

## Main diagnostical Groups and treatment Categories of *Alpstein Clinic* in Whole Body Medicine and Dentistry

### General for all chronic diseases and cancer

- full body check-up to evaluate the main causative factors

### Autoimmune Diseases

- multiple sclerosis
- rheumatoid polyarthritis and juvenile arthritis
- Bechterew's disease = Spondylitis ankylosans
- Crohn's disease (autoimmune ileo-colitis)
- Hashimoto's thyroiditis and Basedow's disease
- myelodystrophic syndrome
- ALS (amyotrophic lateral sclerosis)
- ulcerative colitis
- Sjögren's syndrome
- lupus erythematosus
- idiopathic thrombopenia
- Inclusion body myositis

### Chronic Infections

- borreliosis (also known as Lyme's disease)
- chronic susceptibility to infection
- chronic virus infestation (EBV, CMV, coxsackievirus, herpes, hepatitis)
- chronic parasite infestation (toxoplasmosis, malaria, pinworms, liver flukes, etc.)
- chronic bacterial infections (sinusitis, tonsillitis, appendicitis, osteomyelitis, etc.)
- chronic fungal infections like dermatophyte, nail fungus or vaginal mycosis
- specific infections caused by Bartonella, Shigella, salmonellae or Yersinia
- chlamydia infections
- mycoplasma infections

### Neurological Diseases

- Parkinson's disease
- Alzheimer's disease
- Guillain-Barré syndrome
- post-zoster neuralgia
- psycho-vegetative disbalance
- Multiple Sclerosis
- polyneuropathy
- myopathy
- encephalopathies
- moto neuron disease

### Joint, Back and Bone Disorders

- gon- and coxarthrosis
- post-arthritis arthrosis (pcP, Bechterev , psoriatic arthritis)
- degeneration of the intervertebral disks
- osteopenia (osteoporosis, osteomalacia)
- tendopathy (e.g. rotator cuff problems)
- poly-arthrosis (Heberden's , Bouchard's)
- spondylosis, spondyl-arthritis
- Paget's disease
- enthesitis (e.g. archer's elbow)
- chronic backache and joint pain

### Paediatrics

- hyperkinetic syndrome (ADHD) and autism
- lack of concentration and behavioural problems
- weight problems in childhood and adolescents
- allergies/intolerances
- diabetes type I (no first diagnosis, no first treatment)
- endogenous eczema
- inexplicable pain
- HPU/KPU in childhood
- juvenile rheumatoid diseases
- constipation/diarrhea in childhood

### Women's health

- bioidentical hormones
- menopausal symptoms
- libido loss
- infertility
- dysmenorrhea
- cycle irregularities

### Digestive Disorders

- celiac disease
- ulcerative colitis
- chronic constipation
- food allergies and intolerances
- haemorrhoids
- irritable bowel syndrome
- Crohn's disease
- heartburn
- Helicobacter infections
- chronic diarrhea
- peptic esophagitis
- chronic abdominal pain

### Metabolic Diseases

- Diabetes mellitus
- Anorexia
- adrenal disorders
- hyper- and hypothyreosis
- hyperuricemia (gout)
- hyperhomocysteinemia
- obesity
- pituitary disorders
- Kryptopyrrol-urea/KPU/HPU
- chronic pancreatopathy
- metabolic syndrome
- high cholesterol (hypercholesteremia)

## Cardio-vascular Diseases

- post-coronary conditions
- venous disorders (varicosis, phlebitis, venous leg ulcers)
- coronary heart disease (CHD)
- post-cerebral infarct conditions and conditions after transitory cerebral hypoperfusion
- inflammatory and degenerative blood vessel disorders (arteriosclerosis, atheromatosis, arteriitis, vasculitis)
- hypotension and hypertension
- lymphedema (primary and secondary)
- Angina pectoris

## Respiratory, pulmonary and dermatological Diseases

- hay fever (pollinosis)
- eczema
- Asthma bronchiale
- neurodermatitis
- loss of hair
- sarcoidosis

## Contemporary Diseases

- chronic fatigue
- all kinds of chronic pain, migraines and headaches
- dysthymia, anxiety and depression
- psychosomatic disorders
- menstrual disorders, dysmenorrhea
- hyper-sensitivity to environmental conditions (electric and magnetic fields, high-frequency fields, chemical substances)
- fibromyalgia
- burnout
- attention deficit disorder (ADD)
- endocrine disorders
- somatization disorders

## Cancer, early Stages and integrative to classic Oncology

- Early stages of cancer and Lymphoma can be fully managed, for example
- Prostate cancer and breast cancer in stages 1 and 2
- Pre-canceroses, such as lichen ruber planus, leukoplakia
- All types of cancer (carcinoma) without metastases
- advanced cancer stages (with metastasis) needs to be evaluated on individual basis according to needs and possibilities
- Carcinoma in situ (e.g. on the breast)
- most skin cancers
- Cervical dysplasia (Papanicolau 2-4)

## Lymphoma and chronic Leukaemia

- Lymphomas (Hodgkin and Non-Hodgkin)
- Myelomatosis
- Myelodysplastic Syndrome
- Thrombocytosis
- Primary myelopathic polycythemia and of course, as previously mentioned
- Plasmocytoma
- Kahler's disease
- Myelofibrosis
- Chronic leukemia

## Aspects of Dentistry as part of Whole Body Dentistry

- Dental Hygiene
- Filling materials and therapies (temporary, long term, defect-oriented management of decay)
- Direct, indirect dental restorations (ceramic)
- Tooth fragments, foreign bodies, dead teeth
- Bone infections of the jaw (jaw cavitation, jaw osteitis)
- Oral lesions due to bacterial, viral, parasitic overload (compromised immune system) up to precancerous conditions
- Bite rehabilitation according to physiological rules (fixed vs. removable solutions according to health condition of patient, e.g. dentures vs. crowns/bridges vs. implants)
- Gingivitis, Periodontitis
- impacted & displaced teeth
- Craniomandibular Dysfunction
- Bite correction/orthodontics

---

## Cut of level for patient admission at Alpstein Clinic according Karnofsky scoring

The Karnofsky Performance Score (KPS) ranking runs from 100 to 0, where 100 is "perfect" health and 0 is death. Practitioners occasionally assign performance scores in between standard intervals of 10. This scoring system is named after Dr. [David A. Karnofsky](#), who described the scale with Dr. Walter H. Abelmann, Dr. Lloyd F. Craver, and Dr. [Joseph H. Burchenal](#) in 1948.<sup>[1]</sup>

- 100 – Normal; no complaints; no evidence of disease.
- 90 – Able to carry on normal activity; minor signs or symptoms of disease.
- 80 – Normal activity with effort; some signs or symptoms of disease.
- 70 – Cares for self; unable to carry on normal activity or to do active work.
- 60 – Requires occasional assistance, but is able to care for most of their personal needs.
- 50 – Requires considerable assistance and frequent medical care.
- 40 – Disabled; requires special care and assistance.
- 30 – Severely disabled; hospital admission is indicated although death not imminent.
- 20 – Very sick; hospital admission necessary; active supportive treatment necessary.
- 10 – Moribund; fatal processes progressing rapidly.

Due to the day clinic status the team of the Alpstein Clinic is able to fully support and look after patients belonging to the group 100 to 50 percent according Karnovsky scoring. Patients between the score 50 and 30 will require additional support outside of Alpstein Clinic.