Anthroposophic Medicine: The Integrative Approach
Best Practice in Integrative Palliative Care

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Chairman, Commission C at the BfARM, Germany
President, IVAA
Spread of Anthroposophic Medicine and Academic Situation

- Widely used complementary medicine system in Europe and elsewhere
- Practised in > 60 countries worldwide, by GP’s, specialists and in hospitals
- 28 hospitals in 8 countries (Germany, Switzerland, Sweden, The Netherlands, Great Britain, Italy, USA..)
- Chairs of anthroposophic medicine established at 6 universities e.g. University Witten/Herdecke, Germany; Institute of Complementary Medicine, University of Bern, Switzerland
- Lectures on AM are part of the teaching programmes at > 20 universities
- Several research institutes for anthroposophic medicine
Overview

✧ Integrative Medicine in Germany and Europe

✧ The role of Anthroposophic Hospitals – specific features

✧ General approach of AM to the human being and patient’s needs in Palliative Care settings

✧ Case History: Breast Cancer Patient in Early Palliative Care

✧ AM concept for Cancer related Fatigue (CRF)

✧ AM contributions to Integrative Medicine / Integrative Palliative Care
Hufelandgesellschaft

- Umbrella organisation of Doctor’s associations in Complementary Medicine
- Member organisations with > 22,000 MDs
- Representing > 60,000 MDs with certified trainings in Complementary Medicine
- Objective: *Integration of Complementary Medicine into general healthcare*
Complementary Medicine in Germany

- Strong tradition of COM in Germany
- 70% of population uses COM medicines
- COM medicines use is increasing (1970: 52% → 2010: 72%)
- COM medicines with official licensing: - Homeopathy - Anthroposophic Medicine - Phytotherapy
- Pluralistic Health System AND high standards concerning drug safety / quality
- The General Public thinks integrative
Focus on disease
Risk prevention
Intervention
Symptom suppression

WHO-Definition
Best of both = Integrative Medicine

Focus on individual
Health promotion
Activation of self-healing forces
Resource strengthening
Conventional therapies characterize all methods, which are accepted as proven (6% EBM Level 1*) or tested (mainstream)


Unconventional therapies characterize all methods, which are not accepted as proven or tested

Alternative medicine
Methods, which exclude conventional standard therapies

Complementary medicine
Complementary methods are used in addition to conventional standard therapies

Integrative Medicine
Combination of conventional and complementary therapies
Anthroposophic Hospitals: Pioneers of Integrative Medicine:

- **Conventional Level:**
  - Specialised Care in:
    - Surgery
    - Intensive Care
    - Gastroenterology
    - Cancer Centres...

- **Complementary facilities:**
  - Medical AM treatment
  - Nursing Techniques
  - Art therapy
  - Eurythmy therapy
  - Nutrition / Movement therapies

- **MD’s, Nurses: double competence**
  in conventional medicine & AM
Dr. Rudolf Steiner 1861 – 1925
Dr. Ita Wegman 1876 – 1943
Fundamentals of Therapy

... it is not a question of opposition to modern medicine which is working with scientific methods...

... what we are offering should only be used in medical work by those individuals who can be fully active as qualified physicians in the sense of those principles...

... we find ourselves compelled to work for an extension of the art of medicine...

→ AM = extending conventional medicine
Paracelsus-Krankenhaus
INNERE MEDIZIN · GANZHEITLICH · INDIVIDUELL

www.gemeinschaftskrankenhaus.de
Integrated Medical Training within Study of Medicine
- Homeopathy
- Traditional Chinese Medicine
- Anthroposophic Medicine
Anthroposophic Medicine ICURAM

Welcome to the homepage of “Integrated Curriculum for Anthroposophic Medicine” (ICURAM)

As an integral part of its methodologically pluralistic approach Witten/Herdecke University offers students the opportunity to study the anthroposophic art of healing in a systematic way. The curriculum, which have been offered since the Summer Semester of 2004, are designed to help students acquire the abilities and skills needed to practice medicine in our time, using an approach extended and enriched by the dimension of the human spirit.

ICURAM is characterised by an intensive dialogue between natural science and anthroposophical spiritual science, by an active concern with fundamental questions of medical practice, as well as by an early and comprehensive involvement of students into therapeutic practice. The guiding principles of ICURAM are entirely in line with those of the University: They comprise the obligation to uphold the quest for truth, the encouragement to freedom, and the promotion of social responsibility.

