

EUROPEAN



ACADEMY
FOR ENVIRONMENTAL
MEDICINE

**How to detect people suffering
from severe Multisystem Illnesses (MCS, CFS, FM)
caused by the environment and care for them?
German longtime experiences**

**MALADIES DE L'HYPERSENSIBILITE :
QUELLES CAUSES ENVIRONNEMENTALES ?
DU DENI A L'ACTION**

COLLOQUE

Mercredi 21 avril 2010

**Peter Ohnsorge
European Academy for Environmental Medicine**

**Environment and
Health**

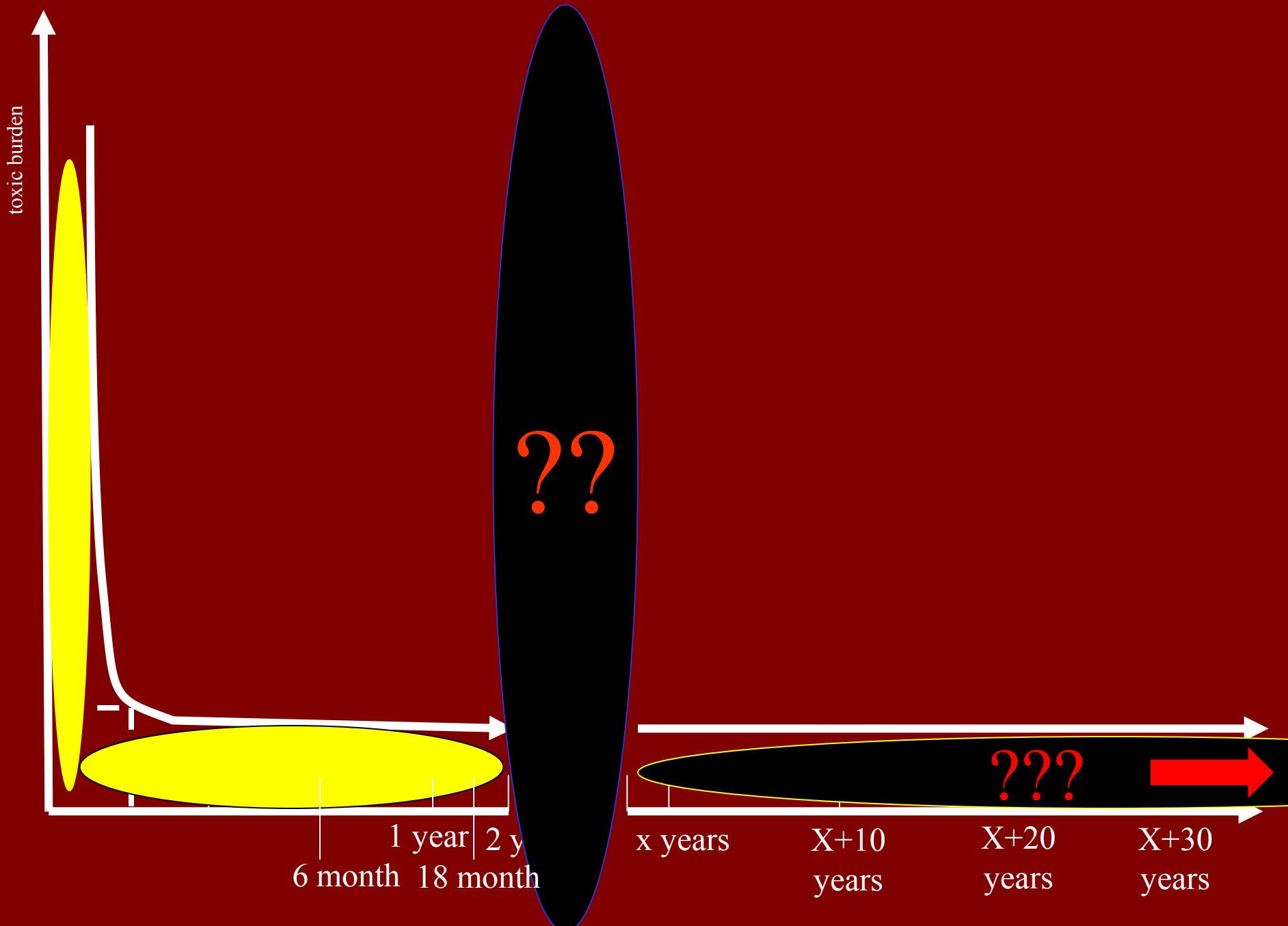
versus

Environmental Medicine

neither similar

nor

controversial



Paradigm of clinical Environmental Medicine

- **Not only the dose defines the toxic effect**
- **but the sum of:**
 - **dose**
 - **+ multi toxicity**
 - **+ time of burdening**
 - **+ individual susceptibility and vulnerability**

Environmental Medicine

Environment and Health means :

- A discipline dealing with recognition, research, and avoidance of disturbances of health and mental conditions, as well as
- recognition, research, evaluation and minimization of risks
- caused by defined aspects of interaction of men and environment.

Environmental Medicine means:

- A discipline dealing with recognition, research, **diagnose, treatment** and avoidance of disturbances of health and mental conditions,
- caused by defined aspects of interaction of men and environment.
- Evaluation has to regard **the individual susceptibility and vulnerability**
and
- **the special characteristics of complex influences.**

In our population we have a well known, epidemiological high graduated prevalence of environmental illnesses

➤ **15 - 30%**

of the population suffer from environmentally linked illnesses ^{*}, ^{**}, ^{***}

➤ **4% - 9%**

of the population suffer from escalating environmentally linked illnesses ^{**}

like:

MCS	Multiple Chemical Sensitivity
CFS	Chronic Fatigue Syndrome
FM	Fibromyalgia

* Eis, D. (2002) Multizentrische MCS – Studie, Robert Koch Institut, Berlin,

*/** Sorg, B. A. (1999) Multiple chemical sensitivity: potential role for neural sensitization. *Crit. Rev. Neurobiol.* 13, 283–316

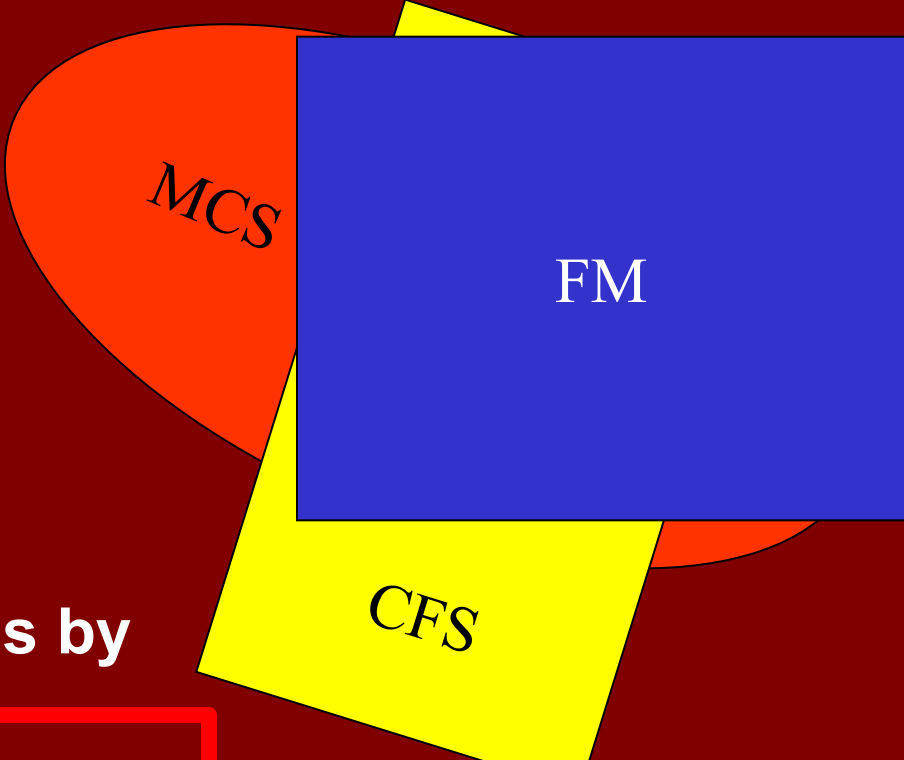
*** Caress, S. M. Steinemann, A. C.(2003) A review of a two-phase population study of Multiple Chemical Sensitivities. *Environmental Health Perspectives*, Vol. 111, No.12, September 2003

