

## Case reporting: Learning from Real-life

### Reckeweg Clinical Case Award 2016 goes to Dr. Tina Decorte

**Baden-Baden, Germany – This year’s Hans-Heinrich Reckeweg Clinical Case Award goes to two health care practitioners from Europe and South America. Dr. Tina Decorte from Belgium received the Main Award for her case report on the treatment of an injured marathon runner. The Runner-up Award went to Dr. Liliana Consuegra Bazzani from Colombia for describing the therapy of wounds in a child with a rare skin disease. The prize is awarded annually by Heel in acknowledgement of excellence in clinical case reporting based on the recognized criteria of the CARE guidelines. The Main Award is endowed with €10,000, the Runner-Up award with €5,000.**

Case studies play an important role in the medical practice because insights gained from individual patients can potentially be used to help other patients. They are often the ‘gateway’ to the development of novel therapeutic measures. “Studying complex medical issues in a real-life setting can help advance medicine,” says Dr. Konstantin Cesnulevicius, Senior Clinical Bioregulatory Systems Medicine Manager and Scientific Coordinator of the Award. “With this Award we want to strengthen the position of practice-based evidence as a recognized scientific method in the medical world.”

#### **Painful running injury resolved without surgery**

The Main Award winner Dr. Tina Decorte, an expert in physical and rehabilitation medicine, detailed the case of a female patient who had sustained a painful muscle rupture in her groin while participating in a marathon. Over a period of six months, the patient had tried various treatment methods without success and still experienced pain when she attempted to run. Dr. Decorte developed an integrative treatment protocol, which successfully resolved the medical problem, avoiding the need for surgery.

#### **Effective treatment for injuries in “butterfly children”**

Runner-up award winner Dr. Liliana Consuegra Bazzani presented the case of a 5-year-old who had badly injured his face during a fall. The healing process was being compounded because the boy had a rare skin disease (dystrophic epidermolysis bullosa); sufferers are often called “butterfly children” because their skin is very fragile. Using Cephalixin

and Traumeel Dr. Bazzani achieved remarkable results already after one week of treatment.

### **About the Clinical Case Award**

The “Hans-Heinrich Reckeweg Clinical Case Award” was established by Biologische Heilmittel Heel GmbH to encourage health care practitioners to share their clinical experience in the field of integrative medicine by generating observational evidence as case reports. The competition is based on the criteria of the CARE guidelines for clinical case reporting. The cases are evaluated by a panel of internal and independent external jurors. With the “Hans-Heinrich Reckeweg Clinical Case Award”, Heel encourages clinical researchers to publish their case reports in peer-review journals.

*447 words, 2,991 characters (incl. blanks)*

*Heel is a pharmaceutical company which develops, manufactures and distributes medicines made from natural ingredients. Heel medicines are effective and well tolerated. The company is a pioneer when it comes to scientific research in natural medicine. In cooperation with scientific institutes, Heel is advancing the concept of integrative medicine, with the goal of improving patient care and health.*

*Biologische Heilmittel Heel GmbH has its headquarters located in Baden-Baden/Germany and employs about 1,400 people worldwide. In 2015, the company achieved an annual turnover of 202 million Euros – 65 percent of which was generated outside of Germany. Heel medicines are available in more than 50 countries. [www.heel.com](http://www.heel.com)*



Reckeweg\_Award\_2016.jpg: Dr. Tina Decorte from Belgium (Main Award, 3rd f. l.) and Dr. Liliana Consuegra Bazzani (Runner-up Award, 3rd f. r.) were honored with their awards by Ralph Schmidt, CEO Heel (2nd f. r.), Marc Deschler, CCO Heel

(right), Dr. Myron Schultz, Head of Medicine (center), Dr. Alta Smit, Director Medical Affairs & Research (2nd f.l.) and Dr. Konstantin Cesnulevicius, Senior Clinical Bioregulatory Systems Medicine Manager (left). Photo: Heel.

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