

#### VERSIONS

Arabic, English, Spanish:

48 x 30 min.

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## TeleMed

Huge progress has been made in medical practice over recent decades. For example, the discovery of fiber optics has made it possible to take a close look at the stomach or intestine and identify problem zones. Computer tomography creates three-dimensional images without using harmful X-rays. Intensive care medicine, transplantation medicine and genetic engineering are now making it possible to tackle diseases previously regarded as incurable. But there is still much uncharted scientific territory, for example with regard to diseases that have only emerged with our civilization.

### 27 Healing Power from the Desert – Secrets of the Bushmen [SD](#)

Devil's claw is regarded as the most effective remedy against arthritis. In the struggle for survival, the Hoodia cactus from the Kalahari is taken as an appetite inhibitor. Is the knowledge of the inhabitants of the desert being exploited?

### 28 Healing Power from the Desert – Secrets of the Xhosa [SD](#)

The anti-viral and bacterial properties of sutherlandia frutescens, a South African shrub, bolster the immune system, stimulate the metabolism, and are used to combat secondary diseases associated with AIDS.

### 30 Of Genes, Mice and Humans – A Research Project with Twins [VoD](#) [SD](#)

Gene therapy against AIDS? Can the positive results achieved in test-tubes be applied to animals and humans? This film provides a rare look behind the scenes of medical gene technology. It is a documentary about everyday life for researchers with all its hopes, fears, and dependencies.

### 40 Hospital Death [SD](#)

The spread of the so-called superbacteria through hospitals around the world is worrying. "Super bugs" such as Methicillin-resistant Staphylococcus aureus or MRSA, which causes infected wounds, lung infections and sepsis, have raised great concern because of their resistance to conventional antibiotics.

### 41 Stem Cell Research in the Fight against Cancer [SD](#)

Recent research seems to indicate that cancer originates in stem cells that trigger tumour growth and cannot be killed off by chemotherapy. The results of the latest studies could provide the basis for a new therapy in which antibodies specifically target the cancer stem cells and destroy them permanently.

### 42 Nanoparticles and Bioweapons against Cancer [SD](#)

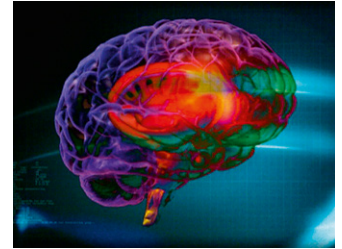
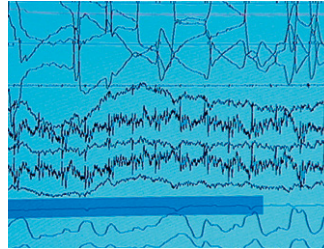
Scientists hope to come up with a new treatment for prostate cancer with the help of an immune therapy based on a toxic metabolic product of a particular kind of bacteria. Tiny nanoparticles convey the anti-cancer therapeutics in this innovative form of locally applied chemotherapy.

### 43 Fungi and Larvae – Nature's Antibiotics [SD](#)

Researchers are increasingly turning their eye to nature's antibiotic reserves, as widening immunity to conventional antibiotics means a reduction in efficacy. Pathogens can't become resistant to these alternative natural antibiotics, which employ a different and unique mechanism to inhibit their growth.

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**44 From Plant to Pill – Hops as a Medicine** [SD](#)

Hops have been used for centuries in manufacturing pharmaceuticals. In addition to being known for the effective treatment of anxiety, hops have been shown to possess an astounding therapeutic potential for the future treatment of cancer, diabetes, heart problems and AIDS.

**46 The Addiction Phenomenon** [SD](#)

Medical experts and scientists are in agreement that addiction – be it drug-related or behavioural – is a “real” illness, which is linked to detectable changes in the brain. This film looks at the latest findings of the Interdisciplinary Centre for Addiction Research at the University of Würzburg.

**47 The Placebo Effect** [SD](#)

When a sick person feels better after being given medication containing no active drugs whatsoever, this is known as the placebo effect. Although scientists have long been familiar with this effect, they have only just begun to try to explain it. Now they have evidence linking the placebo effect to parts of the cerebral cortex thought to be involved in developing expectations for the future.

**48 Reducing the Risk of Heart Attack** [HD](#)

Heart attack is the number one cause of death in many industrialized nations. For a long while, treatment concentrated on the emergency response. But recently, research has focused more on prevention and possible genetic causes. Work is also being done on using stem cell therapy for heart disease.