4%

**represents the prevalence of diabetics
in our population!**

**Why do we not give the same amount
of attention and care
to those suffering from
environmental induced illnesses?**

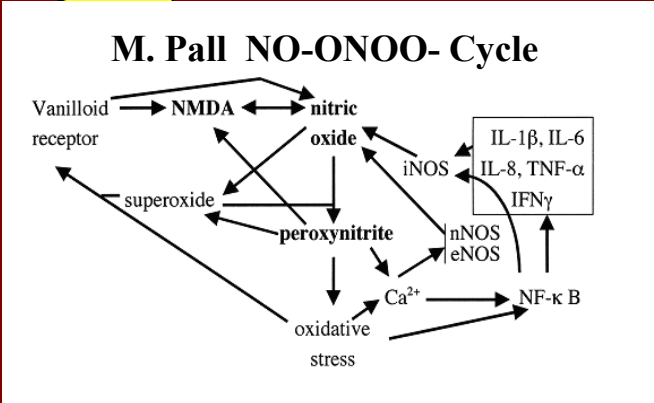
Multi System Illnesses



Same illness?

more than 80% overlapping symptoms by

always
Multiple Chemical Sensitivity (MCS)
Chronic Fatigue Syndrome (CFS)
Fibromyalgia (FM)
Inflammation



First step in diagnosis
Awareness
in doctor's point of view

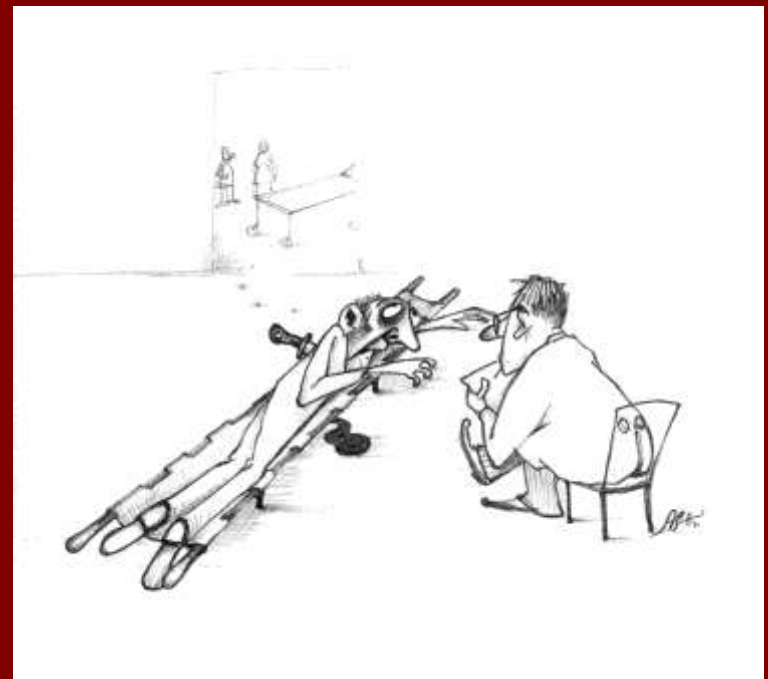
Awareness of

- multi-factorial,
- multi-functional or
- multi-dimensional

reactions, probably induced by environmental circumstances;

Belief

in a very complicated case history



MCS

Symptoms diversity makes Diagnose complicated

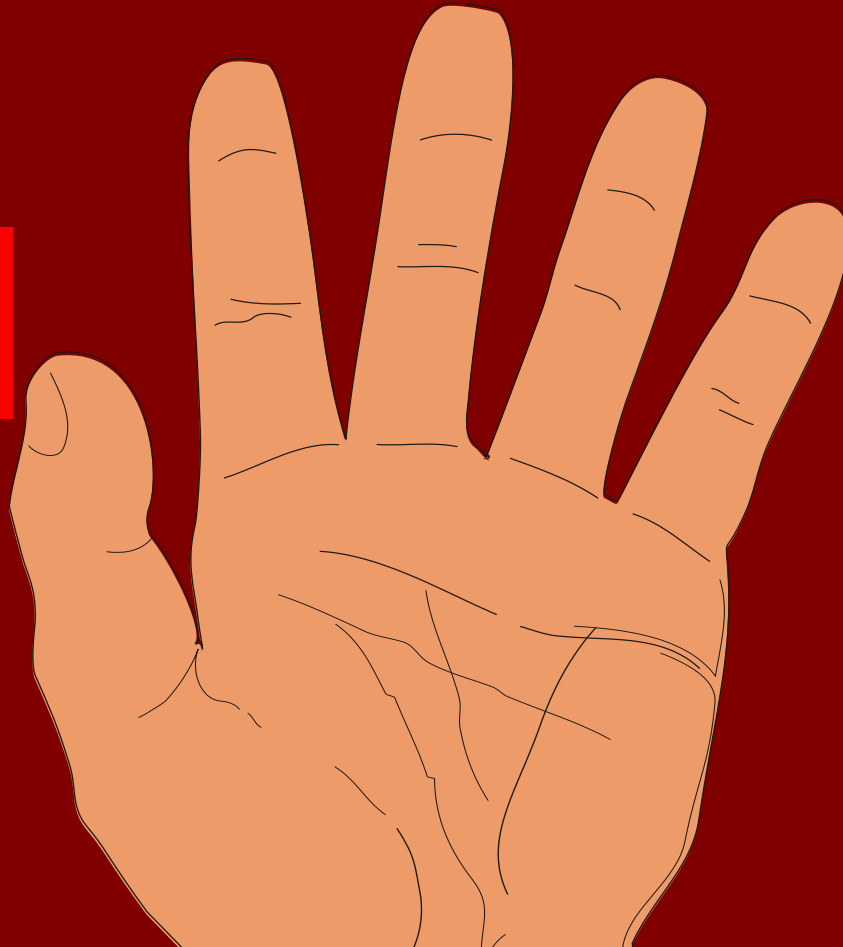
- chemical sensitivity
- obstruction of the nose
- dry mucosa of the nose
- Recurrent epistaxis
- globus feeling
- headache
- hair loss
- sweating at night
- recurrent infects
- Exhaustion
- Tiredness
- Propulsion
- Uncertified stomach aches
- Pain in mussels and articles
- Paraesthesien
- Undefined fear and panic
- Sleep disorders
- Concentration disorders
- Disorders to find words
- Dizziness, numbness
- Depression
- Tinnitus, sudden deafness

**Most important question in
environmental medicine
anamnesis**

**Do the symptoms vary
inside and outside
home or working place?**

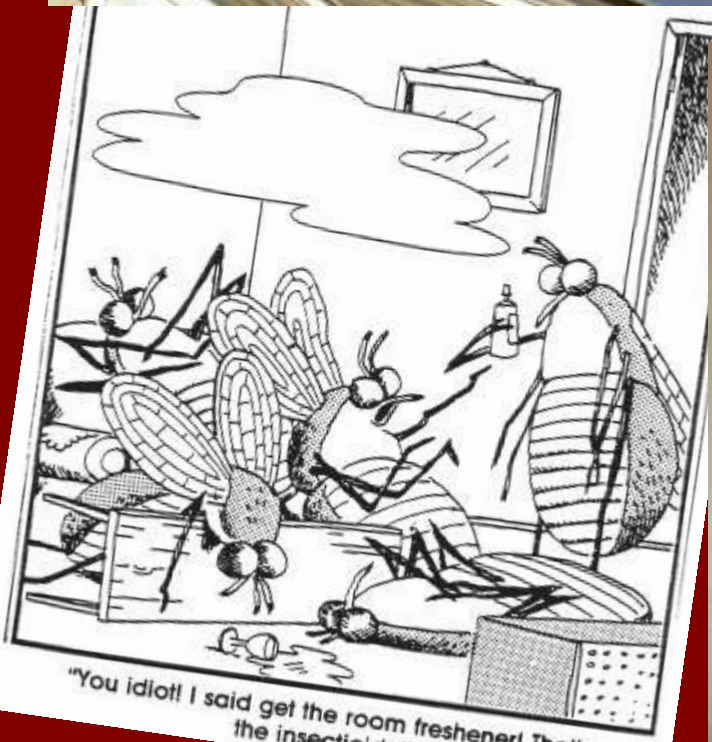
Sphere of influence by patients suffering from environmentally linked illnesses

