

editorial

Ozone Therapy and Pseudoscience

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Madrid, May 2018

Suggestion on how to quote this paper:

Schwartz, Adriana. (2018). Editorial. *Revista Española de Ozonoterapia*. Vol. 8, nº 1, pp. 5-7.

Dutifully, as we have been doing without interruption since 2011, we are coming to our annual meeting, publishing Volume 8, No. 1 of 2018 bilingual (Castilian and English) of the Spanish Journal of Ozone Therapy. This edition comes loaded with excellent original articles and clinical case reports. Most of them, product of the work of the doctors graduated from the Third Distance Diploma Course of "Ozone Therapy and Growth Factors" 2017/2018, organized by AEPRIMO. We are proud to have an inexhaustible source of research from enthusiastic and qualified medical doctors.

I take the opportunity to refer to something very serious that is happening within the Spanish scope and some other European countries that affects us directly.

The General Assembly of the Collegiate Medical Organization (OMC), which represents all the Associations of Official Doctors of Spain, at its meeting of March 24th, 2017, gave the green light to an observatory board against pseudosciences, pseudotherapies, intrusive and sanitary sects. Among the therapies that have been classified as pseudoscience, is ozone therapy and they have done it without a minimum of rigor or equanimity. This decision has been executed in a biased, arbitrary way and without a minimum of dialogue or contrast of data. This is despite the fact that ozone therapy has a scientific basis and is a recognized "medical act", which must be practiced exclusively by duly trained and experienced professionals. Even in spite that ozone therapy is practiced officially in 23 public hospital in their pain management units.

The superficial report of scarce 19 lines, has been developed by professionals who are completely unaware of the reality and practice of the matter they judge. At no time have they given the opportunity to give voice to the hundreds of professionals licensed in medicine who practice ozone therapy, or to the association that represents them or to the patients who receive these treatments. We have not even been given the opportunity to provide clinical studies, works or published experiences, to defend ourselves. We have been sentenced without hearing the medical doctors who practice a "recognized medical act" such as ozone therapy.

I assume that allopathic medicine is very effective in a myriad of diseases, essential in treatment emergency, traumatology, in some hormonal deficits, very aggressive infections (meningitis) in the surgical approach of some diseases, in cancer, etc. Indications that from my point of view are indisputable. But it is also true that the practice of this same medicine, which mainly uses pharmacological therapy, very useful in most of the cases mentioned, is currently recognized as the third cause of mortality in developed countries, behind heart disease and cancer.

This is no surprise if we take into account that by definition a drug as such, always generates an unwanted side effect. That is, it generates a benefit and damage at the same time, and the indication must be based on the positive balance of the medication. It should be added that the harmful effects of the medication multiply with the polymedication and the interactions between the drugs themselves. Based on this reality, could we then qualify pharmacology as a pseudoscience? Certainly not.

Medicine is a science, but above all it is an art with a criterion of globality and of an overall vision, which unfortunately is being lost. As in art, there are different criteria; all of them valid. Each one has a different vision of how to understand the disease, how to approach the patient and how to treat it.

It cannot be ignored the millenarian sciences, which have been there for hundreds of years, long before our "allopathic medicine" enter in scene. This is the case of ozone therapy, which appears on the scene when antibiotics and sulfonamides were still far from being discovered. Denying this fact is an act of sublime arrogance. Many countries have in their history traditional medicines (phytotherapy, acupuncture, etc.) that are part of the identity of their people, denigrating the practice of these medicines is to throw away the culture and baggage of that country. The intelligent thing is to integrate both things, as face and stamp of the same coin.

Unfortunately, the powerful pharmaceutical lobby is the frontal enemy of logic and tradition. Health trade is imposed by creating chronic diseases that provide more economic benefits than health to patients. The pharmacist is not interested in curing, they are interested in keeping chronic diseases and drug-dependent for life.

Countries such as Mexico, Colombia, Peru, Cuba, Turkey, Russia, China, India, Kenya and many others, have in their universities university chairs of traditional medicine, which train their doctors in them in order to reduce the economic costs of Social security and improve the quality of life of their patients in a simple way and with a comprehensive perspective.

The use of medical ozone is a therapy resulting from research and its different applications have scientific basis and support.

In 2010 the first meta-analysis study appeared that took into account the results of 20 clinical studies on the applications of ozone in the herniated disc. The results showed that the ozone therapy was effective and extremely safe.

A second meta-analysis research was published in 2012, where the results of eight studies were analyzed. For the first time, the value of ozone therapy was established following the criteria based on medical evidence (evidence based medicine).

The number of clinical studies in ozone therapy has increased drastically. While in 1997 only 2 clinical studies were registered in the databases, by 2007 their number had risen to 243. As of September 2017, the cumulative estimate of the number of ozone therapy investigations was 292, of which 279 had already finished and the remaining 13 are still ongoing.

The research in ozone therapy is progressing more and more. Hence the enormous need that these advances are known by the health professionals who use it. It is precisely here that this magazine becomes an invaluable scientific value. It fills precisely a niche that provides us with the necessary tools to face the detractors and unbelievers and at the same time disseminate in a responsible and scientific way a therapy that brings many benefits to the patient.

From our platform we defend that ozone therapy is a medical act, which must be practiced by a medical expert in the field. With these aims, Aepromo has developed a distance course in English and Spanish of 270 hours that includes an intense face-to-face week. Weekend studies, although valid and necessary, are not enough to become experts. Ongoing and intensive training, research, and publication must go hand in hand. The Spanish Journal of Ozone Therapy keeps that flag high by collaborating and implementing its premises.

Enjoy the reading of this new number!