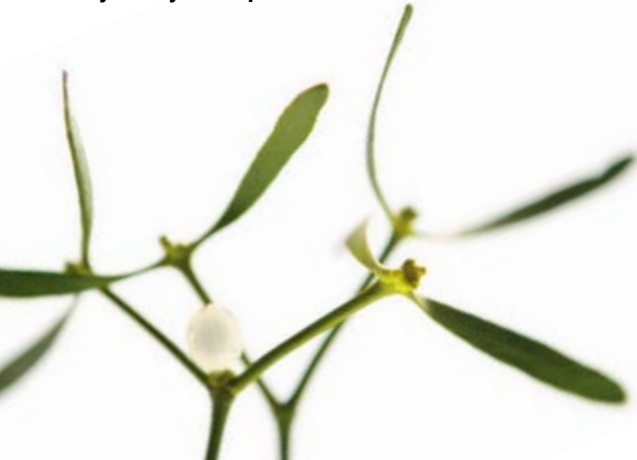


# Helixor<sup>®</sup>

Mistletoe Therapy for  
Tumor Patients

# Helixor<sup>®</sup> Patient Diary

**My Daily Companion**



 **Helixor**  
*Bringing life to life.*

## Your Personal Data

<b>Name</b>	
<b>Address</b>	
<b>City</b>	
<b>Practitioner Name</b>	
<b>Allergies</b>	
<b>Intolerances</b>	

## Dear Patient,

In combination with conventional medical therapies – such as surgery, chemotherapy and radiation – many cancer patients also seek out complementary therapies.

You and your doctor have decided that therapy with Helixor® is a good option for you. Mistletoe therapy is a useful complement to surgery, chemotherapy and radiation. The goal is the strengthening of the body's resistance and the immune system and the improvement of frequent complaints like loss of appetite and fatigue. Additionally, sleep and mood can also be sustainably improved with mistletoe therapy.

This Patient Diary should help you to better reach your goals. Read through information on mistletoe therapy with Helixor® provided to you by your doctor or which also can be found at [www.mistel-therapie.de](http://www.mistel-therapie.de), and do not hesitate to ask your doctor any questions which you may have.

Your doctor can seek additional information about your therapy by consulting with our **Medical Advisory Service**, which can be reached at:

Fax: +49 7428 935-709

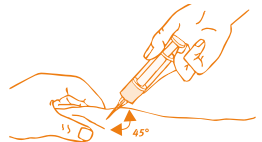
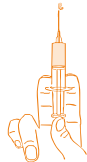
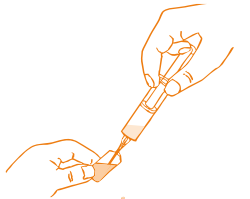
E-Mail: [advice@helixor.com](mailto:advice@helixor.com)

[www.helixor.com](http://www.helixor.com)

# Instructions for Subcutaneous Injection

Your doctor or his staff should show you this technique, and watch you to be sure you are doing it correctly.

1. Remove one ampoule from the package. **Pay attention to work your way from the left-hand side of the package to the right-hand side!**
2. Open the ampoule by snapping it backwards at the red dot.
3. Place the injection needle (already attached to the syringe) into the ampoule and remove the contents by drawing back on the syringe. Be careful not to bang the needle on the side or bottom of the ampoule as this dulls the needle and results in a more difficult injection.
4. If some air is remaining in the syringe, hold the needle upright and slowly push the plunger until a drop of fluid comes out the top of the needle, indicating that the air is removed.
5. Clean the injection site. Take a skin fold between your thumb and index finger and insert the short needle entirely with your other hand at a 45 degree angle.



Check whether the needle is inserted correctly by depressing the plunger. If blood appears in the syringe, pull the needle back and insert again at a shallower angle.

6. Inject the entire contents of the syringe slowly into the fold of skin.
7. **Dispose properly of the needle and ampoule in a sharps container (available from your local pharmacy). The syringe can be disposed in normal household waste.**

## Do not inject in:

- Inflamed skin (such as an inflamed area from an earlier injection)
- Fresh scars
- Radiation fields
- The breast or arm next to the breast where you have had surgery

Appropriate injection sites are the abdomen, upper thigh or upper arm. Take care to rotate injection sites, and to inject as far away from recent injection sites as possible.

**The induction phase of mistletoe therapy should be under the supervision of your doctor.**

*Please note*

# Important Information about Reactions

The optimal dose can be determined by observing the following reactions, alone or in combination:

- Improvement of general condition
- Improvement of particular complaints
- Slight increase in body temperature (0.5 – 1.0°C)
- Redness and swelling (so-called local reaction) at the injection site (maximum diameter 5 cm), measured 1 – 2 days after the injection



Desired local reaction  
up to 5 cm in diameter

# Please inform your doctor if you experience one of the following symptoms:

- Redness and swelling at the injection site (local reaction) more than 5 cm in diameter
- Fever or flu-like symptoms

In these cases, the next injection should wait until the complete resolution of the symptoms, and the dose should be reduced.

Inform your doctor also if you have an increase in temperature which lasts more than 1 – 2 days, as you may have an infection which requires treatment.

Should an allergic reaction such as an itchy rash (nettle rash, urticaria), swelling in the face (Quincke's edema) or shortness of breath occur, stop using Helixor® and immediately seek the attention of your doctor.

Excessive local reaction  
more than 5 cm in diameter



## Further Information on Local Skin Reactions

During the early phases of treatment a transient local reaction (redness, swelling, and induration of the skin) may occur at the injection site. This is a normal, therapeutically desired reaction and **does not indicate an allergy**. On the contrary, the local skin reaction indicates that the immune system responds to the therapy.

According to the size of the local reaction, please note:

























- |   |                                |
|---|--------------------------------|
| No reaction                             | ▶ continue to increase dose    |
| Desired reaction up to 5 cm in diameter | ▶ maintain dose                |
| Reaction of 5 cm in diameter            | ▶ reduce dose by one strength  |
| Reaction of more than 5 cm              | ▶ reduce dose by two strengths |

**Important: Before the next injection, always wait for the previous reaction to start to fade away.**

























After several weeks of therapy, no more skin reactions usually occur due to the changed immunologic responsiveness. In this case, the dose of Helixor® can be increased again.



























# Documentation of Therapy Helixor® A M P

Date	Dose	State of Health	Local Reaction (Diameter)	General Comments
		  		
		  		
		  		
		  		
		  		
		  		
		  		
		  		

























# Documentation of Therapy Helixor® A M P

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For questions concerning Helixor® therapy please contact your doctor.

Additional information in English can be found on [www.mistel-therapie.de](http://www.mistel-therapie.de)  
Helixor® is produced by Helixor Heilmittel GmbH

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[www.helixor.com](http://www.helixor.com)

A green silhouette of a person with their arms raised, overlaid with a mistletoe branch. The background is white with some green splatters.

Bringing  
**Life**  
to life

Cancer patients are in need of special care. Modern mistletoe therapy can help to give value to life in spite of the disease – bringing life to life. By stimulating self-healing and by relieving symptoms during all phases of cancer, it supports the patients' well-being. A holistic view of man, nature and healing power accompanies the patient – bringing “life to life” with Helixor.

Discover the power of mistletoe at:

[www.helixor.com](http://www.helixor.com)

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