

# Breakspear Hospital Trust

Registered Charity No. 1100205

Media Information  
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21<sup>st</sup> January 2009

## More needs to be done to combat allergy in the UK

Breakspear Hospital Trust is a UK registered charity established in 2003 to work in the field of environmental illnesses, including allergy. This media briefing and reception sponsored by Mike Penning MP, Shadow Health Minister, will look at the House of Lords Science Committee 2007 Allergy Report, UK and invited speakers will talk about what has been done and what needs to be done in the field of allergy treatments in the UK.

Amongst the subjects covered by the speakers will be:

### **Ron White, Chairman Breakspear Hospital Trust**

The House of Lords Committee report on allergy said that one in three people will suffer from allergy at some time and made some sound recommendations, including the setting up of new allergy centres with new specialists. We wonder what these new centres and specialists will actually do - if it's just more of the same then a huge opportunity will be wasted.

At present NHS services in this field are woefully inadequate and lag behind those in other European countries. We propose that in determining the way forward the appropriate authorities look at and listen to the expertise on this subject which exists outside the NHS. There are some very effective treatments available which sadly are available only to a few NHS funded cases. The NHS needs to study the expertise available elsewhere so that the suffering of the millions of people in the UK from allergy-related conditions can be alleviated. More education regarding diagnosis and treatment of allergy is desperately needed to tackle this huge issue.

### **Dr Jean Monro, Medical Director, Breakspear Hospital:**

Dr Monro's talk will encompass information on the history of intolerances, allergy and effective desensitisation using low-dose immunotherapy. Her talk addresses the view of allergy as an immunological response due to a group of antibodies "IgE" antibodies, which are associated with hypersensitivity reactions and expands into a description of sensitivities which are broader effects of altered reactivity.

The 1998 WHO report supported the use of immunotherapy. Immunotherapy is a valuable resource in the treatment of patients with allergies. It is safe and available through numerous private medical facilities around the world. Low-dose immunotherapy is capable of ameliorating all forms of allergy, including classical inhalant allergies, food intolerances and chemical sensitivities unlike the form of immunotherapy in limited use in the NHS which is effective only for grass pollens, bee and wasp venoms.

Breakspear Hospital and its antecedents have used low-dose immunotherapy for thousands of patients since 1980. Dr Monro will demonstrate the effects of low-dose immunotherapy on cellular function and the autonomic system using laboratory test results.

**Dr Damien Downing, EPD Specialist and President of British Society for Ecological Medicine:**

Dr Downing's talk will explain how classical allergies are growing but food allergies are growing even faster. In the USA, under-18 hospital admissions for food allergies nearly quadrupled in the 7 years from 1999 to 2005. Genomic medicine is starting to tell us why; he will explain that individuals with a deletion of the gene for a detoxifying enzyme in the liver react to pollution exposure by developing allergic reactions to pollutants.

Dr Downing will explain how Enzyme Potentiated Desensitisation (EPD) was shown to be effective against inhalant allergies in 9 out of 10 randomized controlled trials and also how in 4 out of 4 studies on food intolerances, EPD has never produced a recorded severe adverse reaction in over 250,000 doses. Ecological medicine considers all the aspects of these problems, from the genetic, via the immunological to the environmental.

Dr Downing is the president of The British Society for Ecological Medicine, which runs a postgraduate training and accreditation scheme for doctors that trains them in these approaches. The BSEM is very open to adapting this training to the professional development needs of NHS doctors.

**Dr Eberhard Schwarz, Neurologist and Psychiatrist, Medical Director of Fachkliniken Nordfriesland, (Germany):**

Many patients who present at the hospital have been referred for psychiatric and neurological conditions without an understanding of the underlying causes of their illnesses. Far from describing their conditions as purely psychiatric, Dr Schwarz has proven that they have allergies, intolerances and sensitivities which have triggered and perpetuated their illnesses.

Dr Schwarz has used low-dose immunotherapy for 18 years and more latterly EPD at his state-funded German hospital. His presentation will discuss how low-dose immunotherapy is used at the Fachkliniken Nordfriesland facilities for a wide range of conditions and how Germany is handling the rising incidence of allergies.

Because the FKL is within the compulsory German national health system, even the sickest and poorest sufferers can have comprehensive treatment funded by the health service.

Dr Schwarz's facility is the first of its kind in Europe to be state (publically) funded and should be used as a model for the development of allergy services Europe-wide. [www.fklnf.de](http://www.fklnf.de)

**Further Information:**

Breakspear Hospital Trust is a registered charity dedicated to helping those suffering from environmental illness, including allergy, and promoting awareness generally of allergy and related conditions. It is associated with Breakspear Hospital in Hemel Hempstead, a private day-case unit which specialises in treating people with allergy, CFS, IBS and other illnesses with an environmental cause.

For more information about the Breakspear Hospital Trust visit: [www.breakspearhospitaltrust.org.uk](http://www.breakspearhospitaltrust.org.uk)

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Dr Jean Monro, Dr Damien Downing, Dr Eberhard Schwarz and Ron White, Chairman of Breakspear Hospital Trust, are available for interview.

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End 21st January 2009