**49 Medical Advancement Through Space Travel** [SD](#)

Space travel programs generate a huge amount of scientific research. Many space-related discoveries and inventions are now part of our daily lives. The relatively new science of space medicine utilizes insights from space travel to further the advancement of clinical diagnostics and the treatment of diseases.

**50 The Fight Against Breast Cancer** [SD](#)

It is estimated that 350,000 women are diagnosed with breast cancer every year in Europe alone. Exact numbers are not available. Nor is there much information on the impact of advances in the prevention, therapy and after-care of breast cancer. One thing is clear though – survival rates have definitely improved.

**51 Deafness: A Thing of the Past?** [SD](#)

Could deafness and hearing loss soon be an affliction that no one suffers from anymore? Doctors and scientists believe this to be a realistic vision. They have developed what is apparently a miracle cure for deafness – the cochlea implant. But this technical innovation has been rejected by some deaf people, who do not view their condition as an illness that needs to be cured.

**52 Bacteriophages – An Alternative to Antibiotics?** [HD](#)

During the Cold War the Soviet Union was cut off from western advances in antibiotics research and therapy. But it developed its own tradition of using bacteriophages to tackle infections. Bacteriophages are viruses that destroy bacteria. Some are believed to do so without harming the patient. The main center for work on bacteriophages is in present-day Georgia. While bacteriophage therapy is used there, it is not permitted in many countries because its effectiveness has not been adequately demonstrated.

**53 Fat: Friend or Foe?** [SD](#)

For decades now, fatty foods have been named and shamed as contributors to a number of diseases and health afflictions such as cancer, heart attack, diabetes and obesity. But people have not become healthier or leaner by eating hi-carb, low-fat foods. There are now widespread doubts as to the merits of such a diet.

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**54 Tackling Cancer with Heavy Ions** [SD](#)

Some tumors cannot be completely removed by surgery. Affected patients are now pinning their hopes on a newly developed heavy-ion accelerator. Using powerful magnetic fields, the device charges particles into a beam that can destroy diseased tissue with the utmost precision.

**55 Rehabilitation Robots – Regaining Mobility** [SD](#)

Lokomat and Armin are the names of two robots developed by scientists in Switzerland. They have been created to help people whose mobility has been restricted through illness or injury back on their feet.

**56 The Power of Protein – Can It Help Treat Cancer?** [SD](#)

Scientists have discovered that patients with skin, liver or colon cancer have reduced levels of CYLD. It is a protein that inhibits the growth of tumors. But it will be some time before these findings can be applied to the development of any new cancer therapies.

**57 Update on Aspirin** [HD](#)

Aspirin is one of the best-known medications in the world. It is usually taken to alleviate pain. But recent research indicates that it may have significant other uses, for example in the prevention of colon cancer.

**58 Women Get Sick Differently** [SD](#)

When it comes to afflictions of the body and mind, women deal with them in a different way to men. Women also experience illness in different ways. These well-known facts are rarely considered by doctors, scientific research and the pharmaceuticals industry. There are however signs that this attitude is changing, albeit slowly, within the medical industry, which is dominated by men.

**59 The Stone Age Approach – A New Take on Old Remedies** [HD](#)

Scientists around the world are currently fascinated by a new perception of the human body. They are attempting to understand how our evolutionary history has influenced the kinds of diseases that affect our lives, and are developing treatments from knowledge of how people lived in the Stone Age.

**60 Flu Vaccines – A Challenge for Science** [HD](#)

Flu viruses are highly adaptable. Researchers track down suspicious mutations and dangerous viral combinations across the globe. In response to a rise in new strains of potentially lethal flu, the scientists' goal is to develop super-flu vaccines early enough to prevent epidemics.

**61 When Back Pain Strikes – Which Treatments Can Help?** [SD](#)

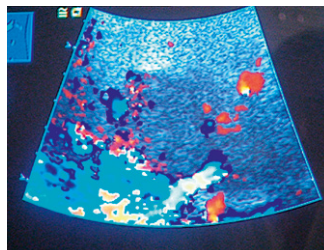
Back pain is a common complaint in the modern world. One key cause would appear to be an increase in pressure and stress in the workplace, resulting in prolonged tension in the muscles of the back. Latest research shows that such pain can be alleviated using a combination of different therapies.

