

Ozone therapy to treat wide variety of ailments

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Ozone therapy to benefit patients suffering from a wide variety of ailments has been introduced in Dubai.

Among those to have sworn by the treatment are said to be Britain's Queen Mother, who used it regularly until her death at the age of 102. Ozone therapy does not promise to be an alternative but is a parallel medical treatment, alongside Allopathic and Oriental medicines.

"All of them are firmly grounded in science. But the exciting thing about ozone therapy is the breadth of its therapeutic usefulness," said Prof Lamberto Re, an Italian surgeon licensed as the first ozone therapy practitioner in the UAE.



A patient getting a shot of ozone for back pain.

Ozone is a highly unstable gas, formed when oxygen is subjected to ultra-violet rays or electricity. But it is extremely useful as an antiseptic agent due to its ability to kill bacteria and viruses.

Because ozone is an immune system modulator, and has powerful analgesic properties, it can treat cervical and lumbar problems with 95 per cent effectiveness in reducing the symptoms. Ozone is also known to support body detoxification and helps cleanse the lymph system.

While the machine that generates ozone may cost less than \$20,000, said Dr Re, ozone treatment is delicate and requires experience. "If done by expert hands, the treatment is practically free from any side effects."

Ozone treatment is also branching out into sports medicine to treat trauma, muscular distortion and damaged tendons.

Dr Re has treated soccer players in Italy as well as other well-known sportsmen, including Pasquale Gravina, captain of Italy's volleyball team, who underwent a two-month ozone therapy to treat his back pain.

A surgeon, Dr Re is also an expert in experimental techniques in pharmacology, such as in-vitro assays and in-vivo experimental toxicology. Dr Re has collaborated with researches of the Max Plank Institute in Gottingen, Germany, at Georgetown Institute for the Neuroscience, Georgetown University Medical School in the US.

Dr Re first visited the UAE last year upon the invitation of the Department of Health and Medical Services (Dohms).

"I greatly appreciate the invitation of Dohms and I extend my deepest thanks to Sheikh Hamdam bin Rashid Al Maktoum, Deputy Ruler of Dubai and Minister of Finance and Industry, as well as Dr Al Murooshid, Dohms Director General, and Dr Ahmed Al Jaziri, head surgeon of Rashid Hospital, for giving me the opportunity to come to Dubai and help patients here."

Within two months, Dr Re administered ozone therapy to 276 patients from the different emirates of the UAE. An average of 70 per cent reduction in pain was recorded among those who completed the 12 sessions for the therapy.

Initial results of his Dubai practice will be presented at the International Congress of Ozone Therapy next month in Las Vegas. It contains a statistical evaluation of the more ethical and safe use of ozone under the supervision of Dubai's health authorities.

Free from side effects

- * One of the most important aspects about Ozone therapy is the breadth of its therapeutic usefulness.
- * It is useful and valuable for various symptoms and health issues.
- * Can use its antioxidant stimulating capabilities, its anti-viral, anti-bacterial, and anti-fungal properties.
- * Patients can come for specific symptoms, and for general well-being and preventative care.
- * The first session lasts approximately one hour and subsequent sessions approximately 35-40 minutes.
- * Ozone has been found to be a safe medical therapy, free from side effects.

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