**apartment
cloth**





sealed up



"You idiot! I said get the room freshener! That's the insecticide!"



al event getting the
mptoms: headache,
ss, forgetfulness ...

ust be wood preservatives
in the bar



Pollutants and Sources of Indoor Air Pollution

Asbestos

Biological Pollutants

- **Molds**
 - Allergens
 - Toxins

Carbon Monoxide

Formaldehyde/Pressed Wood Products

Household Cleaning and Maintenance, Personal Care, or Hobbies

Lead

Nitrogen Dioxide

Pesticides

Radon

Respirable Particles

Secondhand Smoke/Environmental Tobacco Smoke

Stoves, Heaters, Fireplaces, and Chimneys



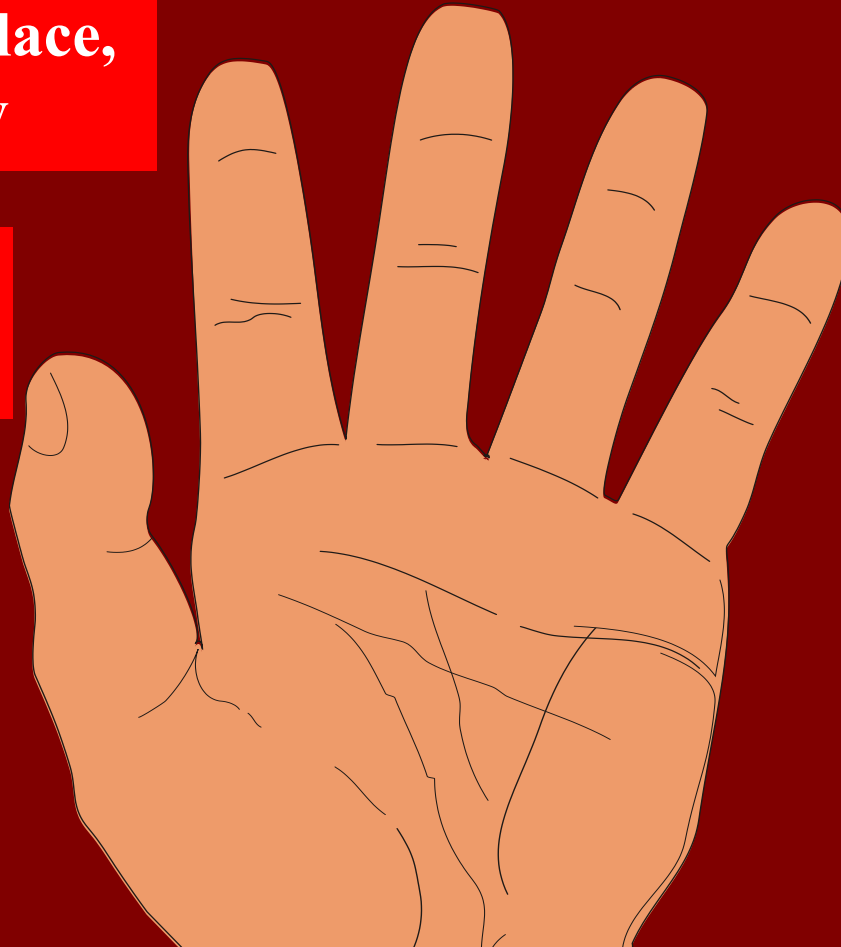
Potential health effects and symptoms associated with molds and mycotoxins

- **Infection**
- **Allergic reactions**
 - rhinitis
 - conjunctiva inflammation
 - urticaria
 - asthma
- **Immediate toxic response**
- **Immune-suppression**
- **Neurologic reactions**
- **Potential long-term carcinogenic effect**

Sphere of influence by patients suffering under environmentally linked illnesses

workingplace,
hobby

apartment
cloth



Sensitization by PCB, PCP, LINDAN, PERMETHRIN

Beruf: carpenter

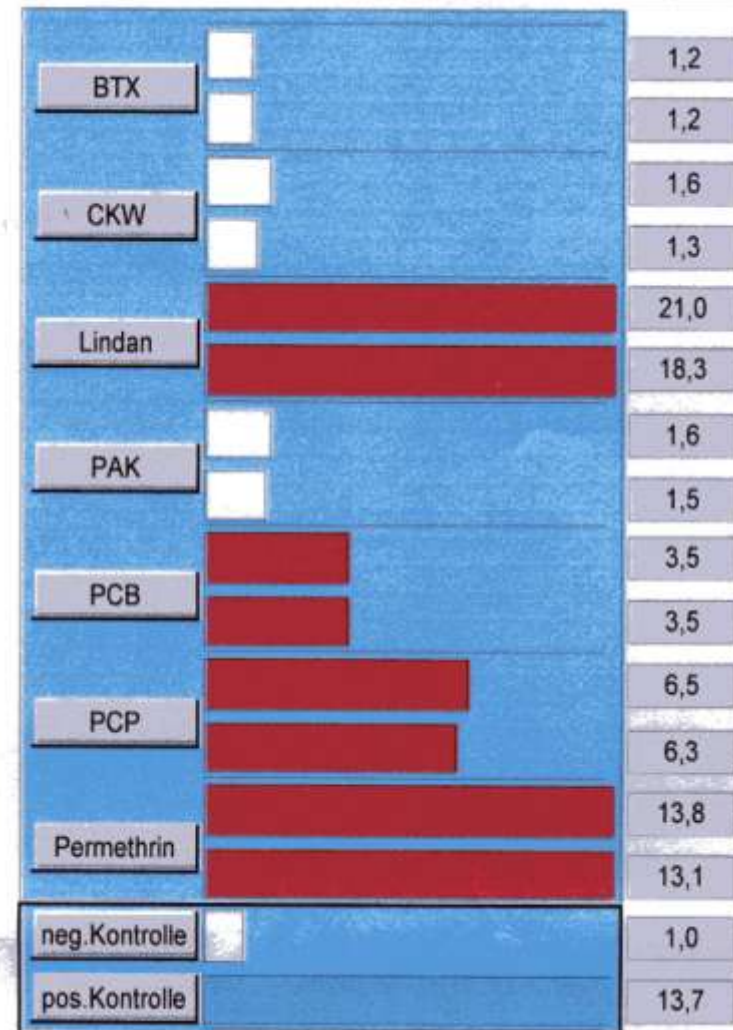
Symptoms: hardness of hearing, tinnitus, central vertigo, depression

**Toxin-Human Biomonitoring:
No direct toxin
or Metabolism of toxins found**

**Immunology:
no IgE- Sensitization
small Lymphocytose, C4/C8-Ratio: 3,79
No circling Immuncomplexis**

Selenium deficiencies : 60 ug/l

**SPECT:
Spontaneous and after PCP-challenge
Brain perfusion damage !**



Zentrale Sensibilisierungseffekte nach PCB, PCP, LINDAN, PERMETHRIN

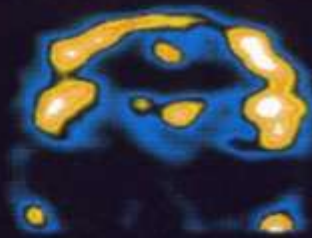
Pat.:K.H.;m;geb.:14.01.63

07Feb2003

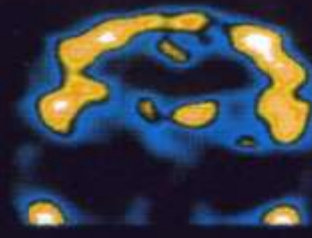


CORONAL

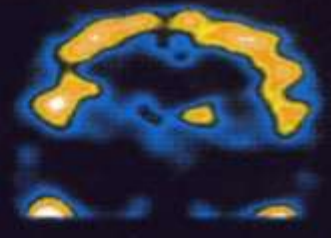
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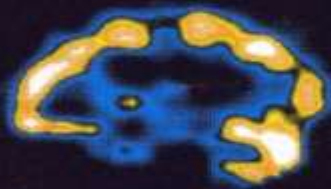
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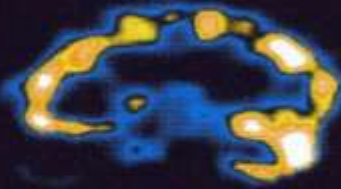


