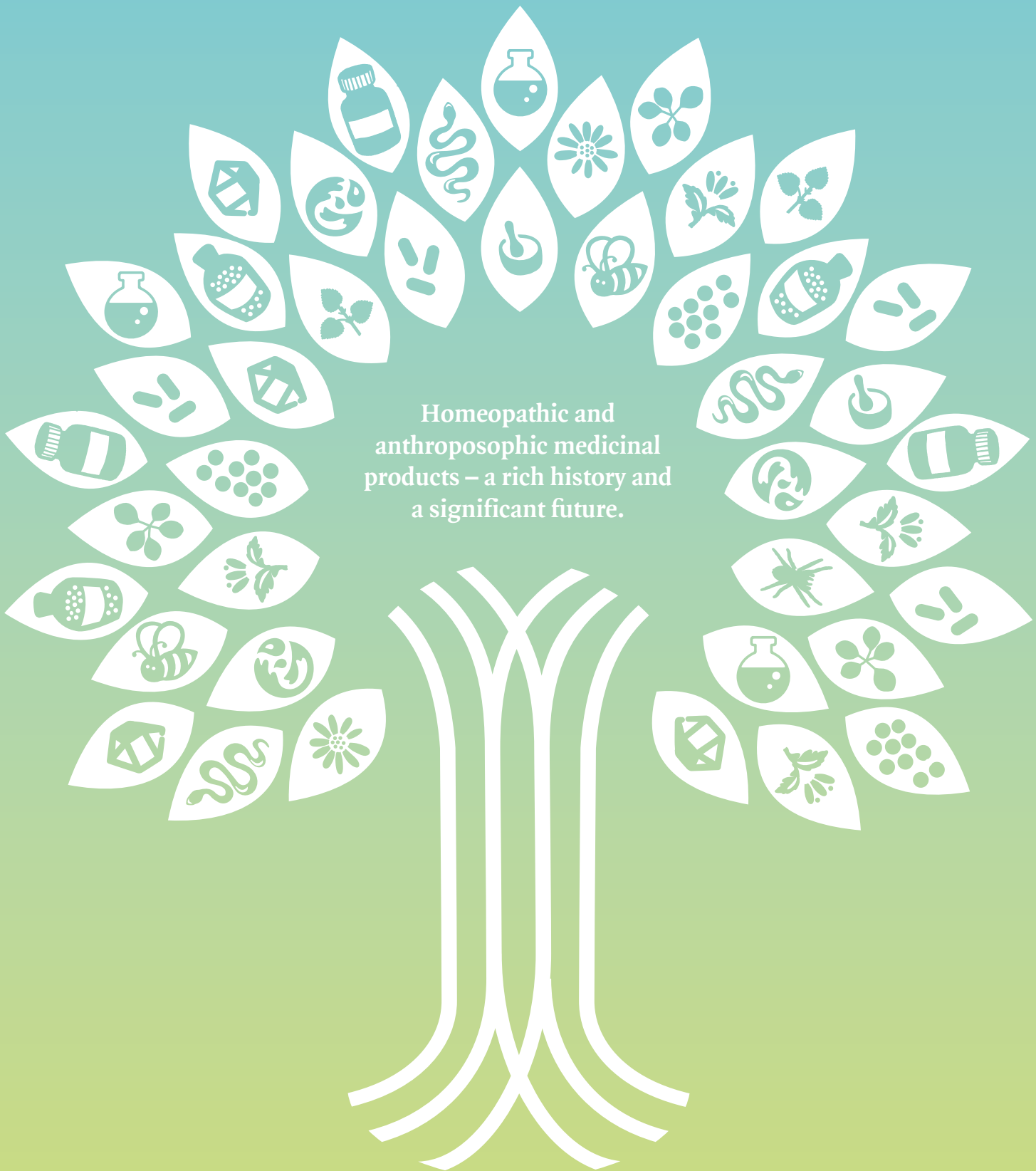

Homeopathic and anthroposophic medicinal products – a rich history and a significant future.

