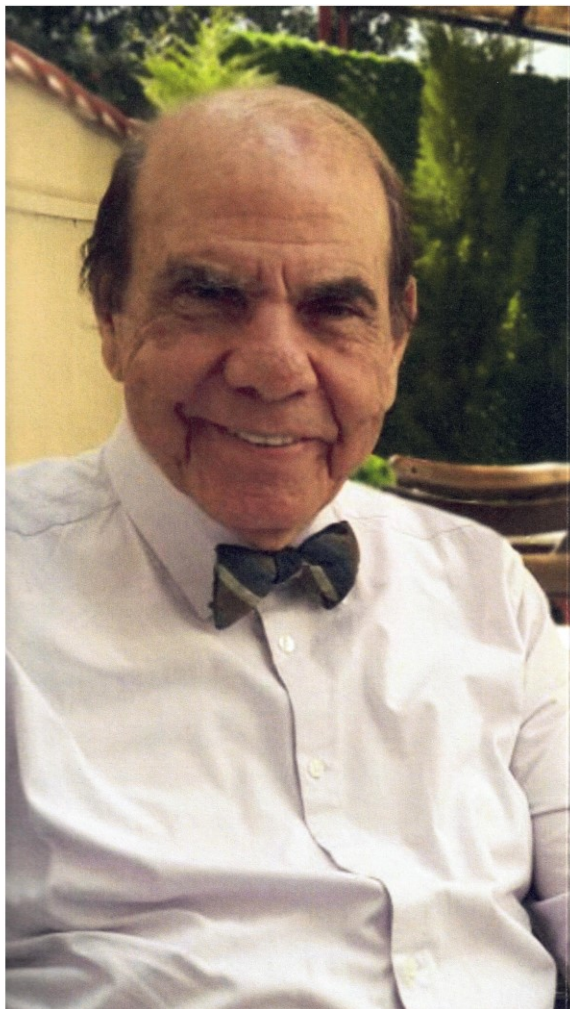


Newsletter 06/2024

In Memoriam Ziad Fahmy de/engl
Patienten-Information
Patienten-Aufklärungsbogen
Congress presentations, Milan 2023
Master Curriculum
Praxis-Poster
New publications / Neue Publikationen



We mourn and miss my beloved husband,
our father, grandfather and father in law
very much.

Dr. med. Ziad Said Fahmy

9th October 1940 - 29th March 2024

A farewell but not a forget
In lovely memories

Marianne Fahmy, née Schüller
Uday Fahmy with Sonja and Moritz
May Fahmy with Till Tarik and Nick Mailo

As requested, he will be buried in the cemetery with his son Tarik.

Instead of flowers and wreaths, we ask for a donation to
"Doctors Without Borders" (Ärzte ohne Grenzen e.V.) in the
memory of the deceased.

Ärzte ohne Grenzen e.V.
reason for payment: Dr. Ziad Fahmy
IBAN: DE72 3702 0500 0009 7097 00 / BIC: BFSWDE33XXX
Bank für Sozialwirtschaft





In Memoriam Ziad Fahmy

Unser Freund und Kollege, der Vorsitzende unserer Ozongesellschaft, hat uns verlassen. Wir sind sehr traurig. Ziad hat die medizinische Ozon-Anwendung über vier Jahrzehnte begleitet und uns mit seinem langjährigen Erfahrungsschatz bereichert. Von Beginn an hat er mit der Entwicklung der intraartikulären Injektionen Standards für Ozonindikationen und -dosierungen in der Orthopädie gesetzt, die dann von vielen Kollegen übernommen und verbreitet wurden und schließlich Teil der Ozonleitlinien wurden. Jahrzehntlang engagierte er sich in unserer Gesellschaft für Seminare, europäische und internationale Ozonkongresse und initiierte insbesondere den 3-tägigen Ozon- Workshop in Bad Kreuznach, die „Bad Kreuznacher Biennale“, die zu einer festen Größe geworden ist und insbesondere die arabische Welt für Ozon erschlossen hat. Unvergesslich bleiben die Kongress-Reisen nach und in Ägypten, Indonesien, Mexiko und, und, und..., die immer auch von Abenteuern geprägt waren, vor allem auf unseren „Post-Congress Tours“.