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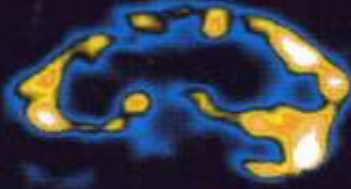


SAGITTAL

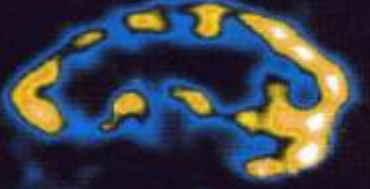
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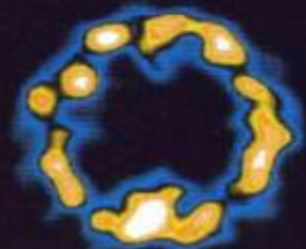
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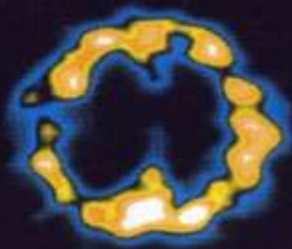


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TRANSVERSE

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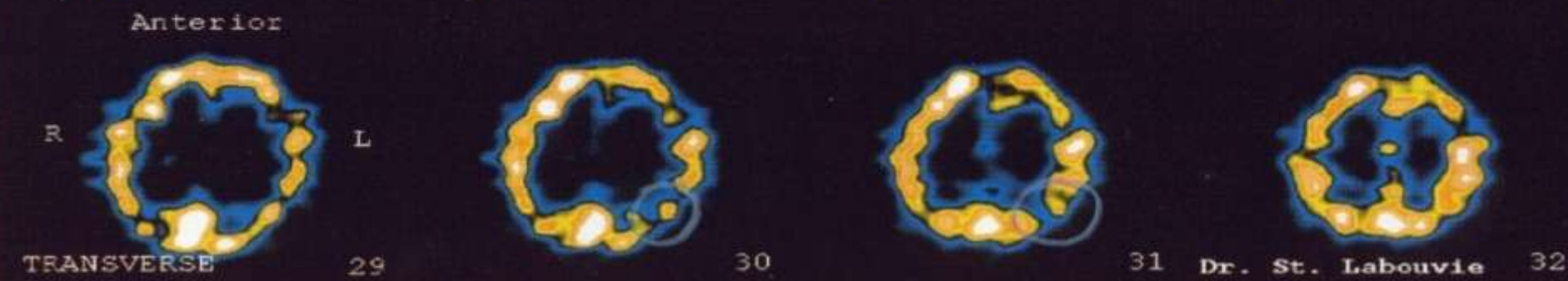
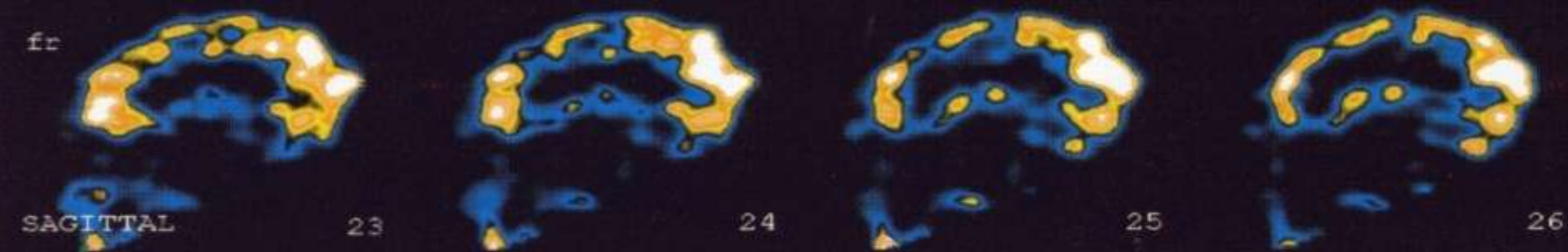
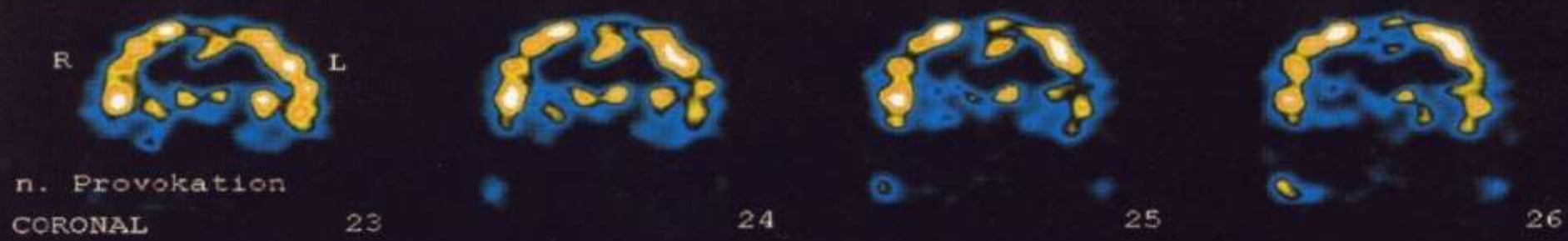


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Hirnperfusionsstörung nach PCP-Provokation

Pat.:K.H.;m;geb.:14.01.63

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Sphere of influence by patients suffering under environmentally linked illnesses