Annual Report 2021

ECHAMP

European Coalition on Homeopathic & Anthroposophic Medicinal Products

Contents

Homeopathic and anthroposophic medicinal products: A rich history and a significant future

The global Covid-19 pandemic continues to dominate the political agenda, its long-term impact still to be assessed and understood. The European Commission is responding to this challenging situation with proposals to develop a stronger EU Health Union, in which the EU pharmaceutical system can adapt to the fast-changing global environment. ECHAMP fully supports this goal and is confident that our sector has a significant contribution to make in building an integrated and sustainable future. Some important new trends open up a world in which the potential of our sector can be better understood and exploited.

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>
> **David Reckeweg-Lecompte, President, ECHAMP**

Deep roots and a rich history

The European industry for homeopathic and anthroposophic medicinal products has been serving patients now for over 200 years. Largely defined by the demand from prescribers and patients for a wide range of products, it provides millions of EU citizens with their choice in healthcare. These medicines can be individually prescribed by a doctor or practitioner or selected for self-medication for everyday ailments. Companies offer a broad spectrum of products required for the proper practice of the therapies.

Most Member States officially confirm a market in their country and patients and prescribers use these medicinal products in all Member States. There is significant to high demand in at least two thirds of EU Member States, including countries both with and without a long-term tradition for these products.

Specific EU legislation for homeopathic medicinal products has deep roots in their broad use in the Member States, giving patients the option of accessing safe, high quality medicinal products of their choice. The current dual legislative framework of Directive 2001/83/EC and Regulation (EC) No 726/2004 provides a strong and coherent legal foundation that allows Member States the flexibility to keep a variety of homeopathic medicinal products on the market in accordance with the diversity of national traditions and long-standing use. The EU has succeeded in adequately respecting the competence of each Member State to provide comprehensive healthcare best suited to its citizens, while at the same time providing a European-wide regulation.

Safeguarding the established products

It will be a challenging task to take the EU, the best regulated pharmaceutical market in the world, and elevate it to the next level, in order to reinforce the sector's global competitiveness, while at the same time making sure that all the patients' needs and expectations are met.

ECHAMP believes that it is imperative that a stronger unification in the area of health does not result in the loss of any of the 'established' products. Patients have the right to access the products of their choice and a stable environment for these products is essential.

A significant future

It is widely recognised that climate change and environmental degradation are an existential threat to Europe and the world. To overcome these challenges, the European Green Deal aims to transform the EU into a modern, resource-efficient and competitive economy.

Our sector offers products which are nature-based with negligible environmental impact on humans, animals or the soil: the majority of homeopathic substances have no environmental toxicity and the emerging discipline of agro-homeopathy joins Biodynamic farming, the long-standing anthroposophic approach to agriculture, to offer options that are safe for farmers and have positive ecological side effects (*see page 9*).

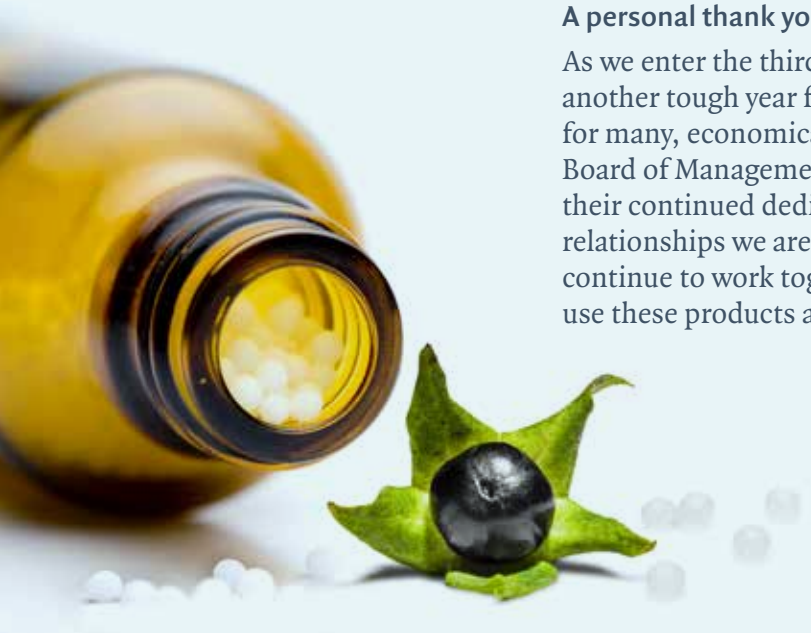
Furthermore, the 'One World, One Health' approach (*see page 7*), which takes an integrated approach to human, animal, plant and ecosystem health, offers an innovative framework in which our industry can fully demonstrate its potential. Current evidence suggests that complementary medicines could play a valuable role in reducing the problem of antimicrobial resistance and their contribution should be given serious consideration.

