

3 HD Patients Experiences with Far Infrared Therapy

1. Mr. Wu's story (documented in 2005, as told by Mrs. Wu)

My husband has been diabetic for many years, and started HD 2 years ago, during the past 2 years he often has high blood pressure, often between 190-200 mmHg. Because his vessel is poor, not only does he have trouble during HD (the blood pump can only go as high as 160-180 cc/min), he's already received 2 surgeries due to fistula thrombosis.

We met a CV surgeon for his fistula surgeries, and in his outpatient clinic there are a lot of HD patients waiting in line to use this FIR Therapy Unit. After the surgery, the doctor told my husband to use it as well; he explained that using FIR after surgery can help with the surgical wound healing, pain relief, and faster maturation for the fistula.

We live 3 counties away from the surgeon's hospital, so we can't make the travel to use the machine every day; I heard a lot of positive things about this machine from fellow HD patients, so we decided to buy one for home use.

Per instruction, on HD days, my husband uses the machine on his fistula for 30-40 minutes before dialysis, so it's easier to cannulate and hurts less; after he returns home, he uses FIR for 40 minutes on his feet for controlling blood pressure, and on his lower back (behind his belly button) for 40 minutes to improve his energy. On non-HD days he uses it on his fistula for 2-3 times daily.

At the beginning, my husband did not feel different, but the nurse said that his fistula was softer. I believe in the surgeon, and encouraged my husband to keep using it. After 4 months, even I can see the difference! For example, his blood pressure right after dialysis dropped from 150-160 mmHg to 120-130 mmHg; and the blood pump on HD machine can go as high as 260 cc/min. As a bonus, his overall health condition also improved and he became less sensitive to cold.

I'm so glad that it's much easier to take care of my husband now; we don't have to constantly worry about his fistula getting clogged, or using hot compress which may burn his skin or cause infection.

Nowadays, not only does my husband use this machine, I also use it on my shoulder, neck, hands, and feet to promote blood circulation so I can take better care of the both of us.

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My husband and I were so worried about having to go through fistula surgery for the third time, but now it's no longer a concern. When I go to the HD sessions with my husband and see those patients who suffer like my husband used to, I couldn't help but share our experiences with them, hoping that they can benefit from our experience and endure less pain from fistula problems.

2. Mrs. Chen's Story~ (documented in 2006)

I've been on HD for 10 years, and after all these years, other than my vascular condition becoming poorer, my autonomic nervous system also became unstable, so when my parasympathetic nerve system becomes hyperactive, my pulse slows, my hands and feet become numb, and I often have stomach pain.

About a year ago I came across Far Infrared Therapy Unit in the hospital, and after the doctor instructed me to use the machine, I found that it's very helpful for my fistula; the recurring thrombosis and swelling in the fistula got better with use.

Being a cautious person, I wanted learn more about the machine and asked the doctor to explain it, moreover, I go to the hospital to use it even on the non-HD days. After using the machine for 1 year, I'm convinced of its benefits, and decided to buy one to use at home for convenience, and for my family's health maintenance.

On the non-HD days, I use the FIR Therapy Unit on my fistula to maintain its elasticity, so the blood flow is better; on the HD days when I feel more fatigued, I use it on my feet to improve my overall circulation, and makes me more energized.

Recently I noticed a big change; my bowels usually move too fast, so I often get stomach pain. Because the doctor told me FIR Therapy can be used on many discomforts, so I tried it. Surprisingly, after 40 minutes, my stomach stops aching, and even the numbing in my hands and feet improved dramatically. Later I asked the doctor, and learned that it's because my autonomic nervous system became more regulated, so my pulse returned to normal, and circulation got improved.

After using FIR Therapy, my fistula and other HD symptoms, such as insomnia, constipation, and muscle soreness and pain, no longer bother me. This is a really good therapy for HD patients!

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3. Mrs. Yan's story (documented in 2005, as told by her daughter)

My mother is 55 years old, and has been on HD for 11, 12 years. Because her vessels are thinner, she had to use a graft for her vascular access. She is often troubled with access infection and thrombosis, and has to get a new access every year or two. It pains us to see the number of surgeries she has to endure.

In April 2001, my mother went to her cardiovascular surgeon for access infection. At the time the problem was so severe her vessel was bursting! The surgeon replaced my mother's old graft with a new one, and suggested that she use FIR Therapy for future maintenance.

We listened to the doctor and bought a machine before Mother's day. And my mother used it faithfully, at least one treatment everyday on her graft. It's been a little over 4 years and she hasn't had to get surgeries to declot her graft or get a new one. Her vessels became more elastic, so it was easier for the nurses to cannulate; even the bruising and pain at the cannulation site improved. So my mother really appreciates this FIR Therapy Unit, she often says, "If we got this machine sooner, perhaps I wouldn't have had to go through so much pain!"

Even better, this FIR Therapy Unit does more than just vascular access care. My mother uses it on her feet when she has insomnia. If we have problems like muscle soreness, stomach pain, high blood pressure, we also use it and it's quite effective.

Basically, we use FIR wherever we have discomfort so it's very simple to use.

Honestly, we thought the machine was quite expensive when we bought it, but now we think it's a bargain for what it's done for our health!