diet

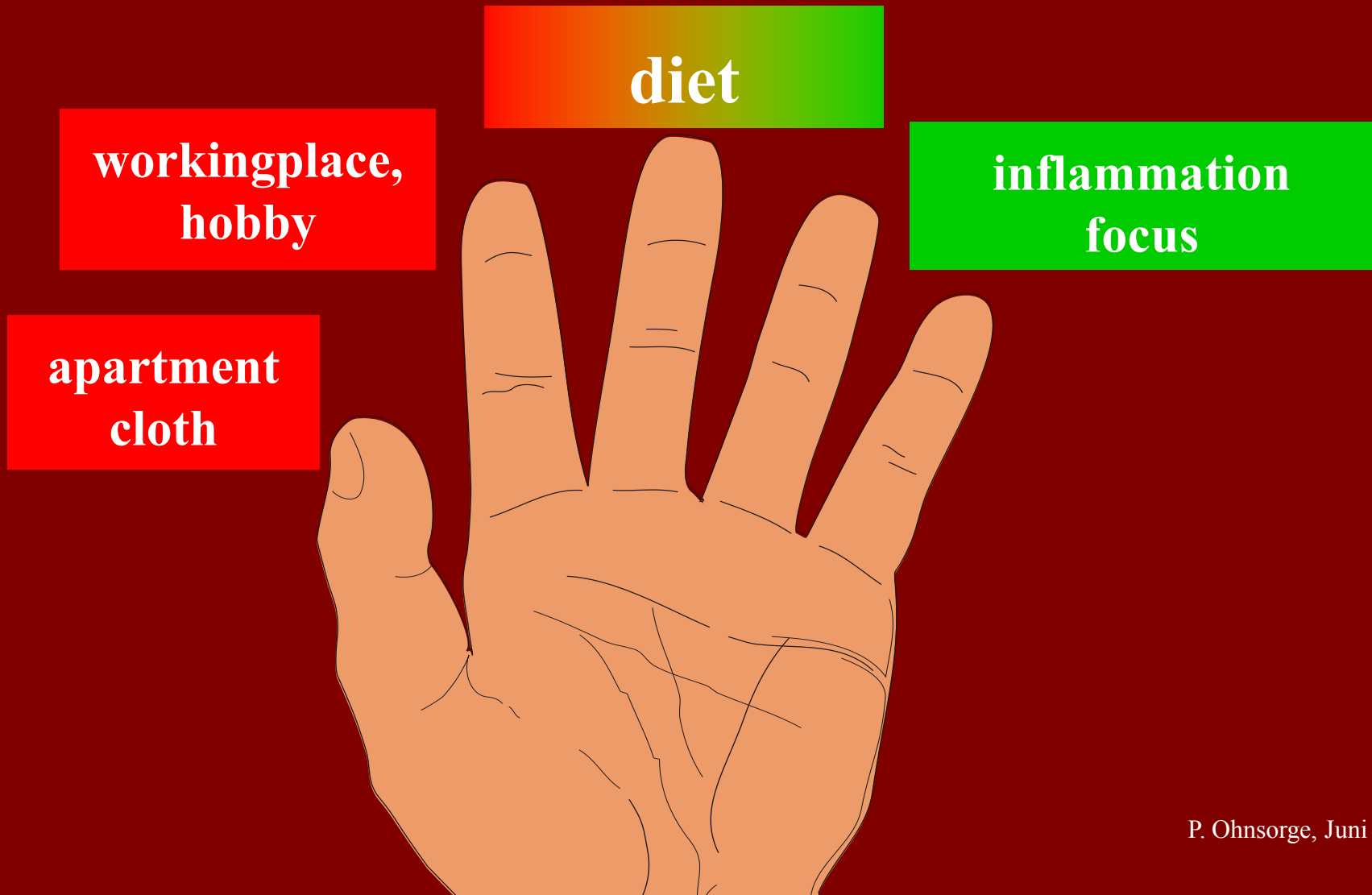
workingplace,
hobby

apartment
cloth

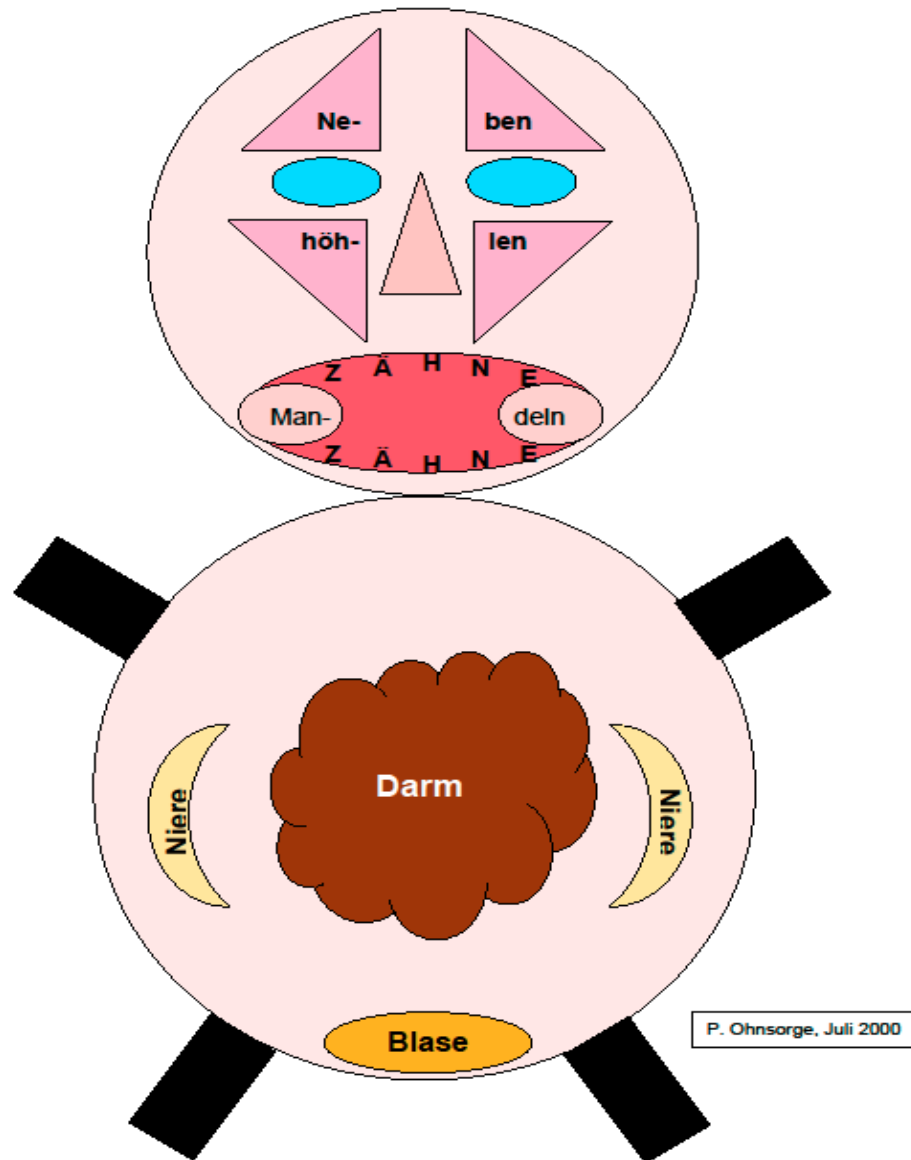




Sphere of influence by patients suffering under environmentally linked illnesses



Mögliche Entzündungsherde

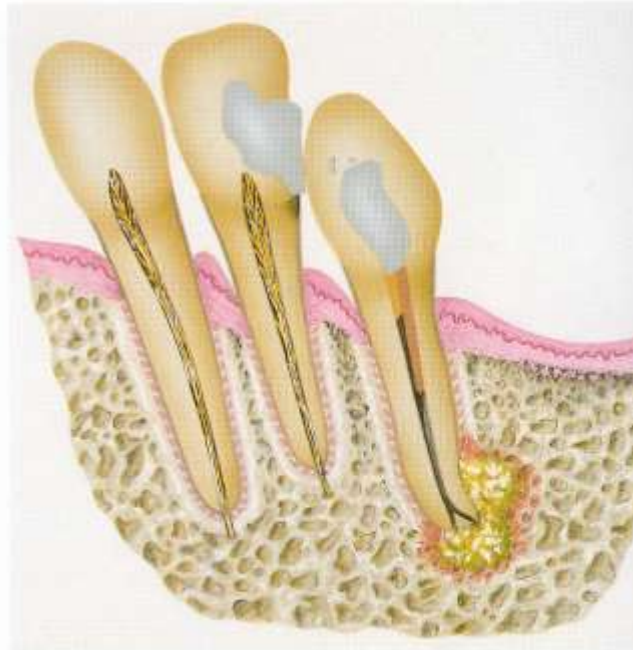


Hidden dental inflammation

1.1.5 Unvollständig abgefüllter Wurzelkanal



Lokalisation: 35

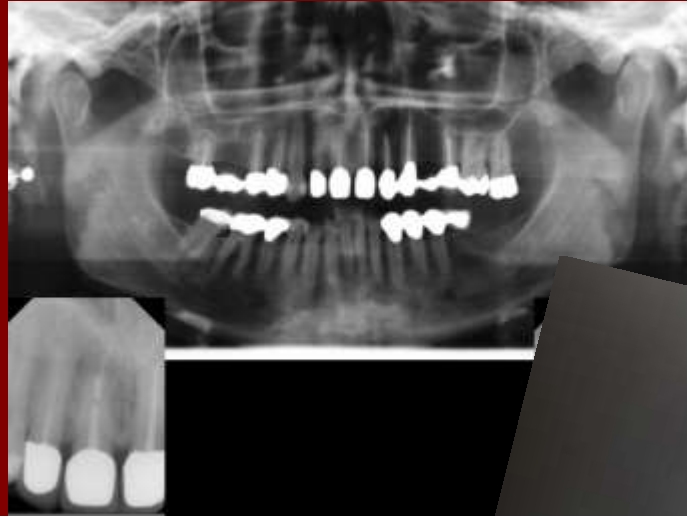


H. Härtel
Bildatlas der Herddiagnostik im
Kieferbereich