In 2021, there was growing recognition at EU level for the role and value of integrative medicine, which combines conventional medicine with complementary and traditional approaches, including both conventional and traditional medicinal products, to achieve optimum health and wellbeing for patients. The European Parliament included reference to the role of integrative medicine in its response to the Pharmaceutical Strategy (*see page 7*) and a number of events in the Parliament also addressed this topic (*see page 15*). ECHAMP very much welcomes the increased profile these events are giving to the issues at European level.

We will continue to work together to meet the needs of the patients who choose to use these products and to realise the potential of this sector.

A personal thank you

As we enter the third year of the Covid-19 pandemic, we look back over another tough year for everyone – personally, professionally, socially and for many, economically as well. I would like to thank my colleagues on the Board of Management (*see page 18*) and in ECHAMP's working groups for their continued dedication and hard work. We also greatly value the working relationships we are building with other organisations in our sector. We will continue to work together to meet the needs of the patients who choose to use these products and to realise the potential of this sector.



A stronger Health Union for Europe

Collaboration is the way forward.

ECHAMP fully supports the European Commission's aim to develop a stronger EU Health Union in which the EU pharmaceutical system can adapt to a changing global environment.

ECHAMP works to monitor developments of relevance to our sector and to give feedback to the institutions and authorities to ensure the sector's needs are taken into proper consideration at each stage of the decision making process. 2021 has been a busy year in this respect.

Stella Kyriakides, European Commissioner for Health and Food Safety

Revision of the pharmaceutical legislation

The existing legislative framework provides a solid base to facilitate the evolution that is now needed.

In our response to the Commission consultations on the Revision of the General Pharmaceutical Legislation launched in 2021, ECHAMP reinforced our message that the movement towards a stronger unification in the area of health should not result in the loss of any of the 'established' products. In order to continue to meet patients' needs and expectations, access to these medicines should not be negatively or indirectly affected by proposed changes. Only an inclusive system, which facilitates innovation and fully exploits the potential of existing products, in a regulatory framework that continues to respect national competence and national traditions, will deliver the best healthcare for every EU citizen.

The existing legislative framework provides a solid base to facilitate the evolution that is now needed.

In line with the European Commission's own view reflected in its targeted approach, we consider the main body of the existing legislation 'fit for purpose'. The current dual legislative framework of Directive 2001/83/EC and Regulation (EC) No 726/2004 provides a strong and coherent legal foundation.

We advocate in favour of maintaining this established, inclusive structure to avoid counterproductive complexity and legal uncertainty.

We furthermore encourage the Commission to support and accelerate research into self-medication and the use and benefits of integrative medicine. A conscious integration of pluralism into the EU health and care system will ensure that patients and health professionals have access to a wide choice of reliable, high quality medicinal products, including homeopathic and anthroposophic medicinal products.

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Unmet medical need: One of the goals of the European Commission's strategy is to stimulate innovation, especially in areas of '**unmet medical need**'. The Commission has asked stakeholders to help identify important elements so as to define what is meant by an unmet medical need. ECHAMP recommends that the safety profile of medicines should be specifically included in the definition. The management of side effects of pharmaceuticals can in itself be an unmet medical need, as they can have a high impact on patient quality of life. This should therefore be included in the scope.

Innovation: In our response regarding **incentives to support innovation**, we suggest that a future strategy for real world data will help to improve understanding of treatment outcomes for both new and existing products, leading to better decisions on the role they can play in meeting patients' needs.

Medicines shortages: In 2021, **shortages** of medicines and vulnerabilities in the pharmaceutical supply chain continue to be major concerns in the EU. It is a key objective to 'achieve strategic autonomy,' while preserving an open economy. We are of the opinion that a targeted approach should again be applied in addressing this issue. Security of supply should only be enhanced for the predefined list of 'critical' medicines to avoid market distortion.

Environmental impact: While access to pharmaceutical products is a priority, the importance of reducing their **environmental impact** is also a major concern. ECHAMP acknowledges the high importance of this aspect. However it is imperative to ensure that measures being considered do not have an unduly negative impact on access to medicines. Preference should be given to a proportionate evidence-based approach.