ICURAM is primarily designed for medical students of Witten / Herdecke University; however, external individuals are also welcome to participate in selected courses.
<table>
<thead>
<tr>
<th>Year</th>
<th>Regular curriculum Witten/Herdecke University</th>
<th>Integrated Curriculum Anthroposophic Medicine</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>General medicine</td>
<td>Basic course</td>
</tr>
<tr>
<td>2</td>
<td></td>
<td><em>Insight of human and nature</em></td>
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<tr>
<td>3</td>
<td>Clinical rotations</td>
<td>Clinics I</td>
</tr>
<tr>
<td>4</td>
<td></td>
<td><em>Medical skills &amp; Self-Development</em></td>
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<tr>
<td>5</td>
<td>Internships</td>
<td>Clinics II / CEWIM</td>
</tr>
<tr>
<td>6</td>
<td>Learning time</td>
<td><em>Therapeutic practice</em></td>
</tr>
</tbody>
</table>

- **PBL**: Problem-based learning
- **Clinics I**: Clinical skills and self-development
- **Clinics II / CEWIM**: Therapeutic practice
Anthroposophic clinics use state of the art technologies

Intensive care unit

Computed tomography

Endoscopy

Cardiac catheter laboratory

Bronchoscopy
Art therapies, music therapy, eurythmy therapy, physiotherapy
Multimodal approach I: Medical intervention / Diagnostic tools

Intensive Care
Endoscopy, catheterization, diagnostic interventions (i.e. biopsy techniques..)
Oncology: Surgery provided, chemotherapy provided, endoscopic techniques provided

⇒ No difference to other hospitals
⇒ Staff is well-trained with „double competences“
⇒ AM as an integrative, not „alternative“ medicine
Multimodal approach II: AM Medication

Wide range of AMP’s (>1500)

Parenteral application of particular importance (about 25% of total prescriptions)

AM pharmaceuticals used in intensive care as well as for chronic disease

Indication / selection:
- medical condition
- affected organs
- individual constitution
- process-related

⇒ “individualized therapy“
Multimodal approach III: 
Nursing and physical therapies

Compresses

Medical washings / medicinal baths
   (whole body, foot bath)

Rhythmic massage (oil, ointment)

Inhalation

⇒ specific AM techniques
⇒ AM pharmaceuticals for external use
⇒ very effective in acute medical conditions
⇒ differentiated therapy, not wellness!
Multimodal approach IV: Art therapy / Eurythmy therapy

Art therapy: Painting / design
Speech therapy
Sculpture
Music therapy

Eurythmy therapy: movement therapy

⇒ Patient is active in the healing process

⇒ based on psycho-somatic interaction:
  creativity ↔ impression and expression
  ↔ physiological functions

⇒ available in bedside setting
The following clinics and medical departments are AnthroMed certified:

**Germany**
- Havelhöhe Community Hospital, Berlin
- Herdecke Community Hospital
- The Fliederklinik Community Hospital, Stuttgart-Filderstadt
- Öschelbronn Clinic
- Paracelsus-Hospital, Bad Liebenzell-Unterlengenhardt
- Integrative Medicine Ward, Asklepios Westklinikum, Hamburg
- Friedrich Husemann Clinic, Buchenbach (near Freiburg)
- Rehab-Clinic House, Stallen, Steinen
- Rehab-Clinic Schloss Harmohn Bönen

**Switzerland**
- Ita Wegman Clinic, Arlesheim
- Lukas Clinic, Arlesheim

**England**
- Raphael Medical Centre, Tonbridge (near London)
Patients’ evaluation
Patients’ survey of a German health insurance (TKK), 161,230 patients were asked

Anthroposophic hospitals
2 large clinics >300 beds:

Hospital Havelhöhe Berlin
1st place for patient satisfaction
1st place for nursing care
1st place for information / communication
3rd place for treatment results

Hospital Herdecke
22nd place for patient satisfaction

... out of 2150 german hospitals
AM: 4 Levels of Integrated Therapy

<table>
<thead>
<tr>
<th>Minerals</th>
<th>Plants</th>
<th>Animals</th>
<th>Humans</th>
</tr>
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<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>Spirit</td>
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<tr>
<td></td>
<td></td>
<td>Soul</td>
<td>Soul</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Anima</td>
<td>Anima</td>
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<tr>
<td>Matter</td>
<td>Matter</td>
<td>Matter</td>
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<tr>
<td>physical</td>
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</table>