56, Haug-Verlag, Heidelberg, 1992

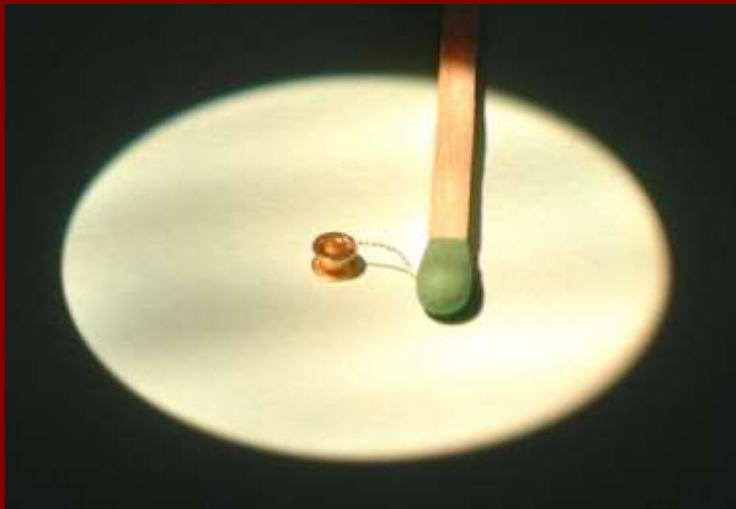
Alloplastic materials

- **Dental materials**

- Crowns
- Inlay
- Fillings
- Bridges
- Prosthesis
- Implantation



- **Middle ear drainage**

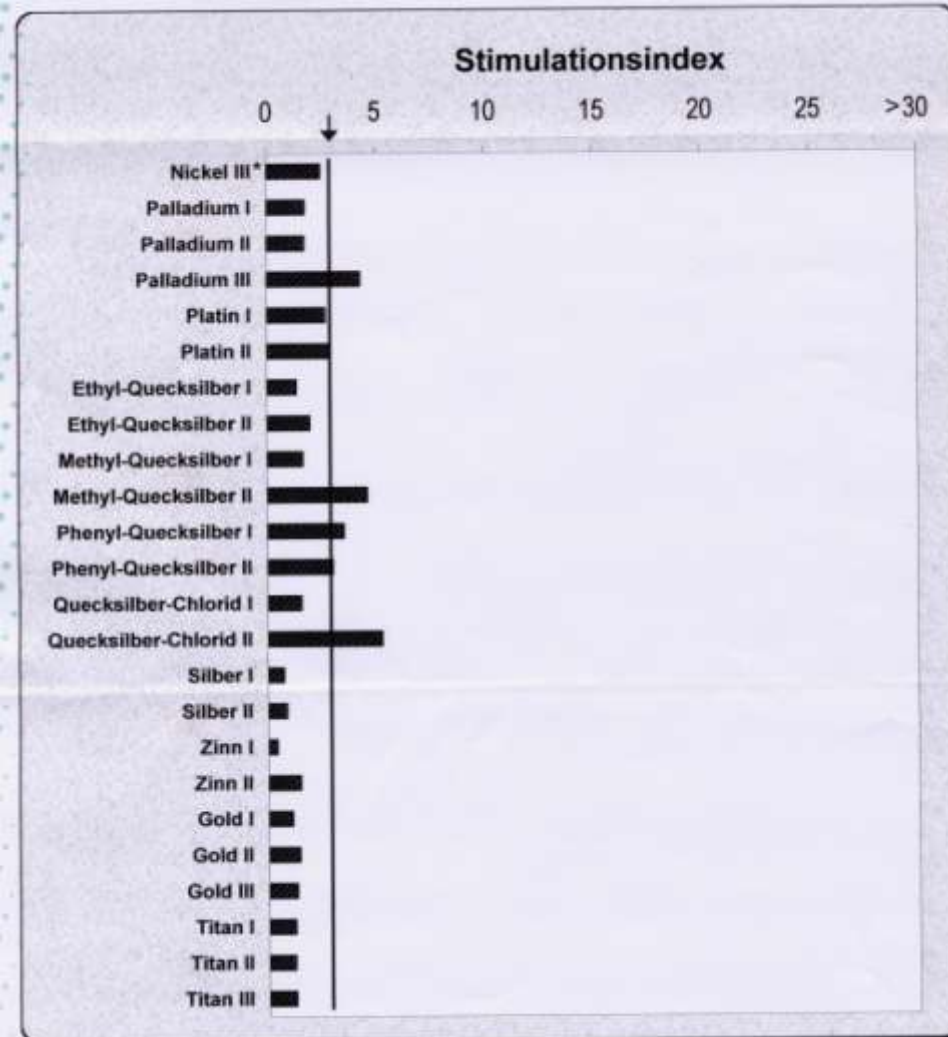
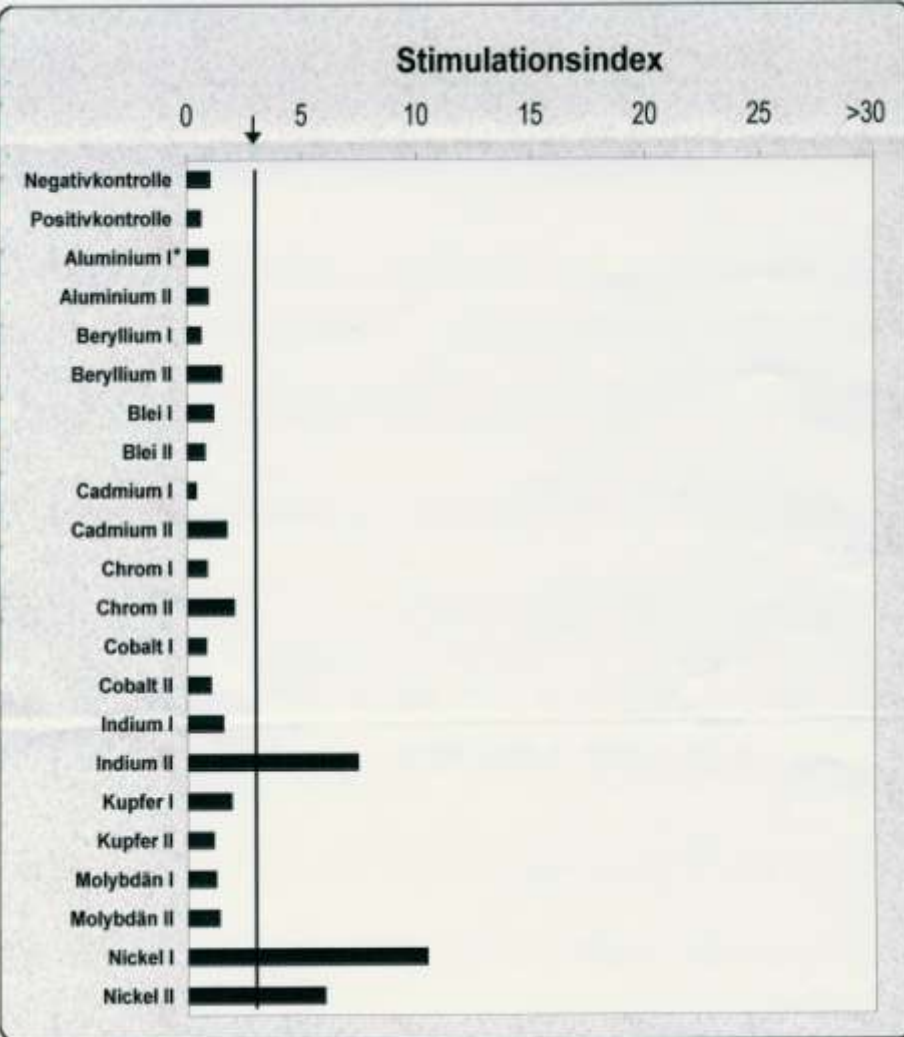


MELISA

Sensitisation Typ IV to „Tübinger Paukendrainage“
Gold-Platin alloyage with wire (Explorent-Stuemed GmbH)

Au 80%, Pd 1,7%, Pt 0,49%, Ag 11,65%, Cu 4,6%, Sn 0,5%
Wire: Ni 8%, Cr?