Manufacture and distribution: Another area subject to the Commission's review is the **manufacture and distribution** of medicines. Medicines manufactured for the EU market must comply with the principles and guidelines of good manufacturing practice (GMP), which requires them to be of consistent high quality, appropriate for their intended use and to meet the requirements of the marketing authorisation. ECHAMP recommends that any adaptation to the current standards be limited to the facilitation of new innovative manufacturing methods.

Antimicrobial resistance – the One Health approach

In its Pharmaceutical Strategy, the Commission proposes a number of initiatives directly aimed at combatting antimicrobial resistance (AMR), reinforcing the ***EU One Health Action Plan against AMR*** adopted in 2017.

The ***One Health*** approach, initially promoted by the World Health Organization, aims to take an integrated approach to human, animal, plant and ecosystem health, by developing an understanding of the interdependence of human and natural systems and designing and implementing programmes, policies, legislation and research in which multiple sectors work together to achieve better public health outcomes. This is not a new concept, but one whose potential has been brought into sharp focus by the Covid-19 crisis and the worrying rise of antimicrobial resistance cases. This approach, which has for some years been applied within EU policies, offers an innovative framework in which our industry can more successfully demonstrate its potential.

Current evidence suggests that the potential of complementary medicines in reducing the problem of antimicrobial resistance should be given serious consideration. Further research should be carried out in this area in both human and veterinary healthcare. Compared with other avenues, such as the identification and development of new antibiotics, such trials would be relatively easy and inexpensive to carry out and the potential rewards could be enormous.

Policy makers in the field of antimicrobial resistance have the opportunity to explore and exploit the One Health multi-sector approach to identify areas of convergence between conventional and complementary medicine and facilitate a truly integrative, people-centred approach which will both increase the basic health of every EU citizen and at the same time introduce measures to protect the environment.

European Parliament supports integrative medicine

Dolors Montserrat

Member of European Parliament and Rapporteur for *Report on a pharmaceutical strategy for Europe*

The trend to **connect conventional and complementary medicine** saw an increase of interest in integrative medicine at EU level in 2021, including a number of events on the subject in the European Parliament (*see page 15*).

ECHAMP was very pleased to see the inclusion of an amendment to the ***Report on a pharmaceutical strategy for Europe*** by the European Parliament Committee on the Environment, Public Health and Food Safety (ENVI Committee); this amendment has now been adopted in the final European Parliament report. Point 23 of the report 'Highlights the fact that scientifically recognised integrative medicine approved by public health authorities can bring benefits to patients in relation to the parallel effects of several diseases, such as cancer, and their treatment; stresses the importance of developing a holistic, integrative and patient-centric approach and encouraging, where appropriate, the complementary use of these therapies under the supervision of healthcare professionals.'

The European Health Data Space

The ***European Health Data Space*** is high on the Commission's agenda. It aims to make the most of the potential of digitalisation to provide high quality healthcare, reduce inequalities and promote access to health data for research and innovation on new preventive strategies, diagnosis and treatment. Developed standards need to allow for the specificities of each category of medicinal products to maximize the availability of data that can be used in order to facilitate and support patients with a broad choice of medicinal products.

Green paper on ageing

The call for conscious integration of pluralism into the EU health and care system was central to ECHAMP's response to the ***Green paper on ageing***. An integrative approach to health can contribute to a vision for healthy and active ageing by improving health maintenance and health literacy, and supporting self-care and prevention of illness. It also offers more personal and financially sustainable treatment methods for chronic diseases.

EU4Health

In our response to the consultation on the ***EU4Health*** funding programme priorities, strategic orientation and needs (2021-2027), ECHAMP stated that an integrative approach, combining the best options from both conventional and complementary medicine, would greatly contribute to the financial sustainability of healthcare systems. Complementary medicines have an important role to play in self-management of minor health conditions and in the treatment of chronic disease.

A multi-sectoral approach is the way forward to increase the basic health of every EU citizen and to protect the environment.