Ziad und Marianne haben wir anlässlich der Ozon-Vortragstagung während der „Medizinischen Woche Baden-Baden“ kennengelernt, woraus sich eine schöne Freundschaft entwickelte. Das war übrigens 1977 !!!

Wir trauern mit Marianne und seiner Familie um ihn, er wird uns für immer in Erinnerung bleiben.

Für „die Ärztliche Gesellschaft für Ozonanwendung in Prävention und Therapie“ im April 2024
Renate Viebahn-Hänsler, Michael Schreiber, Wilhelm Schüler, Heinrich Habig, Philip Mavberg, Heinz Konrad,
Monika Pirlet-Gottwald

In Memoriam Ziad Fahmy

Our friend and colleague, the chairman of our ozone society, who has accompanied the medical application of ozone for over four decades, he has left us. We are sad, we are very sad.

Ziad has enriched us with his wealth of experience over many years and set standards for ozone indications and dosages in orthopedics right from the start with the development of intra-articular injections, which were then adopted and disseminated by many colleagues and eventually became part of the ozone guidelines.

For decades, he was involved in seminars, European and international ozone congresses in our society and, in particular, initiated the 3-days workshop in Bad Kreuznach, which has become a permanent fixture as a biennial event and has opened up the Arab world in particular for ozone.

The trips to and in Egypt, Indonesia, Mexico and, and, and... remain unforgettable. which were always characterized by adventures, especially on our post-congress tours.

We met Ziad and Marianne in Baden-Baden on the occasion of the ozone lecture conference during the Baden-Baden Medical Week, from which a beautiful friendship developed. By the way, that was in 1977 !!!

We mourn him with Marianne and his family, he will remain forever in our memory.

On behalf of the “Medical Society for the Use of Ozone in Prevention and Therapy”

In April 2024

Renate Viebahn-Hänsler, Michael Schreiber, Wilhelm Schüler, Heinrich Habig, Philip Mavberg, Heinz Konrad,
Monika Pirlet-Gottwald



Congress presentations

26th OZONE WORLD CONGRESS JULY 3-7, 2023 in MILAN, ITALY

The presentations or abstracts can be downloaded as pdf from this website: (English site)

<http://ozongesellschaft.de/#milan>

A MASTER CURRICULUM, offered by the University of Verona:

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Responsible: Prof. Manuela Malatesta, Dipartimento di Neuroscienze, Biomedicina e Movimento, Sezione di Anatomia e Istologia, Università di Verona, Strada Le Grazie, 8 - 37134 Verona, Italy

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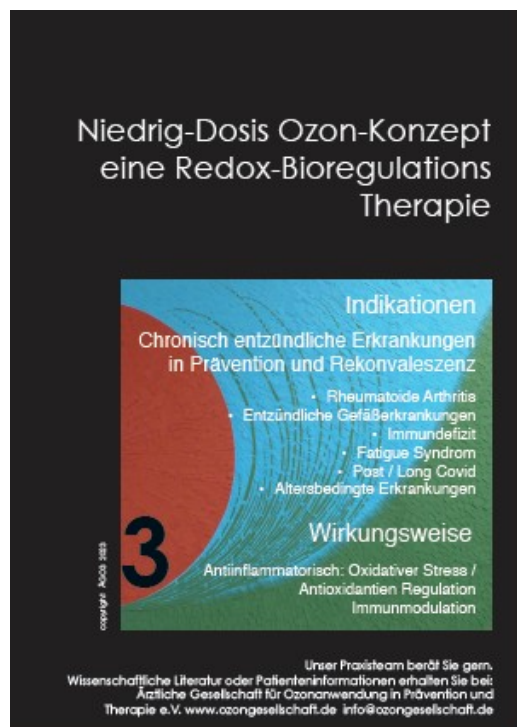
And A MASTER CURRICULUM at the University Craiova, Romania

Responsible: Prof Mogos, information: Emil Vancea,
emilvancea@yahoo.com

Praxis-Poster

Neues Poster zur Ozonanwendung in deutscher Sprache, Format A3.