Pat: K.A.50024, born.19.04.1934
Date of Investigation: 06.02.03



Alloplastische Materialien

- **Dental materials**

- Crowns
- Inlay
- Fillings
- Bridges
- Prosthesis
- Implantation

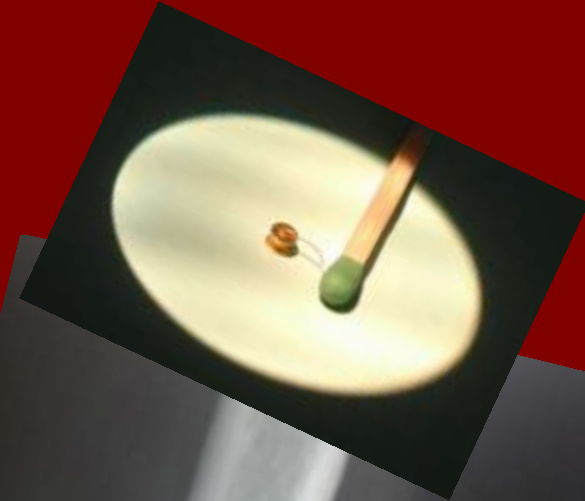


- **Middle ear drainage**

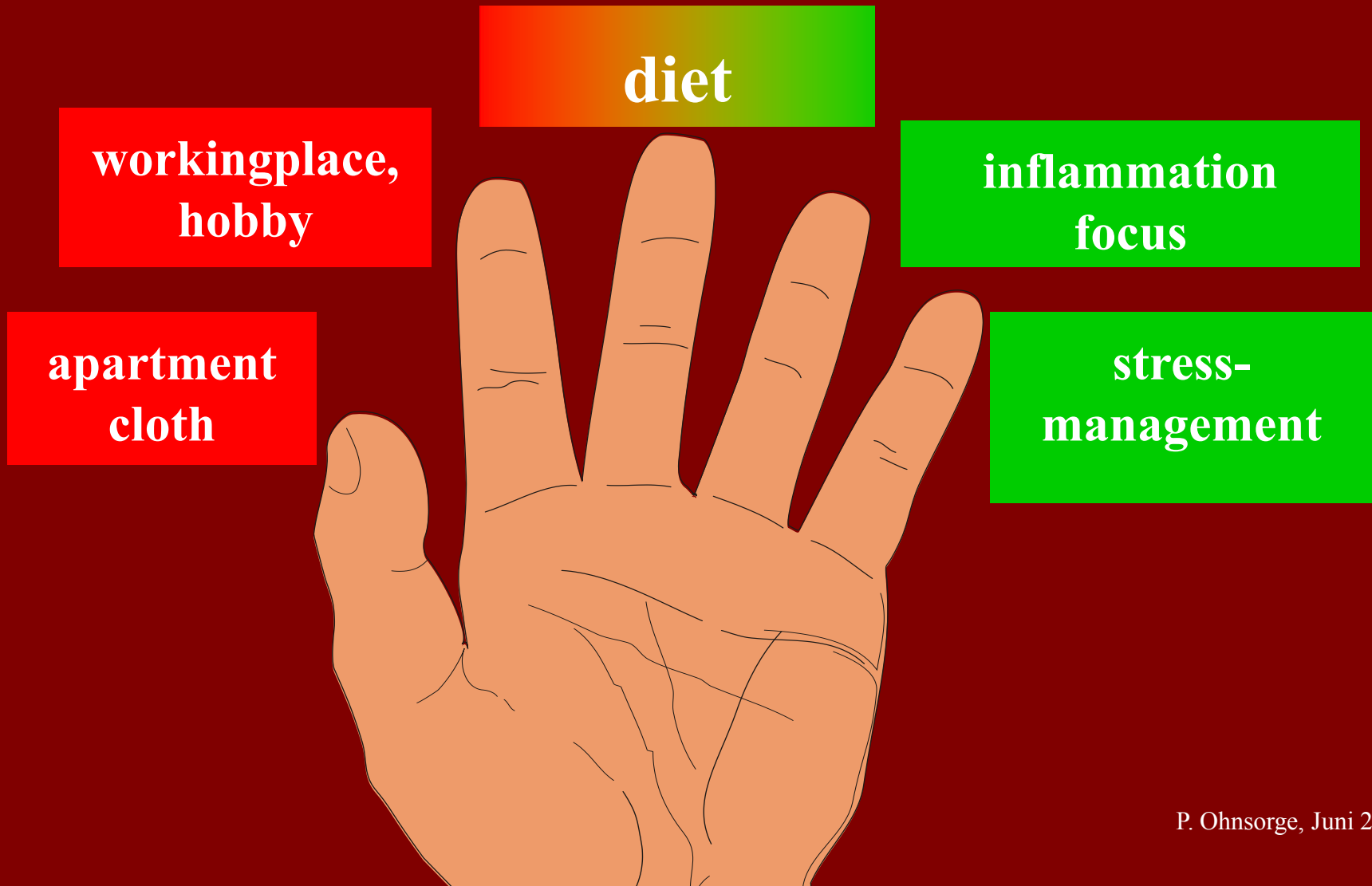
- **Traumatologie**

- **intrauterine loop**

- **Hygiene articles**



Sphere of influence by patients suffering under environmentally linked illnesses



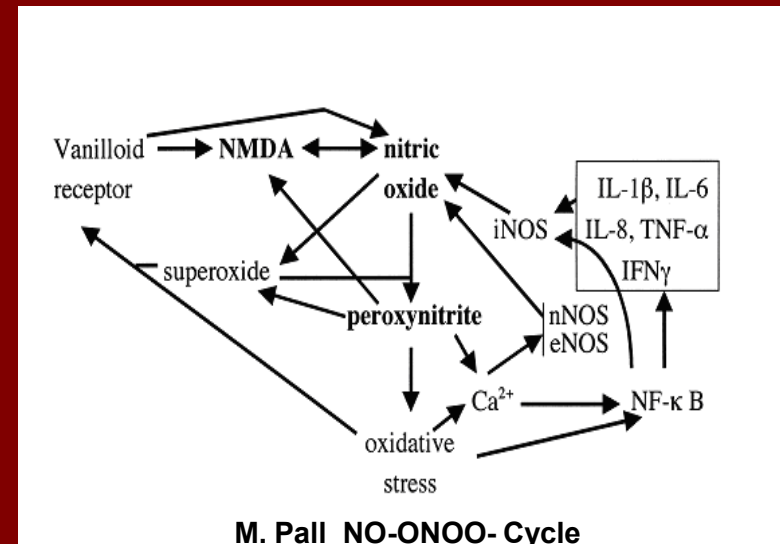
Stress by

Different stimuli

- **psychologically**
 - Partner,
 - Parents - Children,
 - Kindergarten, school, University
 - Working place
 - Recreation time
 - Sport
- **chemically – toxically**
- **physically**
 - Heat – Coldness
 - Noise
 - Radiation ionizing
 - Electrical, magnetical und electromagnetic fields
- **biologically**

Environmental medical doctors look for:

- burdening factors
- individual Susceptibility,
- Dysfunction of intake and processing of the food
- **Dysfunction of the neuron-system, of the hormone- and / or enzyme-systems,**
- **Chronic inflammation**
- **Nitrosative, oxidative stress**
- **Free radicals**
- **Antioxidants, Vitamins and Minerals etc.**



Two players in therapy game

- **Patient himself**
- **Physician**

First step in therapy
Reduce
patient's dependency of
yourself!
React
factors!

Environmental Medicine, Therapy

Awareness
taking care

Treatment of Symptoms

Elimination
of foci

Psychosomatic
treatment, if
needed

Reducing
burdening factors

Patient

Optimizing
of diet

Mobilizing procedure
Detoxification
physical treatment

Nutrients,
vitamins,
supplements

At first we treat

- **inflammation by supplementing**
 - **enzymes,**
 - **antioxidants,**
 - **minerals and**
 - **Vitamins.**
- **Chelat-Therapie**
- **Chemopherese**
- **Gut therapy, detoxification**
- **Complex clinical therapy**

Therapy strategy Ohnsorge in comparison to the proposal by Prof. M. L. Pall

- **Inhalation of Hydroxy- Cobalamin (B12)**
- **Natural Tocopherole (Vit. E, gamma T.)**
- **buffert Vitamine C**
- **Carotinoide (Lycopene, Lutein, β -Carotine)**
- **Folic acid**
- **Vitamin B6**
- **Vitamin B2**
- **Inhalation of redused Glutathion**
- **Alpha –Liponic acid**
- **Coenzym Q 10**
- **Extraxt of**
 - **Ginko Biloba**
 - **Cranberry**
 - **Biberry**
 - **Silymarin**
- **Magnesium**
- **Selenium**
- **Zinc**
- **Mangan**
- **Copper**

