

2016 -1

August 2016

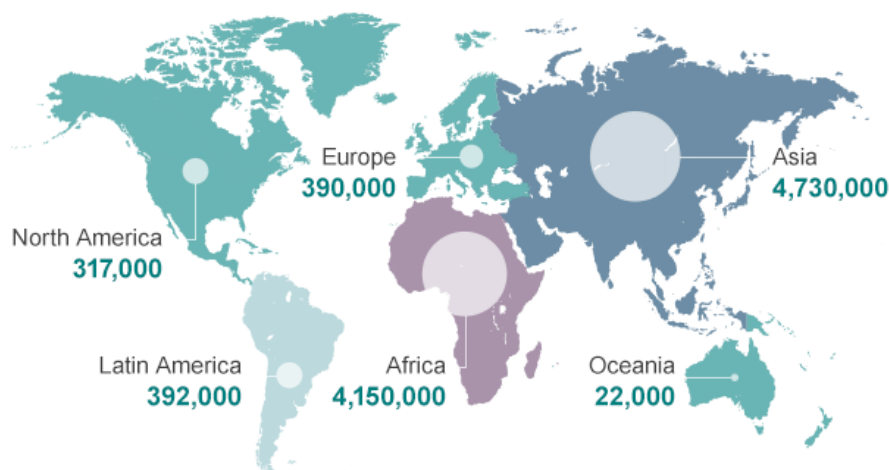
Dear Friends,

In this Periodical you will find this year's updates from the current areas of IVAA work, and other items that might be of interest to you.

1. Antimicrobial resistance to antibiotics (AMR)

Since their discovery antibiotics have been the most important tool in the treatment of bacterial infections ([Ernest Duchesne 1897](#), [Paul Ehrlich 1910](#), [Gerhard Domagk 1935](#), [Alexander Fleming 1942](#)). Their efficacy is in jeopardy because through the indiscriminate use in humans and agriculture resistance has built up. As a consequence, antibiotics are now present in the environment, e.g. the water supply. According to the [Review on Antimicrobial Resistance](#) the

Deaths attributable to antimicrobial resistance every year by 2050



Source: Review on Antimicrobial Resistance 2014

future picture looks like this:

The WHO has published a "[Global Action Plan AMR](#)" on this subject, and in the EU there is a 2011 [Action Plan](#). The recommendations are clear: The awareness regarding antibiotics has to be increased and the use has to be decreased.

From its inception anthroposophic medicine has already before the introduction of penicillin an alternative understanding of and approach to the treatment of infections. Statistics show that prescribing of antibiotics in anthroposophic practice succeeds to be much lower. (e.g. [Helios: 1](#)). This is documented by several studies today ([2a](#), [2b](#), [3](#), [4a](#), [4b](#), [5](#), [6](#)). [Hospital infections in anthroposophic hospitals](#) also clearly show a more favourable profile.

Could AM (and CAM) be important contributions in the strategy against the development of AMR? This question is elucidated in the [article by the Dutch Research Consortium](#) (7).

At the initiative of the [Sustainable Business Institute](#) (DE) and the [Louis Bolk Institute](#) (NL) led by Erik Baars et al and with support from WALA a [scoping review](#) was put together, examining the contribution of AM (8).

In November 2015, on the occasion of the „Antibiotics Awareness Day» the IVAA has, together with EUROCAM, published the Position paper "[The role of Complementary and Alternative Medicine \(CAM\) in reducing the problem of antimicrobial resistance](#)".

EPHA in the „[Recommendations for the Dutch Council Conclusions on Antimicrobial Resistance](#)“ recommends a call to the EU-Commission to: „...focus more attention on researching alternatives to antimicrobials, including CAM modalities, traditional healthcare..“ Addressing antimicrobial resistance can be a door opener for AM, alongside oncology/ palliative medicine amongst others, as the experience of AM can make a contribution to the needs and challenges of modern society.

2. Integrative Medicine Congress Stuttgart



The [International Congress for Integrative Health and Medicine in Stuttgart, June 2016](#) concluded with a joint [Declaration](#), that can be signed [here](#).

Based on our commitment to reach the «[Sustainable Development Goals 2030](#)» and a shared vision to improve human health and wellbeing for all, we aim to build a concerted, global movement to advance the integrative health & medicine approach, based on mutual respect, exchange, collaboration and cooperation.

We commit ourselves and call on others to take action to address pressing global health needs such as antimicrobial resistance and the rising burden of non-communicable disease by further developing, evaluating, sharing and implementing integrative prevention and care models.

