JORDAN 2013

DEAD SEA / JORDAN APRIL - MAY 2013

21 day combined climatotherapy with pseudocatalase PC-KUS at the Dead Sea / Medical Centre in Jordan under the auspice of the Institute for Pigmentary Disorders / Greifswald / Germany

Dates

18. April - 09. May 2013
14 days for repeaters only!
24. April - 08. May 2013
**What is Vitiligo?**

Vitiligo is an ancient disease characterised by the sudden progressive loss of the inherited skin colour. Vitiligo is recognised by the World Health Organisation as a disease.

Diagnosis of vitiligo usually is made by eye. However, sometimes the loss of skin colour can mimic vitiligo. Therefore in good medical practice the use of WOOD's light should be introduced because it unambiguously proves this disease. This is based on the accumulation of oxidised pterins in the skin of people who have vitiligo. Other white skin does not show this fluorescence.

*(Schallreuter et al., Science 1994)*

Vitiligo can occur in all skin colours, affecting men and women equally. The peak age of onset is in childhood and adolescence. However, it also frequently occurs in adults.

Vitiligo is not contagious, with other words it is “not catchy”.

The cause for the disease is still unknown. There are several theories but none can explain the entire plethora of published results.
WORLD WIDE PREVALENCE OF VITILIGO IN POPULATION- STUDIES

- USA: 0.49%, Children 0.24%
- Mexico: 0.21%
- Brazil: 0.04%
- Australia: 1.2%
- France: 0.28%
- Denmark: 0.38%, 0.12%
- Sweden: 0.4%
- Turkey: 0.59%
- Egypt: 1.22%, 0.22%
- Mali: 0.23%
- Tanzania: 0.27%, 0.4%
- Himachal Pradesh: 1.0%
- Chandigarh: 2.16%
- Meerut: 1.51%
- Calcutta: 0.46%
- Surat: 1.13%, 1.65%
- Maharrastra: 0.6%
- Varanasi: 0.17%
- Puducherry: 0.9%
- Sri Lanka: 1.2%

Krüger et al. 2009
**Why Dead Sea Treatment?**

- Dead Sea is 400 m below Sea Level
- Depth 400 m
- Salt concentration 28-36%
- Temperature in April/May/June 24-40 degrees Celsius
- natural Narrow Band-UVB

**Concentrations of Transition Metals in Dead Sea Water**

**Total Salt Content: 346 g/l (34.6%)**

<table>
<thead>
<tr>
<th>Transition metal</th>
<th>Concentration (ppm)</th>
<th>Concentration (10^6 M)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Manganese Mn²</td>
<td>7140</td>
<td>13.0</td>
</tr>
<tr>
<td>Iron Fe²⁺</td>
<td>1398</td>
<td>2.5</td>
</tr>
<tr>
<td>Copper Cu²⁺</td>
<td>582</td>
<td>0.9</td>
</tr>
</tbody>
</table>

- Conclusion: The Dead Sea has a weak pseudo-Catalase activity

Schallreuter et al 2002
In vivo evidence for pseudocatalase activity of the Dead Sea water

Efficacy of a 15-min Dead Sea water bath on the removal of epidermal H2O2, in patients (n = 16) with vitiligo using in vivo FT-Raman spectroscopy. Measurements were taken before and after the bath, showing a significant reduction of H2O2 (p = 0.001) (Schallreuter et al. 2002)
From the bench to the bed side: A 15 year experience at the Dead Sea in Israel and Jordan with combined climatotherapy and pseudocatalase PC-KUS

Over the last decades Professor Dr Karin U. Schallreuter and her team developed a successful innovative therapy for vitiligo involving the benefits of the Dead Sea environment in combination with a topical applied pseudocatalase PC-KUS and tailored Antiox-supplementation. Each participating patient must have been enrolled at the Institute for Pigmentary Disorders prior to the treatment at the Dead Sea. Based on each patient’s clinical/lab results, an individual treatment plan forms the basis for the 21 days treatment. All patients undergo a physical examination at the beginning and at the end including special photo documentation at the Dead Sea. Each patient is seen by the doctor twice per day during their treatment times, allowing in turn tailoring of the individual actual needs for the optimal pigmentation response. Moreover, for special medical problems, additional care is provided by Schallreuter and her team. Besides regaining of the lost skin colour, treatment in such a group has a significant effect on coping with vitiligo, building up confidence, self esteem and improvement of quality of life. (see Significant Immediate and Long-term Improvement in Quality of Life and Disease Coping in Patients with Vitiligo after GroupClimatotherapy at the Dead Sea) by Christian Krüger, Jim W. Smythe, Jennifer D. Spencer, Sybille Hasse, Angela Panske, Giorgia Chiuchiarelli and Karin U. Schallreuter; Acta Dermatol Venerol, 2011, 91: 152-159). Repigmentation is continuing up to 3 months after return, providing the patient continues with the recommended treatment at home. Under these conditions the new skin colour is stable.

