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Information concerning the use of the BEMER Therapy for Bechterew's Disease (Ankylosing spondylitis)

Bechterew's disease belongs to the group of chronic inflammatory-rheumatic illnesses that primarily affect the spinal column and the sacroiliac joint. The peripheral joints, tendons or inner organs are less often affected. This illness occurs in 0.2% to 0.5% of the population, whereby men are affected ten times more frequently than women.

A genetic cause seems evident since the antigen, HLA B27, has been found in the blood of 95% of the patients. This serves as an important diagnostic criterium. On various occasions an infection of the intestinal or lymph systems has been presumed as the elicitor (trigger), however, the real causes have still not been established.

The illness often occurs between the ages of 20 and 40, starting with back pains that radiate to the legs. The increasingly inflammatory changes, with their strong tendency to calcification at the onset of the tendons and intervertebral disks, later lead to painful disabilities. In the late stage of the disease a progressive calcification of the supporting tendons and intervertebral disks set itself forth, causing increasing stiffening and curvature of the spinal column. Serious and painful motion impairment and damage to the breathing mechanism can be the result.

A causal therapy is still unknown. Even the frequently used anti-rheumatic medication, with its sometimes severe side effects, only attacks the symptoms; and physiotherapeutic measures can often achieve only unsatisfactory results. Thus any possibility to relieve the patients' complaints and to influence the clinical picture positively is significant.

Electromagnetic field therapy, which can be optimally performed with the BEMER 3000, is a complex one that not only improves the blood circulation and oxygen supply, but also has a general regulatory effect on the metabolism. In conjuncture with other biological and clinical methods, it frequently succeeds in alleviating symptoms and positively affecting the entire course of the illness.

The positive effects of the low frequency, pulsating electromagnetic fields used in the BEMER Therapy have been scientifically proven. The following potential consequences are of significance in the treatment of Bechterew's disease:

- improved microcirculation in damaged tissue; and helps in the elimination of acids and metabolic end products
- activation of the so-called repair proteins and anti-inflammatory working enzymes; this supports the best possible regeneration of the damaged tissue

General recommendations for the use of the BEMER Therapy for Bechterew's disease

Use of the coil mat twice daily in accordance with the basic plan and additionally once daily at a Level 10 setting.

The applicator P3 can be applied to the painful spinal column area.