We called on the European Commission to acknowledge, endorse and encourage the conscious integration of pluralism into EU healthcare, to enable Member States to openly explore how to harness the full potential of complementary medicine, and further integrate those therapies into their healthcare systems. There is a need to fund collaborative research and development to bridge the knowledge gap and to allow access to EU funding for cross-sectoral research, which includes the field of complementary and traditional medicine, and to leverage the full potential of this approach in both human and veterinary medicine. A multi-sectoral approach is the way forward to increase the basic health of every EU citizen and to protect the environment.

In 2022, ECHAMP will continue to promote our sector's high quality products as an integral part of a broad collaborative approach to health.

Towards a greener Europe

As Europe strives to be the first climate-neutral continent, the Commission's European Green Deal sets the blueprint for transforming the economy and societies so that all sectors of the EU's economy are fit to meet this challenge. Our sector is well placed to make an important contribution in this respect.

Homeopathy and anthroposophic medicines have negligible environmental impact, and homeopathy has been described as 'one of the most eco-friendly and sustainable forms of healthcare on the planet'.[1] The majority of the substances used in the manufacture of these medicines have no environmental toxicity. In line with the 'One Health' approach promoted by the World Health Organization (WHO) (*see page 7*), a healthy planet also means healthy people, healthy animals and healthy soil. All indications at the moment are that these medicines can add value in this approach.

Homeopathy Research Institute explains that although the volume of clinical evidence available for veterinary homeopathy is much smaller than that for use of homeopathy in humans, the small number of robust studies which have been conducted to date demonstrate positive trends. In addition, veterinary homeopaths, farmers and animal-owners report positive anecdotal evidence.

A ***European Parliament study*** in 2016 concluded that the prevalent use of antibiotics in conventional animal production is a key driver of antibiotic resistance. The WHO recommends overall reduction of antimicrobial use in food-producing animals, and a halt to the use of antimicrobials to encourage growth or as a preventative measure for diseases that have not been diagnosed.

It is imperative to review, understand and exploit the contribution our sector can make towards the goal of a greener Europe.

Current evidence suggests that homeopathic and anthroposophic medicinal products can contribute to safe and effective strategies to reduce the use of antibiotics. Further high quality research is needed as a matter of urgency to clarify the roles which homeopathy and anthroposophic medicine may be able to play in improving animal welfare and tackling the challenges of antimicrobial resistance.

Biodynamics, the anthroposophic approach to agriculture, has long encouraged an organic approach involving reduction in unnecessary inputs and non-needed antibiotic use. The practice of Biodynamic agriculture is shown to preserve nature, increase soil fertility, and enhance biodiversity.

One emerging discipline is agro-homeopathy, the use of substances in agriculture at ultrahigh dilutions. Adopted by some farmers in Europe, particularly in Italy, the ***systemic agro-homeopathic approach*** offers options that are safe for farmers and have a positive ecological effect. To date, several observations have been reported by farmers that provide positive and encouraging perspectives. First signs are that this approach could represent 'an agroecological production model with a very low energy impact.' Rigorous scientific experimentation at the farm level is needed to validate such results.

In addition, the sector for homeopathic and anthroposophic medicinal products actively fosters environmental protection and biodiversity. Most ECHAMP members take measures to promote organic farming for their

1
K. Chatfield, Simile, Faculty of Homeopathy, November 2016

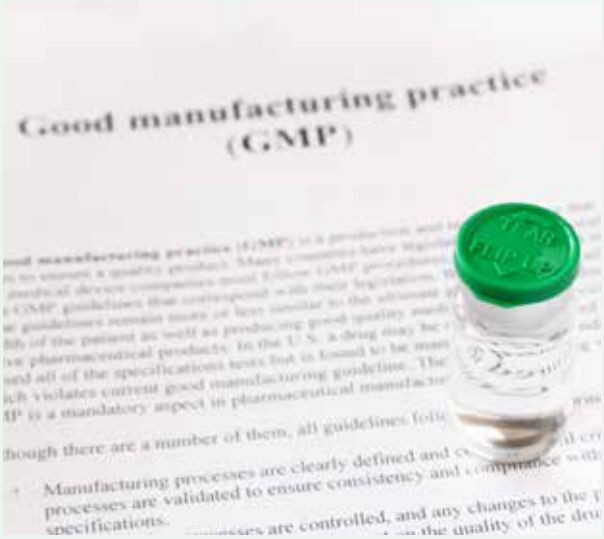
source materials, fostering biodynamic agriculture and biodiversity through organic cultivation of plants. Many have their own medicinal plant gardens or work with appropriately certified suppliers. Anthroposophic medicine manufacturers are pioneers in cultivating their gardens in accordance with Demeter biodynamic agriculture practices, complying with EU standards for organic farming.