Four Levels of Formative Forces

Three-fold Constitution

AM Concept of the Human Organism

- Nerve-Sense System
- Rhythmic System
- Motor-Metabolic System
- Polarity
Occidental Anthropology

- Aristotle/Thomas Aquinas
  - An. rationalis
  - An. sensitiva
  - An. veget.
  - Corpus

- Apostle Paul
  - Pneuma
  - Psyche
  - Soma
  - Sarx

- M. Scheler
  - Spirit
  - Soul
  - Life
  - Body

- N. Hartmann
  - Spirit „I“

- H. Plessner
  - Astral Org.
  - Etheric Org.
  - Physical Org.

- R. Steiner
  - Anthrop. Medicine

- G. Danzer
  - Charité Berlin
  - Logos
  - Psyche
  - Bios
  - Hyle
Nature and the human being
Nature and the human being

<table>
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</thead>
<tbody>
<tr>
<td>&quot;Matter&quot; (machine)</td>
<td>&quot;Organism&quot;</td>
<td>&quot;Physical body&quot;</td>
<td>&quot;Physical body&quot;</td>
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Physico-chemical properties and structures, chemical reactions
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<tbody>
<tr>
<td>„Matter“</td>
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<td>„Physical body“</td>
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<tr>
<td>„Life“ emergent!</td>
<td>„Life“</td>
<td>„Life“</td>
<td>Growth, autopoiesis reproduction, metabolism, nutrition, self-healing, self-defense, etc.</td>
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<td>„Life“</td>
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<tr>
<td>„Soul“ (Mind) emergent!</td>
<td>„Soul“</td>
<td>„Soul“</td>
<td>Consciousness, sensation, pain, lust, emotions, desires, instincts, intentions, purposeful motion</td>
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<td>Nature and the human being</td>
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### Nature and the Human Being

<table>
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<td>Selfconsciousness, rational thinking, free will, „I“, self control, morality, coping, meaning, spirituality</td>
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Anthroposophic medicine: **Human being** = physical body, life, soul and spirit as **four real**, causally active constituents

*R. Steiner & I. Wegman: Fundamentals of Therapy, 1925*

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**Minerals**

**Plants**

**Animals**

**Humans**

- Selfconsciousness, rational thinking, free will, „I“, self control, morality, coping, meaning, spirituality
- Consciousness, sensation, pain, lust, emotions, desires, instincts, intentions, purposeful motion
- Growth, autopoiesis, reproduction, metabolism, nutrition, self-healing, self-defense, etc.
- Physico-chemical properties and structures, chemical reactions

- „Spirit“ emergent!
- „Soul“ (Mind) emergent!
- „Life“ emergent!
- „Matter“ (organized matter)
**Consequences for Treatment Strategies**

| „Physical body“ | Correction of pathological *physical* structures and functions: surgery, radiotherapy, molecular pharmacotherapy, chemotherapy: physiotherapy |
**Consequences for Treatment Strategies**

| „Life functions“ | Improvement of health related *life* functions: Homeopathic / anthroposophic medicines from minerals, plants, and animals, Eurythmy Therapy, Rhythmic Massage |
| „Physical body“   | Correction of pathological *physical* structures and functions: surgery, radiotherapy, molecular pharmacotherapy, chemotherapy: physiotherapy |
**Consequences for Treatment Strategies**

| „Soul“ | Improvement of *emotional* functions: art therapy (music, painting, poetry recitation), psychotherapy, *empathy, dedication* |
| „Life functions“ | Improvement of regulatory health related *life* functions: Homeopathic / anthroposophic medicines from minerals, plants, and animals, therapeutic eurythmy, rhythmic massage |
| „Physical body“ | Correction of pathological *physical* structures and functions: surgery, radiotherapy, molecular pharmacotherapy, chemotherapy: physiotherapy |
## Consequences for Treatment Strategies

| „Spirit“  | Activation of *cognitive and spiritual forces*: Cognitive coping strategies, biography work, meaning, destiny, meditation, religion, spirituality |
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### Individualized, holistic, and multimodal treatment approach

