

2015-1

Dear Friends,

Since its inception now almost 100 years ago AM has experienced a worldwide expansion, in more recent years not in the last instance thanks to Michaela Glöcklers [IPMT-activity](#).

An important element of AM are the AMPs (Anthroposophic Medical Products), produced primarily by WALA and Weleda. The availability of these remedies is an annually recurring theme at our Delegates Meeting. Although especially through IMKA we experience the cooperation between doctors and manufacturers for the common goal of improving this availability, the list of challenges has no end. Most of these challenges are caused by the absence of a regulatory framework for AMP's outside the countries in which they are produced. Outside central Europe only a few AMPs are registered.

(To help make the worldwide situation visible for us all, please complete the brief questionnaire in case you have not already done so [Attachment 1]).

Although it is documented that AMPs have few and mostly harmless side effects, shown over almost 100 years of experience, as medicines for human use they are subject to the same stringent [conditions](#) as allopathic medicines. The costs for registration according to these criteria are not in any proportion to their turnover. For this reason the attempt is made to achieve 'simplified registration'. Here AMP's fall between several stools ([phytotherapeutics](#), homeopathics, traditional/well established use), whilst the national solutions form an incomprehensible patchwork.

The Matrix-Report [Attachment 2] summarises the European situation: "The analysis shows that even taking into account the demand and use of (traditional) herbal medicinal products and homeopathic products, in some Member States fewer such products are registered or registration is more time consuming leading to (temporary) unavailability. Although availability problems concerning these groups of products have not been identified by the NCAs or other non-industry stakeholders, the implementation of existing EU provisions concerning these products could be further improved. These provisions aim to simplify the authorisation process and ensure more harmonisation across the EU, but the evidence collected as part of this case study suggests that more progress could be made in this direction. Given the demand for such products, there appears to be a need for further action in this area, which, according to consulted stakeholders, should focus on ensuring that the process of authorisation of herbal medicinal products and HAMPs is more consistent, both with the text of the existing provisions and between Member States. The consulted stakeholders did not however point to a particular good practice example, suggesting that at the moment there is not blueprint for an optimal approach to authorising such products."

For many years the IVAA's work has been to try be aware of the political decisions within the EU and to present and promote the necessity of a regulatory framework for AMPs wherever possible [Attachment 3: the letter from the IVAA to the Commissioner of DG SANCO]. On this basis a cooperation in the [CAMDOC](#) und [EUROCAM](#) associations was set up with the common interest to

[Skriv inn tekst]

bring the needs of the non-conventional approaches to medicine into the political arena. In 2012 this cooperation led to a CAM-conference in Brussels, and to several events with interested EU parliamentarians (CAM-Interest Group) [[See reports on the IVAA homepage](#)].

After the re-election of the EU Parliament new interested MEPs have started to join the CAM-IG in spring 2015. Read the report on the event of 1.7.2015 about the situation of HAMPs [here](#). Following that a [letter](#) signed by five MEPs was sent to the Commissioner. Read the EUROCAM position paper on the Matrix report [here](#), and the ECHAMP one [here](#).

A new CAM-Conference has been planned for 2016.

An ever recurring argument against CAM is the apparent lack of studies documenting their efficacy, safety and cost-effectiveness. The [CAMbrella](#)-project, financed by European funds, pointed at the fact that this is caused by the lack of commercial interests and public financing for CAM-research. At the conclusion of the CAMbrella project there are at any rate no further public-funded projects, that in consequence to that continue to work for a lifting of these limitations, and could then present the critics with several study results. See the call of the politician Pietikäinen and Prof. Walach „[A Roadmap for CAM Research towards the Horizon of 2020](#)“.

In this context the following [analysis by Prof. Dr. phil. Robert Jütte](#) is interesting: "from the point of view of the theory and history of science the question whether complementary and conventional medicine should prove their efficacy according to a unified scientific standard can be clearly denied. As the concept complementary medicine already brings to expression, it concerns complementarity in the sense that in medicine, which is an action oriented rather than purely (natural) scientific, two or more conceptually entirely different approaches to healing can exist side-by-side, provided such a side-by-side is not made impossible by fundamentalistic tendencies".