Many ECHAMP members take additional measures to ensure minimal negative environmental impact from their suppliers and manufacturing processes and companies have effective policies and methods to optimise their use of natural resources throughout the supply chain.

It is imperative to review, understand and exploit the contribution our sector can make towards the goal of a greener Europe.

Many ECHAMP members have their own medicinal plant gardens.

An appropriate regulatory environment



ECHAMP's goal is to ensure the availability of homeopathic and anthroposophic medicinal products in Europe and to strengthen the situation of homeopathy and anthroposophic medicine in Europe. We follow regulatory developments carefully and take the opportunity to react to new or amended provisions that will affect these products and therapies. When we do this, we ensure that the relevant specificities of our products are highlighted so that they can be taken into consideration.

2021 was a relatively quiet year for Regulatory Affairs, most likely due to the ongoing pandemic situation. Only a few new guidelines emerged. After a long period of silence, as the pandemic situation started to improve, the competent authorities became active and started to exchange on procedures once more.

Quality and safety

In 2021, there were no major guidelines published that affect the quality requirements of homeopathic and anthroposophic medicinal products.

However, many of the topics we addressed in 2020 remain applicable: One main issue remains regarding the lack of flexibility in choosing raw material and stock suppliers. Due to the high number of substances and difficulties in sourcing rare materials, flexibility in choosing the supplier is essential to guarantee availability of the products. The requirements fixed by the Homeopathic Medicinal Products Working Group (HMPWG) in their *Questions and Answers Document on the Quality of Homeopathic Medicinal Products (Q 3) raw materials* severely restrict this flexibility, which is especially critical for fresh plant material. This topic will therefore stay on ECHAMP's agenda for 2022.

There are also new topics which arose from current requests from competent authorities, for example, the requirement to provide product-specific validation of manufacturing in cases where reference to similar products is possible in accordance with the guidance from the International Council for Harmonisation of Technical Requirements for Pharmaceuticals for Human Use (ICH) on bracketing and matrixing. Monitoring all emerging requirements from the competent authorities remains vital in order to ensure that homeopathic and anthroposophic medicinal products are treated according to an appropriate standard and not more strictly than other medicines.

Response to 'non-clinical documentation in applications for registration of homeopathic medicinal products'

Homeopathic and anthroposophic medicinal products placed on the market must be safe. The safety of a medicinal product mainly depends on the amount of toxicologically relevant ingredients in the administered dose. In 2021, ECHAMP commented on the new draft guidance document from the Homeopathic Medicinal Products Working Group (HMPWG) on ***non-clinical documentation for homeopathic medicinal products.*** Proposals from industry associations and scientists for a more adequate calculation of acceptable amounts of toxicologically relevant ingredients according to recent scientific practice have still not been taken fully into consideration in this document. There is no reason to treat homeopathic medicinal products more strictly than other medicinal products. ECHAMP members have developed deep knowledge on this topic and are following it very closely.

Data continues to be collected to substantiate the safety profile of our products. The study, ***'Safety of Anthroposophic Medicinal Products: An Analysis of Adverse Drug Reactions from German Pharmacovigilance Databases'***, published in July 2021, finds that adverse drug reactions (ADRs) from anthroposophic medicinal products were "very rare and, as in previously published studies, mostly reversible and non-serious in nature". This retrolective study provides another important dataset analysis to further confirm the high safety profile of anthroposophic medicinal products.

Pharmaceutical quality of homeopathic medicinal products

A new study, *Pharmaceutical Quality of Homeopathic Medicinal Products*, Orth et al, Pharm. Ind. 83, Nr 1, 74–83 (2021), confirms that homeopathic medicinal products in Europe are of a defined high quality, safe for patients and well-regulated.

In recent years there have been several reports from outside Europe about improper manufacturing methods and missing or inadequate quality controls. This allows defective and potentially harmful medicines to be brought to market. The study shows that by contrast, homeopathic medicinal products in the EU and Germany meet the same rigorous standards for safety and quality as all other medicinal products. Therefore consumers can be sure that they always receive officially monitored, high quality medicinal products.