**62 The Crucial First Hour – New Emergency Rescue Concepts** [VoD](#) [SD](#)

In a medical emergency, it is essential to initiate treatment as quickly as possible. Doctors all over the world are developing new strategies to make optimal use of the first hour following the occurrence of a traumatic injury. That window of opportunity is known as the 'golden hour'.

**63 Covering up the Evidence – When Doctors Make Mistakes** [HD](#)

Tens of thousands of people die every year as a result of mistakes in their medical treatment. Fear of the consequences often leads doctors to cover their errors up or deny them. But the frequency of such mistakes can be considerably reduced with the help of systematic analysis, simple checklists and regular training.



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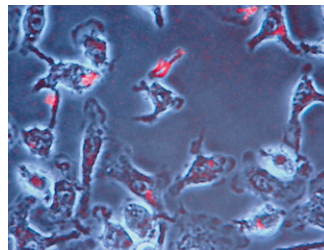
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- 64 Tuberculosis – A Disease Returns** [SD](#)  
For decades it was thought that tuberculosis had been eradicated. Now the disease is spreading again – at an alarming pace. The pathogens have developed resistance to the usual antibiotics. Because research into TB ceased, no new drugs are available. So the battle has recommenced.
- 65 The Burnout Enigma** [VoD](#) [HD](#)  
It would appear that nowadays nobody is safe from the threat of burnout, whatever his or her occupation. Burnout, or long-term exhaustion, is primarily caused by perpetual pressure and stress in the workplace. Various therapeutic approaches are being explored, but the best protection is provided by mindfulness and prevention.
- 66 Healing Foods** [SD](#)  
Can changing your eating habits not only prevent the occurrence of disease, but cure illness as well? An increasing number of conventional medical practitioners are embracing ideas and methods developed in traditional Ayurvedic medicine. A change in diet can make a big difference even for patients with certain forms of cancer and heart disease.
- 67 Healing in Harmony with the Body Clock** [VoD](#) [HD](#)  
These days, many people lead lives that are out of synch with the body's natural healthy rhythm. The consequences are insomnia, depression, diabetes, even dementia. By administering doses of medication in harmony with the body clock, doctors are achieving astonishing results.
- 68 Electric Shocks Against Pain – New Approaches in the Treatment of Migraines** [HD](#)  
Often, it's a long time before migraine sufferers are correctly diagnosed. But now it's possible to spot and treat the disease early. One option is botox, another electric impulses that block the nerves at the back of the head.
- 69 Varicose Veins Adieu – The Possibilities of Radiowave Therapy** [HD](#)  
Patients with varicose veins are usually advised by doctors to have the affected veins removed from the leg. It's an effective, but messy treatment. Radiotherapy is a gentler method. It's just as effective, and involves hardly any loss of blood.
- 70 No More Joint Pain – Treatment Using the Body's Own Cells** [HD](#)  
It sounds like a vision of the future: A defective part of the body is reproduced in a test-tube using the body's own cells and repaired. In the case of injured joints such as hips, knees or shoulders this is no longer a vision, but a reality.
- 71 When Cold Saves Lives – The Power of Cool Temperatures** [SD](#)  
It's not a pleasant experience to wait for 10 minutes in a cold chamber at a temperature of minus 110 degrees Celsius – but for patients with severe rheumatism, it's an effective way of alleviating pain for long periods. Cold is also used as a treatment to prevent brain damage in stroke patients.
- 72 Cancer Prevention – Opportunity or Risk?** [VoD](#) [HD](#)  
Everyone fears a cancer diagnosis. That's why many people attend precautionary examinations. But scientists are regarding these with increasing skepticism. This is because early screening tests aren't always reliable. A false diagnosis can plunge patients into a crisis, or result in them being given unnecessary treatment.
- 73 Stroke – Every Minute Counts** [VoD](#) [HD](#)  
Every year more than 15 million people around the world have a stroke. Almost half of them then have to contend with the resulting damage to their health. Doctors hope a new range of treatments will help reduce this number significantly.





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#### 74 Prostate Cancer – Gentle Treatment Provides Hope [HD](#)

Prostate cancer is one of the most common cancers in men. New, gentler operative procedures can target aggressive tumours more precisely without complete removal of the prostate gland.