Für Mitglieder kostenfrei, für Nichtmitglieder 5,00 EUR + Versandkosten.



Ärztliche Gesellschaft für Ozonanwendung in Prävention und Therapie e.V.

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GF und Sekretariat: Dr. Renate Viebahn-Hänsler, Nordring 8, D-76473 Iffezheim/Baden-Baden



New Publications / Neue Publikationen

with cooperation of our association / Unter Mitwirkung unserer Gesellschaft

□

Viebahn-Haensler, R.; León Fernández, O.S. **Mitochondrial Dysfunction, Its Oxidative Stress-Induced Pathologies and Redox Bioregulation through Low-Dose Medical Ozone: A Systematic Review**. *Molecules* **2024**, *29*, 2738. <https://doi.org/10.3390/molecules29122738>

□

León Fernández, O.S.; Oru, G.T.; Viebahn-Haensler, R.; López Cabreja, G.; Serrano Espinosa, I.; Corrales Vázquez, M.E. **Medical Ozone: A Redox Regulator with Selectivity for Rheumatoid Arthritis Patients**. *Pharmaceuticals* **2024**, *17*, 391. <https://doi.org/10.3390/ph17030391>

□

Renate Viebahn-Haensler, Olga León Fernández
Ozone in Medicine. The Low-Dose Ozone Concept. **The Redox-Bioregulatory Effect as Prominent Biochemical Mechanism and the Role of Glutathione**. *Ozone Sci Eng* **46**, 267-279-424 (2024), <https://doi.org/10.1080/01919512.2023.2291756>

□

Renate Viebahn-Haensler, Olga Sonia León Fernández
Ozone as Redox Bioregulator in Preventive Medicine: The Molecular and Pharmacological Basis of the Low-Dose Ozone Concept—A Review *Int. J. Mol. Sci.* **2023**, *24*, 15747. <https://doi.org/10.3390/ijms242115747>

□

Olga Sonia León Fernández, Gabriel Takon Oru, Renate Viebhan-Hänsler, Gilberto López Cabreja, Irais Serrano Espinosa, Elizabeth García Fernández, **Medical ozone arrests oxidative damage progression and regulates vasoactive mediator levels in older patients (60-70 years) with oxidative etiology diseases** *Front. Physiol.*, 03 November **2022** <https://www.frontiersin.org/articles/10.3389/fphys.2022.1029805/full>

□

Renate Viebahn-Haensler, Olga Sonia León Fernández
Ozone In Medicine. The Low-Dose Ozone Concept and Its Basic Biochemical Mechanisms of Action In Chronic Inflammatory Diseases
Int. J. Mol. Sci. **2021**, *22*, 7890. <https://doi.org/10.3390/ijms22157890>

□

Renate Viebahn-Hänsler, Olga Sonia León Fernández
**Ozon in der Medizin
Wissenschaft-Guidelines-Behandlungskonzepte**
4. Auflage MedO3 Publisher **2022** ISBN 978-3-949499-12-8
Free for members, see under „books and videos“

Abstract

Das Niedrig - Dosis Ozonkonzept als Bioregulator zellulärer Antioxidantien und als Immunmodulator Die Ozon-Sauerstoff-Therapie in Form des Niedrig - Dosis - Konzeptes hat sich als fundiertes komplementärmedizinisches Verfahren etabliert. Als wichtigste systemische Applikationsformen erweisen sich die Große Ozon- Eigenblutinfusion und die Rektale Verabreichung als evidenzbasiert gemäß der internationalen Klassifizierung; Wirkmechanismen und Pharmakologie sind gut erforscht, dokumentiert und international publiziert (peer reviewed), womit die Indikationen ihr wissenschaftliches Fundament erhalten: Chronisch entzündliche Erkrankungen und solche, die mit einer chronischen Entzündung einhergehen

- Angiopathien und arterielle Durchblutungsstörungen
- Rheumatoide Arthritis, Schmerztherapie
- Hepatitiden
- Komplementäre Onkologie

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Auf der Grundlage der Guidelines der Ozontherapie werden Behandlungskonzepte vorgestellt: Indikationen, Applikationen, Dosierungen, Ozonkonzentrationen, Behandlungsfrequenzen; ebenso die Grundlagen in gestraffter Form sowie Pharmakodynamik und Pharmakokinetik des Ozons.