Meeting HMPWG

The last meeting between industry and the Homeopathic Medicinal Products Working Group (HMPWG) was in 2018. We consider this form of exchange to be extremely helpful in fostering a shared understanding of the daily practice of the manufacturing of homeopathic and anthroposophic medicinal products. We will continue, together with the other industry associations, to look for opportunities to engage in fruitful dialogue with agency representatives in the near future.

ISO IDMP progress

The European Medicines Agency (EMA) is in the process of implementing the standards developed by the International Organization for Standardization (ISO) for identification of a medicinal product (IDMP).

ECHAMP continues its work with the EMA IDMP task force on substance, product, organisation and referential master data (IDMP/SPOR).

In the meantime, the organisation and reference system of the SPOR database has been activated and linked to the regulatory processes and can be used.

The focus of the task force is now on the Product Management Service (PMS) and the Substance Management Service (SMS). The first steps are to lay the foundations for the data organisation in the SMS and the linked EU-SRS (Substance Reference System). ECHAMP is participating in the sub-working group for homeopathic and herbal substances and developing the standards required for these specific substances, in cooperation with EMA and the German and Dutch medicines agencies (BfArM and CBG).

The sector continues to assess possible ways to improve the efficiency of product lifecycle management.

Flexibility in a stable regulatory environment

The European Commission in its Pharmaceutical strategy for Europe has indicated the need for simplification and streamlining of procedures in areas such as the management of variations and the assessment of quality files. ECHAMP welcomes this initiative as it would introduce a level of flexibility needed to allow companies to adapt more quickly.

Requirements for the documentation of quality as well as for the associated variation procedures have significantly increased in recent years and have become complex and time consuming. We are pleased to see that the Commission acknowledges this trend and while we anticipate that proposed simplification measures will also benefit our products, we will monitor the developments closely. The sector itself continues to assess possible ways to improve the efficiency of product lifecycle management.

A recent publication, *'Lean application' for homoeopathic and anthroposophic medicinal products – A proposal from industry for application and variation dossiers* (Pharm. Ind. 83, Nr. 8, 1013–1021 (2021)), describes the principle of 'lean application', showing options to meet the quality requirements while at the same time minimising redundant information. In this way, the associated workload for both competent authority and pharmaceutical company can be reduced without impairing data transparency or the quality and safety of the medicinal product.

European Pharmacopoeia

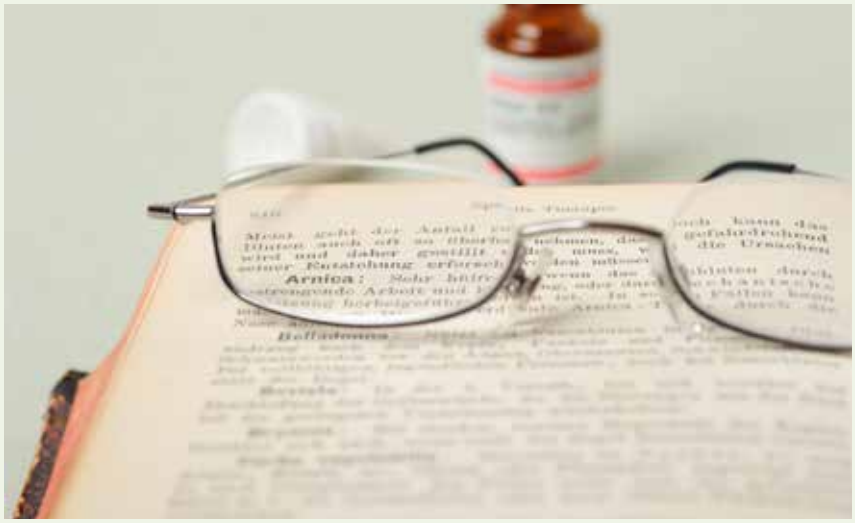
The vision of the European Directorate for the Quality of Medicines & HealthCare (EDQM) of the Council of Europe is to protect patient safety through enabling the development, supporting the implementation and monitoring the application of quality and safety standards.

