three times more often than men. According to dr Świącicki, a tendency towards winter depression may be hereditary. Inhabitants of countries situated in less sunny areas are more subject to falling with depression. It was observed that there was no link between an occurrence of the illness and the education level or a kind of job.

A deficiency of light

Causes of seasonal depressions (especially winter depression) are not known completely. It is stated that the most important external cause is a deficiency of sunlight whereas the internal one -reduced sensitivity of retina, genetically conditioned. This defect causes that less light reaches the eye because retina does not react sufficiently and sends less light impulses to the brain.

"Rzeczpospolita", Wednesday, September 22nd, 1999

Up to the present only in Germany and France people have been able to purchase lamps for phototherapy, called antidepressive. From November lamps of home production will be on sale in Poland.

Depression, a really terrible disease appears decidedly more often in northern regions than in sunny areas, more often in Scandinavia than in Floride and Dunkirk than Ajaccio. In Poland people fall ill with depression in the autumn and the winter. Some of them are persuaded to resign from their work for some time.

First Polish lamp for phototherapy

Eng. Radosław Purgał, a FOTOVITA's coauthor says "It is not an ordinary bulb. FOTOVITA weighs 5,5 kg and is a size of the briefcase. The lamp emits light at luminous flux density from 5000 to 9500 lx. It has been developed with the use of the most advanced achievements of lighting engineering (PHILIPS Co), by ULTRA-VIOL company, Łódź, in close cooperation with Physiology Department and Psychiatry Department and Clinic of L. Rydygier Memorial Medical Academy of Bydgoszcz".



In the autumn more often we fall in with depression because of a lack of sunlight. In the morning when we leave to work it is still dark and when we return home, there is already dusk.

At work our rooms are not lit properly and we may become ill if our internal biological rhythms, such as wakefulness-sleep, twenty-four hours temperature fluctuations, circadian rhythm of secretion of some hormones are disturbed.

Therapy with the use of bright light synchronizes biological rhythms regulating secretion of melatonin and restores health. This hormone that is well-known due to its qualities protected people against getting older is secreted during the sleep, is the most effective external regulator of internal biological rhythms of human being, such as wakefulness-sleep, twenty-four hours temperature fluctuations, circadian rhythm of secretion of some hormones. When the rhythms are disturbed, some problems appear.