#### 75 Rheumatism – How to Relieve the Pain [HD](#)

Rheumatism is an umbrella term for a variety of ailments affecting the joints, bones, muscles, tendons and ligaments that often cause intense pain. There is still no cure for rheumatic diseases, but there are various ways to ease the pain.

#### 76 Back to Life – How Medics Are Outwitting Death [VoD](#) [HD](#)

In cases where there used to be no hope of saving a life, doctors today can do exactly that if the right equipment is to hand. For example, mobile heart-lung machines, mechanical cardiac massage devices and cooling mats to decelerate damage to and loss of brain cells.

#### 77 Pain – A New Approach to an Old Complaint [HD](#)

The brain is capable of deciding on a case-by-case basis whether and how intensely we experience pain. It is even able to blank out pain altogether. This insight is finding increasing application in the treatment of disease.

#### 78 Battle Against Sepsis – New Research Brings Hope [HD](#)

Sepsis must be treated quickly to prevent organ failure or death. A new device makes it possible to diagnose sepsis quickly and easily, and there has been progress in developing a drug to fight the potentially life-threatening condition.

#### 79 Alcohol Addiction – Are Brain Pacemakers the Cure? [HD](#)

Doctors in eastern Germany are attempting to cure people of alcohol addiction by using a brain pacemaker that is normally used in the treatment of Parkinson's disease. Electrodes are implanted in the brain to suppress the craving for alcohol.

#### 80 Chronic Disease – Protection Through Germs [VoD](#) [HD](#)

One in every three children in Europe is chronically ill, while in the US completely healthy children are the exception. Doctors suspect that too much hygiene may be the reason. Studies show that exposure to germs and dirt boosts the immune system to keep us healthy.

#### 81 The Human Microbiome – Maintaining Good Health With Useful Bacteria [VoD](#) [HD](#)

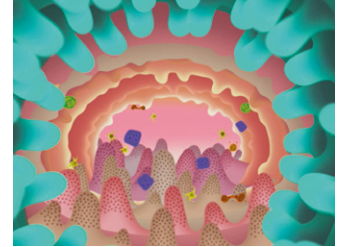
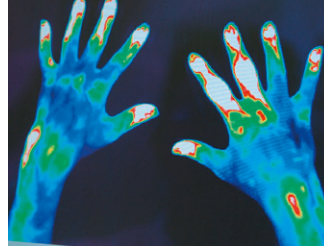
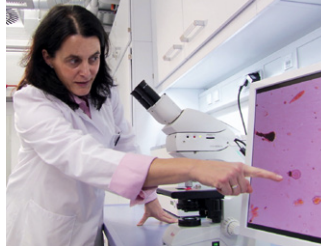
The skin, intestine and numerous other human organs are home to a multitude of micro-organisms. Not only are these harmless, they actually make vital processes such as digestion possible. But these microbe communities are often damaged by an unbalanced diet, antibiotics or excessive hygiene, resulting in serious illness.

#### 82 Elimination Using Microparticles – The Gentle Alternative to Surgery [VoD](#) [HD](#)

Many women are diagnosed with benign uterine tumours. When they cause severe symptoms, gynaecologists can recommend removal of the uterus. But there is a less drastic alternative: Blocking the flow of blood to the tumours with small particles. A similar method is used to treat benign prostate enlargement in male patients.

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- 83 The Doctor as Detective – Tracking Down Unknown Diseases** [VoD](#) [HD](#)  
There are cases in which doctors simply cannot identify an ailment. Some patients consult numerous specialists over the years without ever getting a diagnosis or therapy. A German cardiologist has set himself an ambitious goal: to find the correct treatment for patients whose symptoms challenge the standard diagnostic scheme.
- 84 Blocked Arteries – Identified Early, Treated Carefully** [VoD](#) [HD](#)  
It's usually older people who suffer from blocked leg arteries. That almost always causes severe calf pain and can result in a heart attack or stroke. But if the problem is spotted early enough, there are gentle ways to restore blood flow.
- 85 Food Intolerance – Not Just a Fad Diagnosis** [VoD](#) [HD](#)  
For some, avoiding foods that contain gluten, lactose or fructose is a lifestyle choice. For others, it is a medical necessity. But the fact that some people are intolerant of these substances does not mean that pasta products, dairy products or certain fruits are basically harmful. Those with sustained digestion problems should see their doctor, as intolerances and allergies can pose serious health risks.