We commit ourselves and call on others to collaborate and cooperate in conducting relevant research to increase scientific evidence....

The congress, which came about through a cooperation between [DAMiD](#) and [AIHM](#), was attended by over 600 Participants from 46 countries, and enhanced our sense of being part of a worldwide movement for integrated medicine. (several links [here](#)).

The connection with the WHO was emphasized by the active participation of [Dr. Zhang Qi](#), and the workshop organised by [EUROCAM](#) “[Implementing WHO strategy](#)” was well attended and inspired to further political activity.

(Outcomes of various workshops can be accessed here: Strategic actions for National Governments: discussion [a,b,c](#); Strategic actions for partners and stakeholders: discussion [d,e,f](#); Strategic actions for WHO [g,h,i](#)).

Many were impressed by a visit to the [Filderklinik](#), which showcased the atmosphere and spirit of AM in practical reality.

Some of the presentations can be accessed [here](#).

The next European Congress für Integrative Medicine, [9th ECIM](#), is due to soon take place in Budapest in September, with several contributions from AM. The [10th ECIM](#) will take place in Berlin in May 2017.

The advantages of integrative medicine were also recognised inside NATO, in a [special edition \(look here for the complete edition 9\)](#) which is of interest not only from a military point of view.

3. How can we become politically active?

How can we become politically active to bring AM and the availability of anthroposophic medicinal products (AMP) to the awareness of regulators and politicians, and safeguard their legal basis into the future?

An IVAA workshop is again on offer at the [Annual Conference of the Medical Section in September](#):

Workshop 43: Why political lobbying in the EU?

Introduction in the current problems of the EU-legislation and health policies affecting anthroposophic medicines and therapies. How are the relevant EU institutions organised and how do they operate? With which allies does the IVAA work together? How can the legal impediments for AM be overcome step by step. the significance of the PAME-project. *Dr.rer.nat. Andreas Biesantz, Head of office IVAA, Brüssel; Dr. med. Laura Borghi, Ärztin, Mailand (Deutsch, Englisch, Italienisch)*

Friday/Saturday 17 – 18.30

At the 2015 IVAA-Delegates conference Christiaan Mol shared his views on theories, which can inspire our strategic-political actions. He has kindly transformed his lecture into a readable format, which can be found [here](#) (10 EN).

4. Reports from individual countries

Sweden:

Our Swedish friends have been very active politically in the recent months. The special arrangement for the use and sale of anthroposophic medicines at the [Vidarklinik](#) was extended by a further 5 years on the 30th of June. During this time a registration framework for AMP will have to be prepared.

Ursula Flatters, who was always alert and balanced in her responses to the massive attacks of the Sceptics and maintained the dialogue with the authorities, was awarded the "[Diploma for Humanism & Science](#)" in November 2015 for her "lifelong activity in the service of humanism".

The society for Humanism and Science on the 8th of November 2015 nominated Ursula Flatters, Vidarklinik, for the award: "lifelong activity in the service of humanism". The Prize will be presented on the 12th of December 2015.

Ursula Flatters is a physician responsible for training at the Vidarklinik, an anthroposophic hospital in Järna, Sweden. She is also a council member of the Vidar foundation and was cofounder of the Vidarklinik in 1985.

"Since then she has worked for a good, efficient and integrated health care for over 30 years, and at the same time has disseminated knowledge about complementary medicine in the media, where she often had to defend and explain complementary medicine, which is often

attacked out of ignorance” Pia Hellertz writes for ‘Humanism and Science’. Young and old generations of health conscious Swedes got to know Ursula Flatters as a human being who stands for alternative and complementary medicine. In both TV interviews and written position papers she demonstrated the ability to answer questions and criticisms in an engaged, balanced, patient and understanding way, even if the attackers who defend the ‘technical medicine’ and the pharmaceutical industry are using dirty tricks.

Hungary:

40 Participants successfully completed the second 3-year course in anthroposophic medicine led by Henrik Szöke. 18 physicians and dentists passed a final exam at Budapest University.



In spring a patient organisation for AM was founded which has joined the already existing umbrella organisation.

From 13.-16.October 2016 the [3rd International Anthroposophic Dentists' Conference](#) will take place in Budapest.

(The imminent 9th ECIM Congress in September 2016 was already mentioned.)

Finland:



The very successful CAM research seminar took place at Tampere University the 13th of November 2015 with great media presence.

In this way the „[Finnish Forum for Integrative Medicine](#)“ (SILF), founded 2013 on the initiative of Peter Zimmermann, had its first public appearance with 400 participants from all of Finland. The attempt by the sceptics to block this event took an unexpected turn for the good. The report about this you can read here ([11 DE](#), [11 Eng](#)).