In May 2015 [CPME](#) (Comité Permanent des Médecins Européens) published a critical [position paper regarding CAM](#), and a very critical article appeared in the e-Journal [GMS](#), „[CAM versus science oriented medicine](#)“.

Nevertheless, the interest is growing strongly amongst patients and also in academia in "Integrative Medicine (IM)" which takes body soul and spirit into account. This interest leads to an increase in the number of university chairs, the latest example the founding of a [Professorate for AM at Bern University](#) in October 2014.

Outside Europe the USA is a leading country in this respect with a strong IM climate, organised in AIHM, which is also interested in [AM](#) and especially the mistletoe treatment in oncology ["White Paper AIHM" Attachment 4]. A cooperation with Gunver Kienle has amongst others become manifest in the magazine [Global Advances in Health and Medicine](#), also a platform for publishing AM studies.

Despite the objection of „lack of scientificness“, the following publications have appeared in the professional magazines over the recent months (see below).

A [contribution on efficacy and \(cost\) effectiveness](#) brought by Erik Baars in Brussels in September 2013 in the context of a workshop organised by the **Policy Department A-Economy & Science for the Committee on the Environment, Public Health and Food Safety (ENVI)**

[Skriv inn tekst]

Alongside the “gold standard” of medical research, which assumes double blind randomised trial designs not suitable for AM research, there is a growing interest in Case-Report studies. More information on Case-Report Guidelines can be found [here](#).

The [Vademecum](#) also belongs to the empirical reports on the efficacy of AMPs. It is now available in several languages and is continuously expanded with experiences from doctors all over the world, adding, confirming or correcting.

Even though it became clear in a conversation of the IVAA council with Dimitri Angelis of DG SANCO that the EU commission does for its current legislative period not envisage any change or adjustment of EU legislation in favour of AM, or specific advice to EU member states, both [ESCAMP](#) , IVAA and [ECHAMP](#) will further pursue the legal safeguarding of AM at different levels. Currently we concentrate primarily on the ESCAMP process, to present a model for an appropriate legal framework. The report of the ECHAMP meeting with Commissioner Andriukaitis in July 2015 is in Attachment 6.

To stimulate the political will to do something for AM in national and international politics we do need the cooperation of our Delegates worldwide –where are „windows of opportunity“ opening up, where can AM show, that it has to offer something for the health needs of patients, also on the level of society at large? Concrete areas are the growing resistance to antibiotics (see Attachment 7), palliative medicine and oncology, chronic pain syndromes, and of course there are many other problem areas worldwide.

Admirable examples of benefits for society are the swiftly organised aid operations after the Chilean natural disasters („[Support for Chile](#)“) and in the Philippines (8).

Further good news from different countries:

Switzerland: [Bern University in October 2014 set up an extraordinary professorate for anthroposophically extended medicine](#). This is linked with the [Institute for complementary medicine IKOM](#) of the medical faculty and is financed by Bern University in conjunction with the partners Weleda AG, Software AG-Foundation as well as the Society for the Furtherance of Anthroposophic Institutions. PD Dr. Ursula Wolf was chosen to take on this chair.

The anthroposophic manufacturing processes have been included in the [Swiss Pharmacopoeia](#).

Hansueli Albonico is a council member in the umbrella organisation for complementary medicine, [Dakomed](#).

Report from Switzerland [Attachment 9, Christoph Wirz].

Holland: The [Dutch anthroposophic doctors' association](#) has published a medicines repertory [Attachment 10].

Report from Holland [Attachment 11, Madeleen Winkler]

Germany: After a reorganisation the [Hufeland society](#) in Germany as the biggest network in Europe represents 20.000 doctors working with complementary medicine. Thomas Breikreuz as one of the council members was elected as political speaker of the Hufeland society. A report on current activities will be presented at the AGM.

[Skriv inn tekst]

France (Robert Kempenich): Anthroposophic medicine “enters into University” in France!

A basic training course of 4 consecutive days (certifying as a university certificate) took place on April 7 to 10, 2015 at the continuing professional education service of the Strasbourg University. 3 other continuing professional education programmes have already registered for CPD (Doctors involved are financially compensated by the organization OGDPC) at the same University.