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Case history

Mrs A. J., 54 years, breast cancer

History:
Suffered breast cancer 4 years ago pT1b pN1 M0, PR+, ER+, Her2-
   → Operation
   → Chemotherapy
   → Radiotherapy
   → Hormone therapy (Tamoxifen) – stopped due to side effects

Presentation:
Cancer related Fatigue
Shortness of breath
Weight loss: 7,5 kg / 5 months
Case history

Mrs A. J., 54 years, relapse of breast cancer

Physical findings:
- Liver metastases (30 % of organ volume)
- Pleural effusion / pleural carcinosis causing S.O.B.
- Lymph node metastases (chest, abdomen)

Other findings:
- **Vitality**: weakness / fatigue; disturbed sleep; difficulty to stand up and move; loss of appetite; disturbed circulation and heart rate
- **Psychological**: depression
- **Biographical**: excessive demands at work / job strain; family conflicts; no health insurance; deep questions on meaning of life
## Causes and Dimensions of Cancer related Fatigue

### Tumor Progression
- Growth of tumor / metastases
- Cachexia / weight loss
- Anemia
- Nausea, blocked bowel
- Inflammatory complications
- ....

### Oncologic / Medical Therapy
- Chemotherapy / Radiotherapy
- Biologicals, antihormonal treatment
- Opioids
- Antidepressants, Sedatives
- Corticosteroids
- ....

### Disturbed vital functions
- Sleep
- Activity-Rest-Cycle
- Impaired exercise
- Heart rate variability
- ....

### Psychological / Emotional
- Depression
- Anxiety
- Conflicts (partner, family)
- ....

### Social / Spiritual
- Biographical crisis
- Loss of hope
- Broken self concept
- Loss of meaningfulness
- ....
→ ... use it for individual patient assessment!

Tumor Progression
- Growth of tumor / metastases
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Cancer related Fatigue

Psychological / Emotional
- Depression
- Anxiety
- Conflicts (partner, family)
- ....

Social / Spiritual
- Biographical crisis
- Loss of hope
- Broken self concept
- Loss of meaningfulness
- ....
Anthroposophic Medicine: 4 Levels of Human Health

✧ Physical level: physical integrity
  quantitative physical findings

✧ Vital level: vital functions, vital rhythm, perceived life energy
  qualitative / energetic well-being

✧ Emotional level: emotional health, alertness, absence of pain
  psychological well-being

✧ Spiritual level: sense of life, human growth, meaningful social environment
  biographical dimension, meaningfulness
4 Levels of Cancer related Fatigue

- **Physical level:**
  - Physical integrity
  - Quantitative physical findings
  - Tumour growth / organ damage / anemia

- **Vital level:**
  - Vital functions, vital rhythm, perceived life energy
  - Qualitative / energetic well-being
  - Weakness, disturbed rhythms (sleep, ARC), kachexia

- **Emotional level:**
  - Emotional health, alertness, absence of pain
  - Psychological well-being
  - Depression, anxiety, pain

- **Spiritual level:**
  - Sense of life, human growth, meaningful social environment
  - Biographical dimension, meaningfulness
  - Loss of sense, loss of autonomy, biographical crisis
Physical level: physical integrity
quantitative physical findings
tumour growth / organ damage / anemia

Vital level: vital functions, vital rhythm, perceived life energy
qualitative / energetic well-being
weakness, disturbed rhythms (sleep, ARC), kachexia

Emotional level: emotional health, alertness, absence of pain
psychological well-being
depression, anxiety, pain

Spiritual level: sense of life, human growth, meaningful social environment
biographical dimension, meaningfulness
loss of sense, loss of autonomy, biographical crisis

→ ...use it for individual patient assessment and integrative therapeutic approach!
Case history

Mrs A. J., 54 years, relapse of breast cancer

Medical Treatment:

- Start with mistletoe therapy (first intravenously, continue with injections)
- Strengthen vitality with AM medicines (Levico comp. injections, Stibium met. praep. D6 intravenously, Hepatodoron Tablets)
- Puncture of pleural effusion / mistletoe pleurodesis
- Start with Paclitaxel weekly
Overview of all clinical studies (2013) on Mistletoe in Oncology
Quality of life during chemotherapy

Mistletoe  Control

Fatigue in pancreatic carcinoma patients receiving best supportive care


Tröger et al: Viscum album extract therapy with locally advanced or metastatic pancreatic cancer: a randomized clinical trial on overall survival. European Journal of Cancer 2013, 49:3788-3797
Mistletoe extract therapy versus no antineoplastic therapy in patients with locally advanced metastatic pancreatic cancer

Galun D, Tröger W et al.

