

Naturally against the pain

Study confirms: After a sprain, Traumeel works as effectively and reliably as diclofenac

Baden-Baden / Berlin (Germany) – Just one wrong step during daily activities and sports or a twist on high heels can be enough to feel the pain rising with every move of the swollen ankle. To date, sprains are mostly treated using non-steroidal anti-inflammatory drugs (NSAIDs) like diclofenac. A [clinical trial](#) presented in Berlin at the congress of the European League Against Rheumatism ([EULAR](#)) now proves: There is a natural alternative to NSAIDs – Traumeel.

When going for a jog in the woods or on the jump to an appointment: A twisted ankle can occur quickly. “Injuries as a result of overstretching a joint are often considered negligible“, warns Assistant Professor Dr. Bernd Wolfarth, leading senior physician of the department for preventive and rehabilitative sports medicine at the Technical University in Munich. “However, if left untreated, they can lead to prolonged pain or joint instability, which can permanently affect one’s mobility”.

A sprain can occur when the joint surfaces are moved very strongly and rude. This can lead to an overstretching of the joint capsule and the surrounding ligaments. A first aid measure is: Rest, cool the joint with ice and elevate it with a slightly compressing support bandage. A doctor should examine the injury and coordinate the treatment accordingly. Ointments and gels help to alleviate the injury, the swelling and the inflammation-related pain.

Patients’ choice: Treat it chemically or naturally?

But which treatment will help effectively? A large randomized and controlled clinical study – the gold standard in drug testing – now compared the efficacy of Traumeel on the basis of natural ingredients with a standard preparation containing diclofenac. All products had proven to be more effective than placebo in earlier studies. The [new trial](#) with 449 patients shows that Traumeel ointment and gel reduce the pain and help restore the function and mobility of the joint as effectively as diclofenac gel.

„This [study](#) – one of the largest and qualitatively best in comparing a natural medication with a conventional drug – confirms the efficacy of Traumeel according to the highest medical evidence criteria“, explains Dr.

Ghassan Andraos, Head of Medicine at Heel. „This opens a new chapter in the treatment of musculoskeletal disorders: For the first time, patients and physicians have a choice between demonstrably equal alternatives.”

Regulating instead of inhibiting

The most commonly used non-steroidal anti-inflammatory drugs to date are cyclooxygenase inhibitors such as diclofenac. In order to alleviate the painful symptoms of a strain, they suppress the bodies' natural inflammatory response to injuries. If they are used for the longer term, they can harm the stomach lining, the heart and the kidneys.

Traumeel, on the other hand, is a homeopathically prepared multi-component medication made of 14 partially diluted natural substances that influence various aspects of the inflammatory process in a regulating manner via the cytokine network. Studies confirm a very good tolerability for Traumeel which has been on the market for more than 60 years.

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The study:

For the [randomized and controlled multicentre study](#), 449 physically active men and women (age 18-40) with a mild to moderate sprain of the ankle (grade 1 and 2) were treated. They were selected at random and administered with Traumeel ointment, Traumeel gel or diclofenac gel. The patients received the preparation for use unlabeled and as unrecognizable as possible. All products had proven more effective than placebo in earlier trials. All participants applied the medication externally (topically), three times a day on each of the 14 study days. Doctor and patient documented the recovery process over six weeks using international standard questionnaires such as FAAM (Foot and Ankle Ability Measurement) for the measurement of function and VAS (Visual Analog Scale) for the measurement of pain. A final examination took place after 6 weeks. The study was conducted from August 2009 to September 2012 in 15 centres in Spain under the supervision of Carlos González de Vega, chief physician at the Sports Medicine Rehabilitation Clinic MEDYR in Madrid (Spain).

De Vega CG, et al. A randomized, controlled, multicentre study on the effectiveness of Traumeel (ointment and gel) in terms of pain reduction and functional improvement compared with diclofenac gel in acute ankle sprain. [Annals of Rheumatic Diseases 2012; Vol. 71: Supp. III \(SAT0423\)](#), presented at the European League Against Rheumatism (EULAR) Congress, Berlin, Germany, June 6-9, 2012. <http://eprints.bmjgroup.com/i/69264>

Heel is a pharmaceutical company that develops, manufactures and distributes medicines based on natural substances. As the global leader in homeopathic combination preparations, the company is also a pioneer in the field of scientific research in natural healthcare. In cooperation with academic institutions, Heel actively fosters the concept of integrative medicine and is building the bridge between homeopathy and conventional medicine to improve patient care and health.

Biologische Heilmittel Heel GmbH, with corporate headquarters located in Baden-Baden/Germany and a staff of 1,300, achieved an annual turnover of 196 million euros in 2011 – 70 percent of it outside of Germany. Heel medicines are available through subsidiaries and distribution partners in over 50 countries around the world.

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An ankle is quickly twisted. [A study](#) presented in Berlin by Professor Carlos González de Vega, chief physician at the Sports Medicine Rehabilitation Clinic MEDYR in Madrid (Spain), and Assistant Professor Dr. Bernd Wolfarth, leading senior physician of the department for preventive and rehabilitative sports medicine at the Technical University in Munich (Germany), now confirms: Traumeel regulates the inflammation-related pain after a sprain just as effectively as diclofenac – but in a natural way.

Photo at left: istockphoto/Heel; Photo in centre and at right: Heel.

Photos in printable quality are available at: www.oha-communication.com/heel

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