Appendix 1: Individual Patient Report 1: patient 1: female, 47 years old

Left lower leg: small venous stasis ulcer (49 mm²) on the anteromedial side of the left lower leg.

Result of ultrasound Doppler (Duplex scanning): insufficiency of the left greater saphenous vein with two insufficient perforating veins on the distal lower leg. No deep venous insufficiency.

The patient has had previous history of a similar ulcer at a position slightly superior to the present one. She underwent surgical intervention for varicose veins on both legs (November 1995; Spring 1996). The present wound appeared in August 2002, started as a scratch, and did not heal. At maximum size the ulcer had a diameter of about 2 cm in late September 2002. The patient felt that the wound was decreasing in size, but very slowly. The patient had been cleaning and dressing the wound herself. Optimal compression garment therapy with compression stockings (worn during daytime).

After the treatment period with wIRA the wound had healed. In March 2004 the patient underwent surgical intervention for repeated resection of the stella venosa and ligation of the insufficient perforating veins.

This ulcer is classified as a venous ulcer (v) (chronic venous insufficiency stage 3 according to Widmer, which means chronic venous insufficiency with ulcer) without concomitant problems in Table 1 in the results section.

Total number of treatments:27First treatment:2002-11-25Last treatment:2003-01-16Total treatment period:52 days





Before treatment

After treatment

Appendix 1 to: Mercer JB, Nielsen SP, Hoffmann G. Improvement of wound healing by water-filtered infrared-A (wIRA) in patients with chronic venous stasis ulcers of the lower legs including evaluation using infrared thermography. GMS Ger Med Sci. 2008;6:Doc11. Online available from: http://www.egms.de/en/gms/2008-6/000056.shtml

Treatment set-up with wIRA radiator





Treatment: 30 minutes per session; radiator distance 25 cm

Infrared images of the ulcer



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The long 'arm' of the piece of wire points to where the ulcer was located



Note: In all following figures showing results related to time, the grey shaded area represents the entire wIRA treatment period for this patient (i.e., the total time period between the first and the last treatment).



Ulcer size (patient 1)

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