Primary hypothesis: Overall survival +
Secondary hypothesis: Quality of life +
Study design: GCP-conform, randomised, prospective (University of Belgrade)

Patients: Max. 434 with advanced stage III / IV pancreatic adenocarcinoma in Serbia not eligible for chemotherapy with gemcitabine

Mistletoe therapy: Iscador Qu spezial with dosage escalation (0,01 mg → 10 mg 3 times weekly)

First interim analysis: December 2011 (220 patients)
→ Ethics committee stopped the study
→ Highly significant results
→ Nearly doubled OS (4,8 vs. 2,7 months, p<0,0001)
Case history

Mrs A. J., 54 years, relapse of breast cancer

Nursing and physical therapies:
- Liver compresses with milfoil (common yarrow) extract
- Rhythmic massage
Case history

Mrs A. J., 54 years, relapse of breast cancer

Active therapies:

- Eurythmy: movement therapy. Helps to overcome fatigue, find new active relation to own own physical vitality, door-opener for physical exercise

- Art therapy (painting): express inner psychological dynamics, increases creativity to cope with the disease
Case history

Mrs A. J., 54 years, relapse of breast cancer

Counseling:
- Schedule for activity and rest
- Self care for fatigue
- Biographic counseling

Meditation:
- Mindfulness techniques to be integrated in every day life
- Meditation (Prayers, Mantrams)
Case history

Mrs A. J., 54 years, relapse of breast cancer

Hospital discharge after 12 days:
- Strengthened vitality, good appetite, regained 2 kg
- No shortness of breath, effective pleurodesis
- New ideas for every day life
- Learned mistletoe injection technique

Course after 2 months:
- Rapidly growing lymph node metastasis
- Liver / lungs: stable
- Decision to start short course of chemotherapy in combination with whole-body-hyperthermia
Effects of an anthroposophic whole system approach on quality of life QoL in advances cancer patients

- Study of the Swiss National Science Foundation
- Cooperation of anthroposophic Lukas Klinik, Arlesheim, and Insitute of Medical Oncology, University of Bern
- 144 pts with advanced cancers (breast, gastrointestinal, pancreas, female genital, and lung)
- 3 weeks (on average) stationary integrative palliative treatment at Lukas Klinik
- Pre-post-design and follow up after 4 months
- QoL assessment with validated instruments, composed to assess holistic anthroposophic approach
- QoL improvement in all 20 parameters, in 12 significant (p<0.0025)
- Significant effects in all major QoL domains: global, physical, emotional, cognitive, spiritual, social
- Results at top of comparable international literature

Heusser et al. Forschende Komplementärmedizin 2006;13:94-100 and 156-166
## QoL-differences after stationary anthroposophic therapy in the Lukas Klinik Arlesheim, Switzerland:

1) BL \(\rightarrow\) discharge at LK 
2) BL \(\rightarrow\) 4 months (after discharge)

