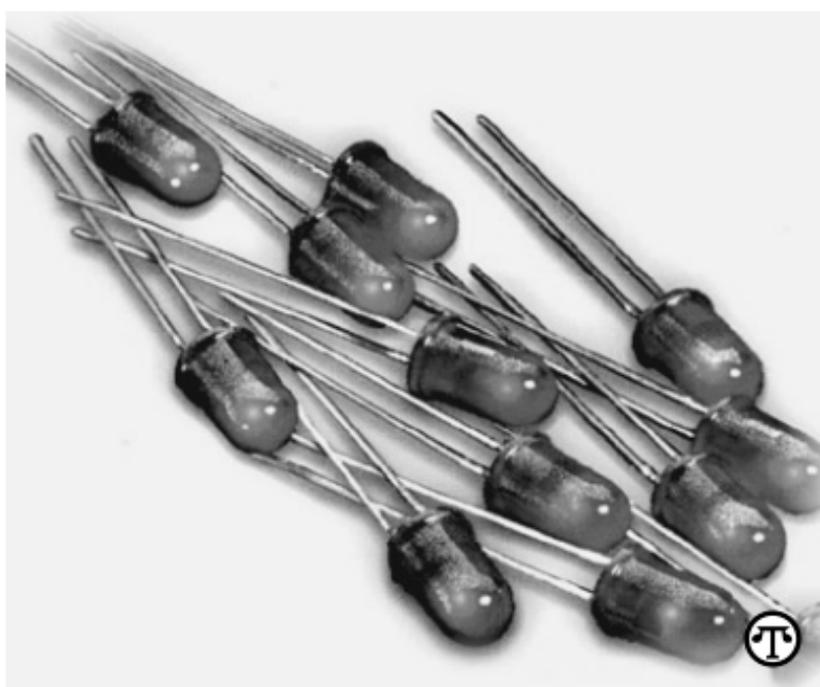




spotlight on health

Seasonal Affective Disorder

(NAPSA)—Seasonal affective disorder (SAD) is a common form of depression, usually occurring in late fall or early winter—most likely related to changes in sunlight. SAD is a treatable disorder, so it is important to know the facts, recognize the symptoms and, if diagnosed, get help.



A new kind of lighting technology is being used to treat a common form of depression.

An estimated six percent of the population suffers from SAD, and it is four times more common in women than in men. The condition often begins in the late teens or early 20s, and generally decreases as people age. Symptoms include weight gain, a drop in energy level, difficulty concentrating, avoidance of social situations and a constant sense of fatigue.

A popular treatment for SAD is light therapy. This involves exposure to full-spectrum lighting for approximately 30 minutes a day. However, the fluorescent and incandescent bulbs used in this treatment tend to generate a lot of heat, and the fluorescent bulbs emit small amounts of X-rays.

Fortunately, a new lighting technology may help provide a less harmful, more effective form of light therapy. High-brightness LEDs (light emitting diodes) are solid-state devices that emit light without generating the heat or radiation associated with conventional light sources. They also use one-tenth the electricity while lasting 50 times longer.

Uniroyal Technology Corporation sees LEDs as a major advancement in a gentler, more benign light therapy treatment.