

Success of the first Spanish clinical trial with ozone therapy for COVID-19 patients in Polyclinic Group

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Administering ozone can help patients with COVID-19 significantly improve their prognosis after only two or three treatment sessions. Patients who were about to be intubated and connected to mechanical ventilation have been able, thanks to ozone therapy, not only to avoid it but to improve to the point of not requiring oxygen. These are the results of the first clinical trial of ozone therapy carried out in Spain at the Policlínica Nuestra Señora del Rosario in Ibiza.

Ozone has a multitude of beneficial biological effects. Two of the main ones are the improvement of oxygenation at tissue level and its immunomodulatory effect, thus achieving a decrease in the inflammatory response suffered by these coronavirus patients. To this we must add its potential viricide effect.

Italy and China already apply the ozone therapy against COVID-19

Although its clinical application has not yet been extended in our country, there are international precedents with the same good results as those obtained at the Polyclinic in Ibiza. The University Hospital Santa Maria della Misericordia in Udine, Italy, has treated with ozone therapy 36 patients with COVID-19 pneumonia who presented respiratory failure and 97% of them have not required intubation. On the other hand, in China there are 4 clinical trials in progress and the provisional results are very encouraging.

"In Spain we have started to administer it, after authorization from the hospital's Quality Committee, and the results have been spectacular", says Alberto Hernández, assistant doctor of Anaesthesia and Resuscitation at the Polyclinic Nuestra Señora del Rosario, of the Polyclinic Group.

"We have registered a clinical trial, and we have proven that ozone is a very effective and beneficial therapy in these patients and that we should immediately incorporate it into the treatment of COVID-19," he insists.

The President of the Spanish Society of Ozone Therapy and Vice President of the World Federation of Ozone Therapy, José Baeza, not only agrees with Dr. Hernández, but through him coordinates the information of the application of ozone therapy worldwide against COVID-19. "Given the absence of an effective treatment or a vaccine and in the context of the current health emergency, all patients admitted should receive ozone therapy since a clear benefit is being demonstrated, and ozone therapy does not present significant side effects", assures Baeza, adding "the clear benefits that are being observed in the clinical trials that are underway".

First patient treated in Ibiza



The Polyclinic Nuestra Señora del Rosario in Ibiza obtained on April 4 the authorization to treat the first patient with ozone therapy. After presenting in a scientific medical session the potential benefits of the ozone therapy, the group of experts of the centre in the COVID-19 infection, formed by doctors Montserrat Viñals and Asunción Pablos, from the Internal Medicine Service, Adriana Martín, from the Intensive Medicine Service, and María Victoria Velasco, from the Emergency Service, gave their approval to the protocol of administration of the major autohemotherapy with ozone in patients with coronavirus.

A 49-year-old male who had already required admission to the ICU was deteriorating to the point that he required oxygen at maximum concentration and was still deficient in oxygen to his lungs. His intubation and connection to mechanical ventilation was planned, but surprisingly, after the first session of ozone therapy, the improvement was significant and the oxygen requirements could be decreased. Dr. Alberto Hernández explains that "the improvement after the first session of ozone treatment was spectacular, we were surprised, his breathing rate normalized, his oxygen levels increased and we were able to stop giving him so much oxygen, since the patient was capable of oxygenating himself", he explains.

Translated with www.DeepL.com/Translator (free version) "To our surprise, when we did an analytical control, we observed how the ferritin, a determination from the analysis that is being used as a prognostic marker in this disease, had dropped significantly and that downward trend continued in the following days". It was this first result that motivated the medical team to administer it to other patients who, as Hernández points out, "are following the same improvement as him".

The key: the double biological effect of ozone

Dr. Alberto Hernández argues that **there are two key elements in this disease that are unfortunately leading to the death of many patients: a brutal inflammatory effect or 'cytokine storm', and an affectation of the microcirculation with formation of microthrombi.** According to this specialist, there are several ways to counteract this cytokine storm caused by the coronavirus. On the one hand, there is the traditional way, administering steroids at high doses, and with the disadvantage of depressing the immune system, which weakens the body. **And on the other hand, by administering vitamin C at high doses intravenously or, even simpler, by administering ozone, since both are capable of counteracting the cytokine storm and both have viricidal power. Ozone also, thanks to its action on red blood cells, improves the transport of oxygen to tissues and consequently the microcirculation by making the blood more fluid and promoting normal values of blood pressure.**

Therefore, "ozone makes it possible to easily treat the two main physiopathological problems of COVID-19 patients", stresses Hernández, who has directed a publication on this subject in the Spanish Journal of Anaesthesiology and Resuscitation, under the title: "Two known therapies could be effective as adjuvants in critical patients infected with COVID-19". He has also recently published an opinion article in the Neurocritical Care Society of the USA.



Both Hernández and Baeza therefore call on all specialists interested in establishing the appropriate circuits and structure to be able to incorporate ozone therapy as soon as possible in the hospitals that wish to do so. Along the same lines, Dr. Francisco Vilás, CEO of the Polyclinic Group, said that "it will be very satisfying to be able to help any hospital in such exceptional circumstances as those we are experiencing, and we will make our human and technical resources and our experience with ozone therapy available to anyone who requests it".

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