□

Renate Viebahn-Haensler, Olga Sonia León Fernández

The Low-Dose Ozone Concept and its Pharmacology in Prevention and Convalescence

Önlemede ve İyileşmede Düşük Doz Ozon Konsepti ve Farmakolojisi

YAYIMCI - PUBLISHER Ortadoğu Reklam Tanıtım Yayıncılık Turizm Eğitim İnşaat Sanayi ve Ticaret A.Ş. E-ISBN: 978-625-401-668-4 © 2022 Türkiye Klinikleri. Türkiye Klinikleri Publication Serial Number: 1129. 1 st Edition, April 2022, Ankara-Türkiye

ABSTRACT. Systemically administered ozone with its mild oxidative eustress, able to upregulate antioxidative enzymes and to modulate the immune response e.g. “cytokine storm” is recommended as part of a complementary treatment concept in chronic inflammatory, long lasting processes with high oxidative stress and in diseases which are accompanied by an redox imbalance, rather than in the acute stages. To restore the glutathione equilibrium GSH/GSSG the low-dose ozone concept offers a strategy in redox medicine as shown here in primary and secondary prevention and convalescence. To illustrate the main pharmacological effects and to follow the treatment success we focus to the following reference substances: GSH (reduced glutathione), γGT (gamma glutamyl transferase) or SOD (superoxide dismutase) as protection markers and one or two parameters of stress markers: MDA (malondialdehyde). Especially liver and kidneys are prevented from oxidative stress, regularly GSH increases, MDA decreases. In post acute inflammations (convalescence) we find the same biochemical mechanisms, summarized in virus diseases and diabetic angiopathy.

Keywords: Ozone therapy; bioregulation; glutathione balance; redox balance

A remarkable number of articles have been published in a special issue **Basic, Biological and Therapeutic Processes of Ozone Therapy** in the **International Journal of Molecular Sciences in 2021/2022**

Auszug neuer interessanter Publikationen / Excerpt of New publications 2021/2022 which might interest you.

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Intra Articular Ozone Modulates Inflammation and Has Anabolic Effect on Knee Osteoarthritis: IL-6 and IGF-1 as Pro-Inflammatory and Anabolic Biomarkers Processes 2022, 10(1), 138; <https://doi.org/10.3390/pr10010138>

□

Male vs. Female Differences in Responding to Oxygen–Ozone Autohemotherapy (O2-O3-AHT) in Patients with Myalgic Encephalomyelitis/Chronic Fatigue Syndrome (ME/CFS) J. Clin. Med. 2022, 11(1), 173; <https://doi.org/10.3390/jcm11010173>

□

Patients with Myalgic Encephalomyelitis/Chronic Fatigue Syndrome (ME/CFS) Greatly Improved Fatigue Symptoms When Treated with Oxygen-Ozone Autohemotherapy J. Clin. Med. 2022, 11(1), 29; <https://doi.org/10.3390/jcm11010029>

□

The Relationship between Ozone and Human Blood in the Course of a Well-Controlled, Mild, and Transitory Oxidative Eustress Antioxidants 2021, 10 (12), 1946; <https://doi.org/10.3390/antiox10121946>

□

The Biological Effects of Ozone Gas on Soft and Hard Dental Tissues and the Impact on Human Gingival Fibroblasts and Gingival Keratinocytes Processes 2021, 9(11), 1978; <https://doi.org/10.3390/pr9111978>