Patient numbers of Dead Sea Trips

Clinical picture before and after treatment with combined climatotherapy and PC-KUS
Testimonials

21 days Dead Sea combined climatotherapy plus 3 months treatment with NB -UVB activated pseudocatalase PC-KUS

Lee Thomas - Returning black.....

Before

After 3 months

Lee's youtube repigmentation journey 2012

Vitiligo update: Lee Thomas regaining his skin pigmentation (WJBK-TV | Fox 2)
We are going again in April / May 2013

In order to treat your vitiligo we are offering the opportunity to participate in a combined climatotherapy over 21 days at the Dead Sea in Jordan.

The departure dates for groups are exclusively from Frankfurt/Germany to Amman and return with Royal Jordanian. If you wish to book your flights independently, please note that we cannot accept different arrival/departure dates for single patients because this is a group venture. In other words, you need to place your booking on the given days.

Once again, we are taking children with us; however, they must be accompanied by an adult. The trip is taking place under the auspices of the Institute for Pigmentary Disorders, Greifswald, Germany, in association with the E.-M.-Arndt University of Greifswald.

The package price for patients includes:
- 21 / 14 days accommodation 1/2 board
- Flight from Frankfurt, economy class, 30kg free baggage allowance, arrival and return airport transfers in Jordan
- Entrance Visa, entrance and exit fees
- 3 litre mineral water per day
- Use of the new gym, solarium, Dead Sea water indoor pool, 1 blanket and 2 towels per day for the solarium

The medical care includes:
- Entrance examination with full body examination under Wood’s light
- Photodocumentation
- Final examination, assessment and treatment plan at the end of the trip
- Personal daily individual consultation by Professor Schallreuter and team at the solarium

Not included:
- Travel Insurance (Optional)
- Medical care which exceeds the treatment for vitiligo as mentioned above
- Further meals and drinks as well as everyday necessities

Important notice! Patients arriving or departing individually must pay:
- 2x 25 Euro for transfer (from Amman and return), entrance visa upon arrival, exit fees before departure

If you wish to participate, please contact:

Institut für Pigmentationsstörungen e.V.
Biotechnikum
W.-Rathenau-Straße 49a
17489 Greifswald
Fax: 03834 515573
Email: vitiligo@biotechnikum.de
Impressions

Happy Patients - Arabian Night at the Dead Sea 2012

Wadi Rum
Testimonials

„Liebe Frau Professor,
Es ist einfach für mich immer noch ein unglaubliches Wunder und jeden Tag ein Geschenk, dass ich im Gesicht fast keine Vitiligo mehr habe und auch an anderen Körperstellen sehe, wie es langsam aber sicher verschwindet.“

Anbei ein kleines Foto mit den Fortschritten seit Jordanien 2012 von meinem Dekolleté....
Alles Liebe und Gute für Sie und auch Frau Panske im neuen Jahr!

Stephanie Sonnenburg
Open letter from Maxine Whitton former president of UK Vitiligo Society and author of the Cochrane Systematic Review of Interventions for Vitiligo

I have tried pseudocatalase (PC-KUS) and have had remarkable results.
Professor Karin Schallreuter was invited to give a talk at one of the Vitiligo Society’s events and afterwards she asked me to be a research patient. I had tried PUVA in the past with some success but when I got to my mid 40’s the disease suddenly began to spread rapidly which was psychologically devastating. I resigned myself to having to live with it somehow and drew comfort from the fact that my involvement with the Vitiligo Society gave me the opportunity to help others deal with it. By the time I met her, I had already read her paper, a case study of 33 patients published in 1995*, and found the theory behind it intriguing. I was willing to give it a try though I had no expectations that it would work for me as my vitiligo was by then quite extensive and actively spreading.
See you at the Dead Sea 2013

Remember! The experience in the group with other patients is healthy for your body and your confidence and self esteem.

The combined treatment at the Dead Sea with pseudocatalase PC-KUS is based on basic research and long-standing clinical observation. Repigmentation starts at the Dead Sea and continues even up to 3-4 months at home. Importantly, the regained skin colour is stable, once the patient continues treatment at home.

YOU WANT TO KNOW MORE?

- Significant Immediate and Long-term Improvement in Quality of Life and Disease Coping in Patients with Vitiligo after Group Climatotherapy at the Dead Sea
- A review of the worldwide prevalence of vitiligo in children/adolescents and adults
- Rapid initiation of repigmentation in vitiligo with Dead Sea climatotherapy in combination with pseudocatalase (PC-KUS)
- P Catalase activity of the Dead Sea
Dead Sea / Jordan April - May 2013

21 days combined climatotherapy with pseudocatalase PC-KUS at the Dead Sea Medical Centre in Jordan

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