Schweiz:

Switzerland's exemplary health care system with five different CAM-Modalities included in the basic health insurance system is the subject of international interest, e.g. in the [NEJM Dec. 2015](#). In their [Oct. 2015 article](#) S. Klein et al show that 30,5% of chronically ill and 35,8% of patients with additional insurance use CAM.

Prof. Dr. Ursula Wolf was appointed for the new chair in anthroposophically extended medicine at Bern University. The annual report 2015 is [here](#).

The [federal health department BAG](#) has provided access to the publication by Prof. Dr. Jütte which is worth reading: «Medizinhistorische Kurzexpertise vom 19. August 2013 zur Einordnung der Komplementärmedizin; Prof. Dr. Robert Jütte, Institut für Geschichte der Medizin Robert Bosch Stiftung (PDF 20 Seiten)» (12).

5. Öffentlichkeitsarbeit – Medien

For those who are interested, and looking for information on anthroposophic medicine the Internet is now the most easily accessible source. The [IVAA Homepage](#) is therefore being edited continuously. Amongst others, you will find here addresses of the [national associations worldwide](#), [a list of hospitals](#), [literature](#), [research](#), and [hot off the press publications](#).

Hereby the request to you all to alert us to any missing bits, so that the homepage is at all times a good and up to date 'calling card'!



The Wikipedia which is accessible in all languages provides information of varying quality, in particular because it can be reedited at any time by people of the most diverse opinions..

David Martin has written a manual (13 EN), as to how one can influence these contents as a Wikipedia-author.

Hereby a call to all of you to co-create Wikipedia in this sense!

6. Publications

All new publications will in future be presented on the [IVAA Homepage](#). Recent studies you can find [here](#).

Newly published books:

- [Matthias Girke «Internal Medicine»](#)
- [Georg Soldner, Hermann Michael Stellmann «Individual Pediatrics»](#)
- [Peter Heusser «Anthroposophy and Science»](#)

Helixor has published a [new compendium on Mistletoe treatment](#) (14).

Further literature references you can find [here](#).

An important contribution on alternatives to antibiotics is [Stephen Harrod Buhner «Pflanzliche Antibiotika»](#), in English [«Herbal Antibiotics»](#).

7. Medicines availability

Here a thank you to our Spanish speaking friends, who, with planned publication of the [Spanish edition of the Vademecum](#), have compiled a list of pharmacies and manufacturers (in Spanish speaking countries, European postal and specials pharmacies) which can be found [here](#) (15). The report from the work of IMKA, written by Andreas Arendt, can be opened [here](#) (16).

8. Training

Dear Friends and Colleagues from around the world,
The growing success of the International Postgraduate Medical Training courses (IPMT) and other initiatives have led to the wish for an intensive English-speaking course on Anthroposophic Medicine in Germany: a possibility of deepening capabilities for bridging science and spirit in medicine.

THIS COURSE IS NOW INAUGURATED AND OPEN FOR REGISTRATION!

A 3-MONTH (one month per year starting May 2017) FULL-TIME ENGLISH-SPEAKING COURSE IN THE ART AND SCIENCE OF ANTHROPOSOPHIC MEDICINE

This is a further, english-speaking development of the "Eugen Kolisko Akademie" (Armin Husemann) and the "Ärztseminar" (Thomas McKeen). Over 500 doctors have absolved this training.

The dates for the course are:

Module 1: 14th May – 11. June 2017
Module 2: 15.th April – 13th May 2018
Module 3: 19th May – 16th June 2019

The Seminar is based at the Filderklinik in the south of Germany. It is run in cooperation with the Medical Section at the Goetheanum and several hospitals and universities.

The course includes:

- investigating consciousness
- deepening our understanding of anatomy, physiology, psychology and pathologies through art and science - working towards understanding a "Physiology of Freedom"
- Eurythmy, music and artistic therapies
- weekly specialised courses.
- Patient presentations and treatment
- patient-centred courses in major hospitals and practices (Internal Medicine, Gastroenterology, Oncology, Pediatrics, Psychosomatics, Gynecology, etc.)

We look forward to it! With warm regards, David Martin and Armin Husemann,
in cooperation with the Medical Section at the Goetheanum and the German Society of Anthroposophic Doctors GAÄD

After 28 years Michaela Glöckler is handing over the council mandate in the IVAA to Georg Soldner. You can find her retrospection [here](#) (17). **At this point we will express our gratitude for her unfailing work for the benefit of Anthroposophic medicine, and the cooperation in the IVAA board!**