- Supporting care in Oncology and anthroposophic medicine
- Autoimmune diseases and anthroposophic medicine
- Anxiety, depression and anthroposophic medicine

Finland (Peter Zimmermann): For the first time in Finnish history a research symposium on complementary medicine will take place at a Finnish university on the 13th of November 2015. [English programme: attachment 12]

The symposium is a first fruit of the „[Finnish Forum for Integrative Medicine](#)“, which we founded in 2014, and will take place in direct cooperation with the Faculty of Health Sciences at Tampere University. This cooperation includes full use of the universities infrastructure including application forms, rooms and website. In addition, the conference will be opened by the Dean. The invitation will go out to all Finnish universities, to interest young researchers for integrative medicine. Because we have a zero budget, we will keep ourselves to the national level on this occasion. When the project is successful, a bigger, international congress is planned next.

South America: Attached a summary of the current situation in the South American countries Chile, Columbia, Ecuador, Peru, Brazil, Argentine (Attachment 13).

In **Brazil** a [Congress on „The Person at the Center of Care“](#), organised by ABMA, will take place from 29.7.- 1.8.2015.

Canada (Miguel Falero): “I was invited by the school once a year for a period of three years. The Rudolf Steiner school of Montreal has 150 children from 40 different nationalities. There is only one Waldorf school that does not receive any state aid.

Canada has 10 states stretching from Quebec, New Brunswick and Nova Scotia, located on the north east coast, to British Columbia with Vancouver as its capital, located in the West. In the latter state there is more openness and there are many Waldorf schools and anthroposophic medical consultations, while in Montreal, province of Quebec laws are stricter with more public institutions, Quebec government exerts enormous control over health and education. Education is mainly based on constructivism with early schooling. From the point of view of health, methods of the Cochrane Institute with EBM followed. There are huge ties to pharmaceutical companies. Montreal in Quebec is multicultural and bilingual. In the state of Quebec the Doctors association does not allow the practice of homeopathy. Dr. Paul Décarie, practicing anthroposophic medicine, was spied for years and his medical license was finally denied.

There is another Doctor in the anglophile Toronto, our old friend Dr. Werner Fabian, working in Barrie, nr. Toronto. In USA there are strong forces opposed to integrative medicine and doctors are tightly controlled, especially regarding the question of vaccines.

Dr. Werner Fabian works with an osteopath, a curative eurythmist, art therapist and nutritionist. Good working conditions, very close to the Royal Victoria Hospital where he is invited from time to

[Skriv inn tekst]

time to give lectures. This proximity to the hospital allows him to have access to quality diagnostics, laboratory and hospital care in case of accidents.

Cancer patients can be treated with Iscador from "Purity Life" from Weleda USA. There is a Hauschka Cosmetics distributor for all Canada: Andreas Ernst.

Medical Section/ IKAM: Attached is the new IKAM brochure, introducing IKAM for the first time in the public domain [Attachment 14].

Georgia: report from Tamar Waschakidse (Attachment 15)

Publications:

Mistletoe:

- [Adverse Drug Reactions and Expected Effects to Therapy with Subcutaneous Mistletoe Extracts \(*Viscum album* L.\) in Cancer Patients.](#) M L. Steele, J Axtner et al.
- [Interaction of standardized mistletoe \(*Viscum album*\) extracts with chemotherapeutic drugs regarding cytostatic and cytotoxic effects in vitro.](#) U Weissenstein, M Kunz, K Urech et al.
- [Immunomodulatorische Wirkung von Misteltherapie \(*Viscum album* L. Extrakten\) beim Lungenkarzinom](#) C. Grah
- [Intratatumoral Mistletoe \(*Viscum album* L.\) Therapy in Patients with Unresectable Pancreas Carcinoma: A Retrospective Analysis](#) Schad F et al.
- [Viscum album \[L.\] extract therapy in patients with locally advanced or metastatic pancreatic cancer: A randomised clinical trial on overall survival](#) Tröger,W.; Galun,D.; Reif,M. et al.
- [Safety of Intravenous Application of Mistletoe \(*Viscum album* L.\) Preparations in Oncology: An Observational Study](#) Megan L. Steele et al
- [NCCAM/NCI Phase 1 Study of Mistletoe Extract and Gemcitabine in Patients with Advanced Solid Tumors](#) Patrick J.Mansky et al.
- [Case Reports of Cancer Patients with Hepatic Metastases Treated by Standardized Plant Immunomodulatory Preparations](#) Tibor Hajto and Angelika Kirsch
- [Network Oncology \(NO\) – a Clinical Cancer Register for Health Services Research and the Evaluation of Integrative Therapeutic Interventions in Anthr Medicine.](#) F Schad et al.
- [Disappearance of an Advanced Adenomatous Colon Polyp after Intratumoural Injection with *Viscum album* \(European mistletoe\) Extract: a Case Report,](#) T v Schoen-Angerer, A Goyert, J Vagedes et al.