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- Systemic Review: Ozone: A Potential New Chemotherapy Int. J. Mol. Sci. 2021, 22(21), 11796; <https://doi.org/10.3390/ijms222111796>
- Comparison of the Efficacy of Dextrose Prolotherapy and Ozone in Patients with Knee Osteoarthritis: A Randomized Cross-Sectional Study Appl. Sci. 2021, 11(21), 9991; <https://doi.org/10.3390/app11219991>
- Low Ozone Concentrations Differentially Affect the Structural and Functional Features of Non-Activated and Activated Fibroblasts In Vitro Int. J. Mol. Sci. 2021, 22(18), 10133; <https://doi.org/10.3390/ijms221810133>
- Ozone as Modulator of Resorption and Inflammatory Response in Extruded Nucleus Pulposus Herniation. Revising Concepts Int. J. Mol. Sci. 2021, 22(18), 9946; <https://doi.org/10.3390/ijms22189946>
- Ozonized Water Administration in Peri-Implant Mucositis Sites: A Randomized Clinical Trial Appl. Sci. 2021, 11(17), 7812; <https://doi.org/10.3390/app11177812>
- Potential Short-Term Air Pollution Effects on Rheumatoid Arthritis Activity in Metropolitan Areas in the North of Italy: A Cross-Sectional Study Int. J. Environ. Res. Public Health 2021, 18(16), 8490; <https://doi.org/10.3390/ijerph18168490>
- Ozone Gel in Chronic Periodontal Disease: A Randomized Clinical Trial on the Anti-Inflammatory Effects of Ozone Application Biology 2021, 10(7), 625; <https://doi.org/10.3390/biology10070625>
- Application of Ozone Therapy in the Conservative Surgical Treatment of Osteonecrosis of the Jaw: Preliminary Results <https://doi.org/10.3390/proceedings2019035022>
- The Role of Nrf2 in the Antioxidant Cellular Response to Medical Ozone Exposure Int. J. Mol. Sci. 2019, 20(16), 4009; <https://doi.org/10.3390/ijms20164009>
- A Systematic Review of Oxygen Therapy for the Management of Medication-Related Osteonecrosis of the Jaw (MRONJ) Appl. Sci. 2019, 9(5), 026; <https://doi.org/10.3390/app9051026>
- Intraperitoneal Administration of Oxygen/Ozone to Rats Reduces the Pancreatic Damage Induced by Streptozotocin Biology 2018, 7(1),10; <https://doi.org/10.3390/biology7010010>
- Ozone In Medicine. The Low-Dose Ozone Concept and Its Basic Biochemical Mechanisms of Action In Chronic Inflammatory Diseases
Renate Viebahn-Haensler ¹, Olga Sonia León Fernández²
Int. J. Mol. Sci. 2021, 22, 7890. <https://doi.org/10.3390/ijms22157890>

Abstract

Low-dose ozone acts as bioregulator in chronic inflammatory diseases, biochemically characterized by high oxidative stress and a blocked regulation. During systemic applications “Ozone peroxides” are able to replace H₂O₂ in its specific function of regulation, restore redox signaling and improve the antioxidant capacity. Two different mechanisms have to be understood; in systemic treatments the indirect, ionic mechanism is to be discussed: “ozone peroxide” will be directly reduced by the glutathione system, informing the nuclear factors to start the regulation. The GSH/GSSG balance outlines the ozone dose and concentration limiting



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factor. Antioxidants are regulated, in case of inflammatory diseases up-regulated; cytokines are modulated, here downregulated. Rheumatoid arthritis RA as a model for chronic inflammation: RA -in preclinical and clinical trials- reflects the pharmacology of ozone in a typical manner: SOD (superoxide dismutase), CAT (catalase)... and finally GSH (reduced glutathione) increase, followed by a significant reduction of oxidative stress. Inflammatory cytokines are downregulated. Accordingly the clinical status improves. The pharmacological background investigated in a remarkable number of cell experiments, preclinical and clinical trials, well documented and published in international peer reviewed journals, should encourage clinicians to set up clinical trials with chronic inflammatory diseases integrating medical ozone as a complement.

Update 14.06.24

