

## OZONE TREATMENT PROTOCOL FOR RHEUMATHOID ARHTRITIS

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**Nota Bene:** The protocols are working guidelines that AEPROMO puts at the disposition of all its members, expecting that they will be references in the daily medical work whenever ozone therapy is used on patients.

It shall correspond to the health professional (physician, dentist, veterinarian, podiatrist in the areas for which their profession and current legislation allows it) to whom compete, with their studies, knowledge and experience to assume professionally how to apply ozone therapy to their patients. Although these protocols are referents and guidelines for its members AEPROMO invites them to base their daily practice on these protocols.

The protocols are based on the Madrid Declaration Ozone Therapy, ISCO3, 2nd. ed., 2015, 50 pages.  
<http://aepromo.org/en/madrid-declaration-on-ozone-therapy-2nd-edition/>

The content of the protocols and the items that they cover are subject of improvement based on the medical experience and scientific investigation. AEPROMO calls all its members to help to improve the protocols with their contributions, suggestions, experience and knowledge.

The following techniques may be combined:

### Major Autohemotherapy (AHTMajor) in blood 100ml

| Week of Treatment | O3 Concentration<br>( $\mu\text{g}/\text{NmL}$ ) | O3 Volume<br>(mL) | Doses<br>(mg) |
|-------------------|--|-------------------|---------------|
| First             | 20   | 100               | 2.0           |
| Second            | 20   | 125               | 2.5           |
| Third             | 40   | 110               | 4.4           |
| Fourth            | 45   | 110               | 4.9           |
| Fifth             | 50   | 110               | 5.5           |

Complete 15 sessions.

### Minor Autohemotherapy (AHTMinor) in blood 5ml

| Week of Treatment | O3 Concentration<br>( $\mu\text{g}/\text{NmL}$ ) | O3Volume<br>(mL) | Doses<br>(mg) |
|-------------------|--|------------------|---------------|
| First             | 15   | 5                | 0.075         |
| Second            | 20   | 5                | 0.10          |
| Third             | 30   | 5                | 0.15          |
| Fourth            | 35   | 5                | 0.175         |
| Fifth             | 45   | 5                | 0.225         |

Complete 15 sessions.

### Rectal Route

| Week of Treatment | O3 Concentration<br>( $\mu\text{g}/\text{NmL}$ ) | O3Volume<br>(mL) | Doses<br>(mg) |
|-------------------|--|------------------|---------------|
| First             | 15   | 100              | 1.5           |
| Second            | 30   | 120              | 3.6           |
| Third             | 35   | 150              | 5.2           |
| Fourth            | 40   | 200              | 8             |

Daily frequency, complete 20 sessions, repeat cycle each 3 months.

### Intraarticular infiltrations

Infiltrations twice a week during 4 weeks. Depending on the joint will be the ozone volume administered from 2 to 10 ml. The medical ozone concentrations will be between 10 to 20  $\mu\text{g}/\text{NmL}$ .

### Glove technique

Perform an emphysema on each hand with 20-50 ml of ozone at concentrations of 5-10-15  $\mu\text{g}/\text{NmL}$ , twice a week.