

LED Lighting and Photosensitivity

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Are you tired of headaches, nausea, vomiting, pain or fatigue from lighting?

Flashing light migraines, nausea, vomiting, fatigue, malar rash, eye pain and increased joint/muscle pain have plagued me at home, in the workplace, schools and shopping. I have tried every type of light I could find including incandescent, fluorescent compact, electromagnetic ballast, electronic ballast, xenon, halogen, HID such as mercury vapour/metal halide/sodium, and this year LEDs. This was an expensive search and testing period. The only light that does not give me these symptoms is LED in the full spectrum with minimum CRI 90. It is flicker free. I bought and had these installed in my home and as part of a job accommodation, my employer installed these LEDs over my workstation. I no longer have to wear very dark, wraparound sunglasses or hats in the office.

The ceiling lights that worked for me are from GO Lighting Technologies Inc. Mr. Michael Minos was very helpful in the selection of the right fixture together with Al Cimini ARIDO OAAAS. The model used at my office was model GFR14 1'x4'x2.5" T-bar drop in. You can see the product data sheet at www.goenergyeffective.com/products.html.

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Since this light was installed, I have relief from all the symptoms the other lights caused. Obviously, sunlight and other lights still cause problems in environments that use them. I still have to use SPF 110 and wraparound sunglasses in other environments. It is a joy to have some relief at work and at home, the 2 places I can have some control over. There will always be public places we cannot control, which is when limiting our exposure is our best choice.

Ask your doctor if she/he is willing to write you a prescription for LED or other lighting. You may be able to get part of the cost covered by your extended health insurance for you at home or your employer if the light is for work. Some employers have money set aside for this type of job accommodation.

There is a level and type of lighting for everyone. Investigate, try different types of light and speak to your doctor about it. Do it for yourself and your health, not for anyone else. Just commit to yourself, your wellness and DO IT!