Others:

- [Anthroposophic Medicine: deepening our understanding of herbs, healing and the human being](#) Karen McElroy
- [Arts Therapies for Anxiety, Depression, and Quality of Life in Breast Cancer Patients: A Systematic Review and Meta-Analysis](#) Katja Boehm, Holger Cramer, et al
- [Overview of the Publications From the Anthroposophic Medicine Outcomes Study \(AMOS\): A Whole System Evaluation Study.](#) Hamre HJ et al.
- [Antibiotic Use in Children with Acute Respiratory or Ear Infections: Prospective Observational Comparison of Anthroposophic and Conventional Treatment under Routine Primary Care Conditions.](#) H J. Hamre, A Glockmann, R Schwarz, D S. Riley, E W. Baars, H Kiene, G S. Kienle

[Skriv inn tekst]

- [Immunomodulatory effects of preparations from Anthroposophical Medicine for parenteral use.](#) Carsten Gründemann et al.
- [Parental attitudes and decision-making regarding MMR vaccination in an anthroposophic community in Sweden – A qualitative study](#) Emma Byström et al.
- [Physiologic Effects of Rhythmical Massage: A Prospective Exploratory Cohort Study](#) Ch Wälchli et al.
- [Sleep quality in pregnancy during treatment with Bryophyllum pinnatum: An observational study](#) C. Lambrigger-Steiner, A.P. Simões-Wüst et al.
- [Opposite Drug Prescription and Cost Trajectories following Integrative and Conventional Care for Pain – A Case-Control Study](#) Tobias Sundberg, Max Petzold, Niko Kohls, Torkel Falkenberg
- [Using Hospital Data and Routines to Estimate Costs and Effects of Integrative Care Programmes for Chronic Pain and Stress Disorders – a Feasibility Study](#) T Sundberg, T Falkenberg
- [A 6-year comparative economic evaluation of healthcare costs and mortality rates of Dutch patients from conventional and CAM GPs](#) Erik W Baars, Peter Kooreman
- [Anthroposophic lifestyle influences the concentration of metal in placenta and cordblood.](#) S Fagerstedt, M Kippler, A Scheynius, C Gutzeit, A Mie, J Alm, M Vahter
- [The subjectively perceived quality of postgraduate medical training in integrative medicine within the public healthcare systems of Germany and Switzerland: the example of anthroposophic hospitals.](#) P Heusser, S Eberhard, B Berger, J Weinzirl, P Orlow
- [Inpatient Treatment of Community-Acquired Pneumonias with Integrative Medicine.](#) U Geyer et al.
- [Eurythmy therapy increases specific oscillations of heart rate variability.](#) F Edelhäuser et al
- [“Like Walking into an Empty Room”: Effects of Eurythmy Therapy on Stress Perception in Comparison with a Sports Intervention from the Subjects’ Perspective—A Qualitative Study.](#) B. Berger, M. Bertram, J. Kanitz, K. Pretzer, and G. Seifert
- [AnthroHealth: an integrative-integrated therapeutic approach in primary care.](#) S. Geider, S van Lieshout
- Sergio Maria Francardo: [Anthroposophic Medicine for the Family: Recognizing and treating the most common disorders](#) Paperback – 11 Jul 2013
- Markus Sommer: [Heilpflanzen – ihr Wesen, ihre Wirkung, ihre Anwendung.](#) 2. Auflage 2013, Aethera. (Sowie das gleichnamige Hörbuch in 6 CDs, gelesen vom Autor)

With best wishes for a relaxing summer (winter-) break, with lots of time to read

For the IVAA Council

Anette K Bender

Thomas Breitreuz