

## **The importance of Vitafon in treatment of rheumatic diseases of the spinal column and joints**

Although indication spectrum of VITAFON is broad, on this occasion we will concentrate on degenerative diseases of the spinal column and joints for two reasons: because of the role of a backbone as the pillar of our health and because of extremely high percentage in which this group of diseases is present in our population.

Everyone has heard of spondylosis; everyone has experienced pains in their spines and joints after the age of 45. Most often, pains in spines and joints which appear around the age of 45 are the consequences of degenerative damages of the spinal column and joints.

The vertebral column is made of vertebrae which have been joined with one another by intervertebral discs, bonds and joints. Between vertebrae there are holes through which spinal nerves go – 31 pairs – and the spinal marrow goes through the vertebral column. Roots of spinal nerves are exposed to pressure in degenerative diseases and pains we feel are the consequence of the compression of these nerves. One of the factors in the origin of degeneration is bad circulation which includes worse nourishment of intervertebral discs and apophysial joints. Traumas and anatomic abnormalities of the spinal column (e.g. scoliosis) can induce faster development and greater spread of degenerative changes.

As you grow older, the intervertebral disc loses flexibility, its volume decreases and it becomes more rigid and liable to damages. Simultaneously with its reduction – thinning of the intervertebral disc - intervertebral areas are also reduced. Then the level of mobility of the spinal column has already been reduced and with small movements we compress the root of a spinal nerve. Compression of spinal nerve roots is manifested in painful syndrome in a certain region of the spine, so there are: cervical fusion syndrome, dorsalgia, lumbar pain syndrome – lumbago.

The aim of the application of VITAFON in the treatment of the spine is: improvement in bloodstream of muscles which balance the position of the spine, decrease in muscular tension, improvement in profusion of nervous fibres which are under compression, improvement in nourishment of intervertebral disc and decomposition of accumulated  $\text{Ca}^{++}$  salts – decalcification.

By improving circulation we stimulate regeneration processes at the level of intervertebral discs. The intervertebral disc regains flexibility and volume, and in that way, of course, the intervertebral area is enlarged and compression of the spinal nerve roots is reduced. Decalcification also takes part in the process of decompression. With VITAFON's influence the accumulated calcificates are decomposed and  $\text{Ca}^{++}$  itself partially rearranged into bone tissue and partially, through kidneys and bowel movement, disposed from the organism. During long-term treatments, we can get enlarged intervertebral areas and reduced osteophytes, which results in decompression of spinal nerves and increase in flexibility of the spinal column. Naturally, this process requires treatment which lasts for several months, endurance and patience.

Similar to the degenerative process which takes place on the spinal column, there is degeneration going on at the level of joints. Frequency of the phenomenon of

arthrosis grows as we grow old. Around 80% of people who are over the age of 60 have radiological indications of arthrosis, although the range of radiological indications of the disease doesn't have to match the severity of subjective difficulties.

Most often arthroses appear on knees, hips, hands and apophysial spinal joints, but they can also invade any joint. The characteristics of arthroses are: damages and loss of certain parts of cartilage, bone hypertrophy right under the cartilage and at the edges of the joints. As a consequence of these phenomena we have pains during the load of the diseased joint, then the numbness of the joint during the first movements after rest and the reduction of the joint movement range.

Thanks to the effects of VITAFON, which we have mentioned, we get the increased joint movement range, disappearance of pains and disappearance of characteristic numbness after rest as a result. Restitution of anatomic structures which are connected to the spinal column and joints improves the state of health and quality of life.

In therapeutic approach there are three basic principles: not to harm the patient, to prolong his/her life and to improve the quality of life. I can certainly confirm that VITAFON satisfies all the three principles. Vibroacoustic therapy can be, beside the mentioned diseases, applied as independent or in combination with other therapeutic procedures with the following diseases: prostate adenoma, prostatitis, impotence, haemorrhoids, bronchitis, sinusitis, hypertension, chronic renal insufficiency, heart insufficiency, diabetic retinopathy and angiopathy, middle ear inflammation, auditory nerve damages as well as with all injuries of bone and joint system and, of course, as a support to the immune powers of the organism, i.e. as prevention of diseases.

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