<table>
<thead>
<tr>
<th>QoL-dimensions</th>
<th>4 Mth. n = 74</th>
<th>P (&lt; 0.0025)</th>
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<tbody>
<tr>
<td>Global QoL</td>
<td>+ 14.3</td>
<td>110</td>
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<td></td>
<td>+ 10.5</td>
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<tr>
<td>Physical aspects of QoL</td>
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<tr>
<td>Physical functioning</td>
<td>+ 5.2</td>
<td>+ 1.7</td>
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<tr>
<td>Role functioning</td>
<td>+ 9.5</td>
<td>+ 4.9</td>
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<tr>
<td>Physical well-being</td>
<td>+ 7.9</td>
<td>+ 9.4</td>
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<tr>
<td>Fatigue</td>
<td>- 13.7</td>
<td>- 8.9</td>
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<tr>
<td>Pain</td>
<td>- 10.5</td>
<td>- 9.1</td>
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<tr>
<td>Nausea/vomiting</td>
<td>- 4.8</td>
<td>- 2.8</td>
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<tr>
<td>Appetite loss</td>
<td>- 11.5</td>
<td>- 12.8</td>
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<tr>
<td>Constipation</td>
<td>- 8.7</td>
<td>- 8.3</td>
</tr>
<tr>
<td>Diarrhea</td>
<td>- 9.4</td>
<td>- 8.3</td>
</tr>
<tr>
<td>Dyspnea</td>
<td>- 2.1</td>
<td>- 2.8</td>
</tr>
<tr>
<td>Sleep disturbance</td>
<td>3.7</td>
<td>- 12.8</td>
</tr>
<tr>
<td>Emotional aspects of QoL</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Emotional functioning</td>
<td>+ 23.5</td>
<td>+ 11.7</td>
</tr>
<tr>
<td>Basic mood</td>
<td>+ 14.0</td>
<td>+ 11.4</td>
</tr>
<tr>
<td>Anxiety</td>
<td>- 8.7</td>
<td>- 5.0</td>
</tr>
<tr>
<td>Depression</td>
<td>- 6.8</td>
<td>- 2.3</td>
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<tr>
<td>Spiritual aspects of QoL</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cognitive functioning</td>
<td>+ 8.3</td>
<td>+ 5.2</td>
</tr>
<tr>
<td>Cognitive-spiritual QoL</td>
<td>+ 6.4</td>
<td>+ 3.6</td>
</tr>
<tr>
<td>Social Aspects of QoL</td>
<td></td>
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<tr>
<td>Social functioning</td>
<td>+ 8.9</td>
<td>+ 10.3</td>
</tr>
<tr>
<td>Social support</td>
<td>+ 6.2</td>
<td>+ 4.7</td>
</tr>
</tbody>
</table>

### Questionnaires:
- QLQ-C30
- HADS
- SELT-M

**References:**

- Van Wegberg, Bacchi, Heusser et al. 
  Ann Oncol 1998;9
- Heusser et al. 
  Forschende Komplementärmed 2006;13
4 Levels of Integrated Therapy (AM)

✧ Physical level: Operation, Chemotherapy, Radiation, AHT, Biologicals

✧ Vital level: Physical activity, Nutrition, Mistletoe, External applications Rhythmic Massage, Eurythmy Therapy

✧ Emotional level: Psycho-Oncology, Art Therapy, Eurythmy Therapy

✧ Spiritual level: Meditation, Biography work, Art Therapy, Spiritual Care
4 Levels of Integrated Therapy (IM)

✧ Physical level: Operation, Chemotherapy, Radiation, AHT, Signal transduction blockers

✧ Vital level: Physical activity, Nutrition, Herbs, TCM Medication / Acupuncture, Ayurveda Treatment, Massage, Aromatherapy, Tai Chi, Yoga

✧ Emotional level: Psycho-Oncology, Art Therapy, Massage, Movement therapy, Yoga, Tai Chi

✧ Spiritual level: Mindfulness / MBSR, Meditation, Biography work, Social and Spiritual Care
Pathogenetic therapy
- Fight Cancer

→ Help to survive!

Salutogenetic therapy
- Strengthen health

→ Help to live!
3 Dimensions of Integrative Care in Oncology

Stimulate Human Growth
Spiritual dimension

Fight Cancer!
Pathogenetic Dimension

Strengthen Health!
Salutogenetic Dimension
Transfer of AM „Modules“ to Non-AM-Clinics

Modules from AM

- Mistletoe
- AM medicines
- Art therapy
- Nursing techniques
- Rhythmical Massage
- Eurythmy therapy
- Palliative Care
Double meaning of Integrative Medicine

Integration of conventional Medicine and COM Systems

- CON + Herbs
- CON + Acupuncture
- CON + Homeopathy
- CON + AM
- CON + ....

Integration of CON and different COM Modalities

- CON + Acupuncture + Herbs
- CON + Homeopathy + mistletoe
- CON + MBSR + AM nursing
- CON + Homeopathy + AM art therapies
- ....
Contributions of Anthroposophic Medicine for IM Medical Doctors & Therapists

Doctor’s training in AM as whole medical system

- Short training courses
- Long term training courses

Therapeutic Modules

- Nursing
- Art Therapy
- Palliative Care Teams...

Treatment concepts dedicated to important diseases

- Integrative Oncology / Pall. Care
- Infectious Diseases
- Cardiovascular diseases

Doctors Training for prescription of single medicines

- Mistletoe
- Cardiodoron, Stressodoron ....
“Perhaps the great problem of the next 100 years in biology will be to understand what makes a human being a human being”

John Martin. The Lancet 2000; 356:934

Thank you for your attention