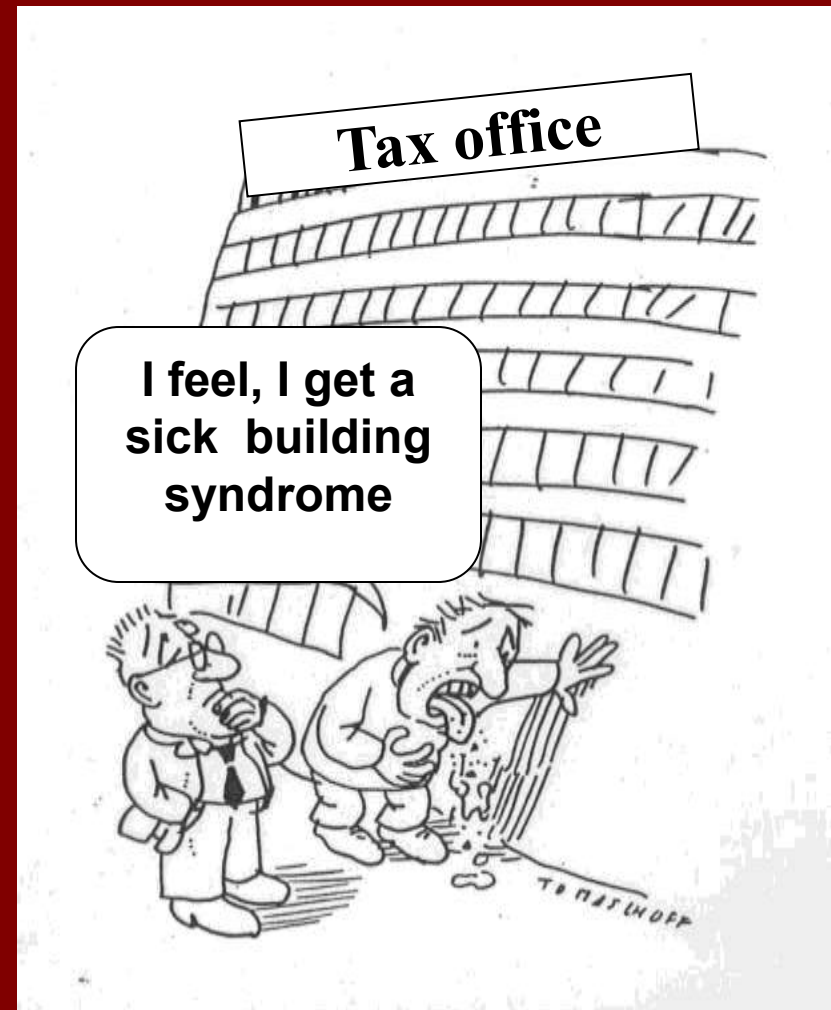
Detoxification follows, always with an eye on newly occurring inflammation.

- **Detoxification can be done on several levels according to**
 - **the individual susceptibility and**
 - **the progression of the illness, and**
 - **should include alimentary diet as well as**
 - **physical therapy.**

**Simple environmentally
linked illnesses are easy
to treat, like**

**• „Sick Building Syndrome“
and other
mono causally burden**

- Stop contact to toxins**
- Short follow up treatment**



**But for all those therapies there
is no evaluation done yet!**

- **missing randomization**
- **missing control groups**

**Evaluation of an approach to treat
toxically loaded persons:**

A controlled therapeutically study

by

Dr. med. Peter Ohnsorge¹⁾

Prof. Dr. phil. Dipl.-Psych. Michael Hüppe²⁾

In order of the German Ministry of Health and Social Affairs

Reference Code: 122-1720/48

Intervention protocol

weekly schedule with:

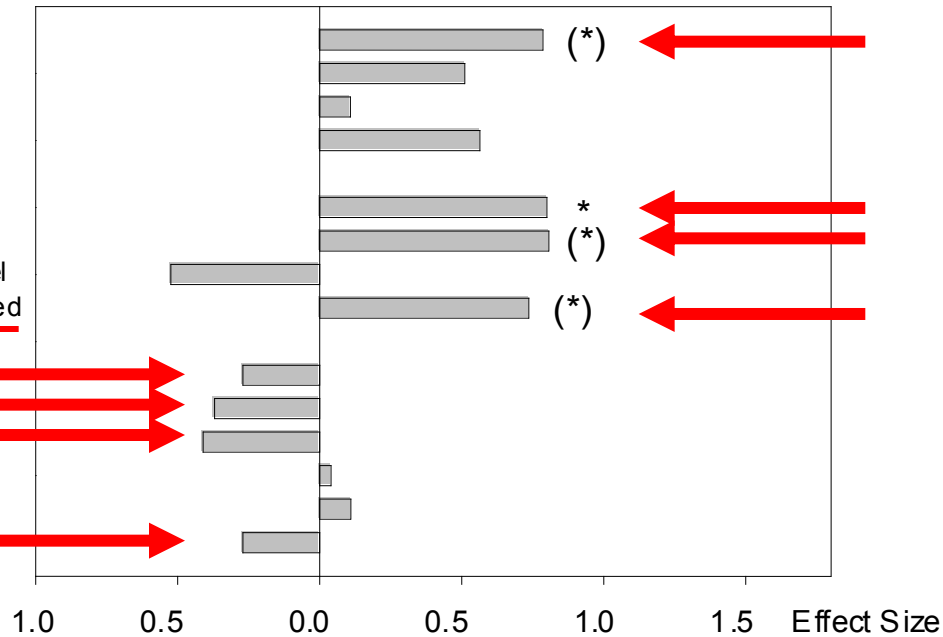
- **3 active days - Monday, Wednesday, Friday**
 - exhaustive physical exercise,
 - hyperthermia (sauna or “fever bank”),
 - massage, lymph drainage,
 - relaxation therapy and
 - vitamin and mineral supplementation.
- **2 passive days - Tuesday and Thursday**
 - intensive psychic and somatic relaxation exercises like progressive muscle relaxation according to Jacobson,
 - breathing therapy,
 - liver and loam compresses

Experimental Group vs. Control Group

BL: Complaint List
 ADS: Depression Scale
 SF-36: Somatic Index
 SF-36: Psychic Index

Trial-Making-Test
d2: Koncentration
 Word Reproduction: Level
Word Reproduction: Speed

PCB 138
PCB 153
PCB 180
 HCB
 DDT 4.4
DDE 4.4



Experimental Group vs. Waiting Group

BL: Complaint List

ADS: Depression Scale

SF-36: Somatic Index

SF-36: Psychic Index

Trail-Making-Test

d2: Konzentration

Word Reproduction: Level

Word Reproduction: Speed

PCB 138

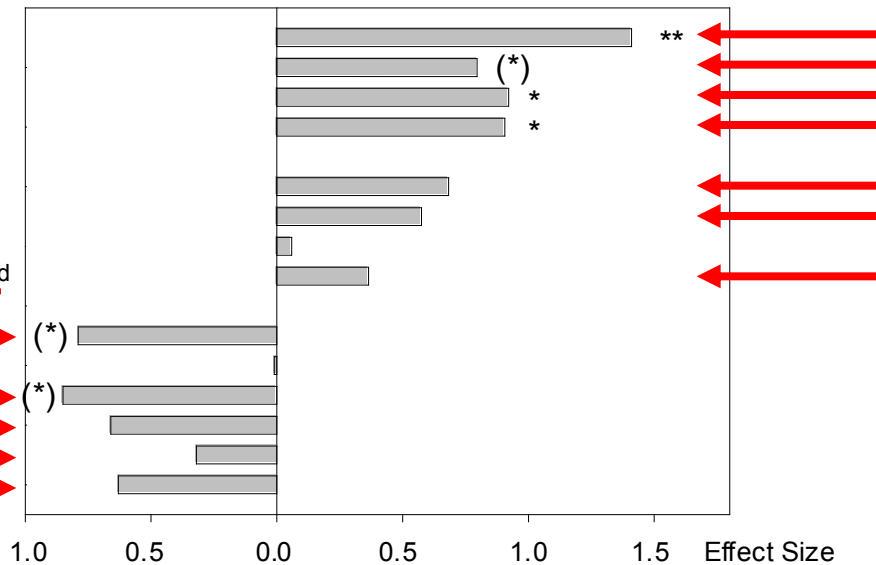
PCB 153

PCB 180

HCB

DDT 4.4

DDE 4.4



Summary

Environmental medical therapy	Course of disease		
no ranking	light		
taking care			
symptomatic help			
Elimination of foci			
Psychosomatic treatment			
reducing burdening factors			
Optimizing of diet			
removing procedure / detoxification physical treatment			
nutrients / vitamins / supplements			

**Using the
complex therapeutic regime**

**patients usually recover
slowly but consequently**

Thank you for your attention

THE TRICK
IN LIFE IS
TO MAKE IT
LOOK EASY

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