The commitment to setting quality standards is essential to the future of our industry

The Council of Europe, of which EDQM is a part, supports the goals of the Green Deal (*see page 9*), especially the goal of 'Good health and well-being'. EDQM's work, looking at contaminants, special solvents and different methods of analysis, and enforcing the standards for natural medicines, most certainly contributes to a sustainable health for humans and the planet.

As regards homeopathic medicinal products, EDQM continues its work on the quality standards, contributing to access of medicines with good quality. This valuable work sets essential quality standards for inclusion of these products in the European markets.

In the homeopathic working groups there have been some revisions within the eight general monographs.



Specifically in 2021, the monographs 'Homoeopathic preparations', 'Methods of preparations of homoeopathic stocks' and 'Pillules for homoeopathic preparations' were revised and republished. The HMM Working Party (Homoeopathic Manufacturing Methods) also worked on new manufacturing methods to be published early in 2022. The French and the German homeopathic traditions are now well reflected in these monographs.

The work of the HOM Working Party (Homoeopathic Raw Materials and Stocks) to elaborate Substance monographs also for those raw materials which are not toxic, is ongoing. Two years ago, a pilot on a semi-quantitative analysis was agreed, in order to take into account the whole fingerprint. Three substances were defined for the pilot, Calendula, Chamomilla and Arnica. There is good progress in the work. Calendula is at an advanced stage. Minimal intensity of some markers has to be defined. Variability in the homeopathic mother tinctures is greater than in extracts, therefore a suitable method and specification has to be found. We are optimistic this will lead to a robust identity and quality test.

Last but not least, the HOM Working Party reviewed the Guide for elaboration of Monographs for homeopathic preparations, which lays the basis for all monographs.

ECHAMP appreciates and continues to support the efforts of the European Pharmacopoeia and its Working Parties. The commitment to setting quality standards for homeopathic manufacturing methods and preparations, and the harmonisation and legal recognition that ensue, are essential to the future of our industry, enabling the availability of high quality, affordable medicine throughout the world.

Europe embraces integrative medicine

One important new trend, integrative medicine, is opening up a world in which the potential of our sector can be better understood and exploited.

Growing numbers of integrative medicine practitioners and doctors combine conventional medicine with complementary and traditional approaches to achieve optimum health and wellbeing for their patients, allowing them to access a broad choice of individually adapted solutions. They offer a therapeutic, holistic, patient-centred approach to healthcare that takes into consideration both the patient's physical and psychological wellbeing and treats the whole person rather than just the disease. Integrative medicine combines a wide range of high quality medicines, including both conventional and traditional medicines.

This trend is endorsed around the world by prescribers, patients and health authorities.

In 2021, a number of European events, including three in the European Parliament, cast a spotlight at EU level on the role and value of integrative medicine in different aspects of healthcare. ECHAMP very much welcomes the increased profile these events are giving to the discussion at European level on the role of complementary medicine.

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Members of the European Parliament Interest Group on Integrative Medicine and Health

Sirpa Pietikäinen MEP, Co-chair

Michèle Rivasi MEP, Co-chair

Tilly Metz MEP

Eleonora Evi MEP

Margrete Auken MEP

Benefits of Complementary Integrative Medicine

The European Parliament Committee on the Environment, Public Health and Food Safety (ENVI) Health Working Group webinar on 11 October, ***Benefits and results of Complementary Integrative Medicine therapies***, provided background and technical information and advice to the Committee members on the latest findings, trends and benefits of complementary and integrative medicine, with some examples. It was chaired by Sara Cerdas MEP (S&D, P) and Dolors Montserrat MEP (EPP, ES).

The ***European Congress for Integrative Medicine*** (ECIM) organised a high profile forum in November to facilitate the advancement of healthcare by combining conventional medicine with evidence-informed lifestyle, complementary and traditional approaches. Experts presented the latest research and clinical applications, highlighting the significant benefits and better patient outcomes of a whole-person, patient-centred approach.

Pain management

The ***European Parliament Interest Group on Integrative Medicine*** and Health hosted an online event ***Integrative Medicine and Health in Pain Management*** on 12 October, organised by **EUROCAM** in cooperation with ***Pain Alliance Europe***. The event was moderated by Tilly Metz MEP (Greens/EFA, L) and discussed the potential of complementary treatments to alleviate chronic pain and raise the quality of life for the 20% of European adults who currently suffer from chronic pain.

Integrative oncology

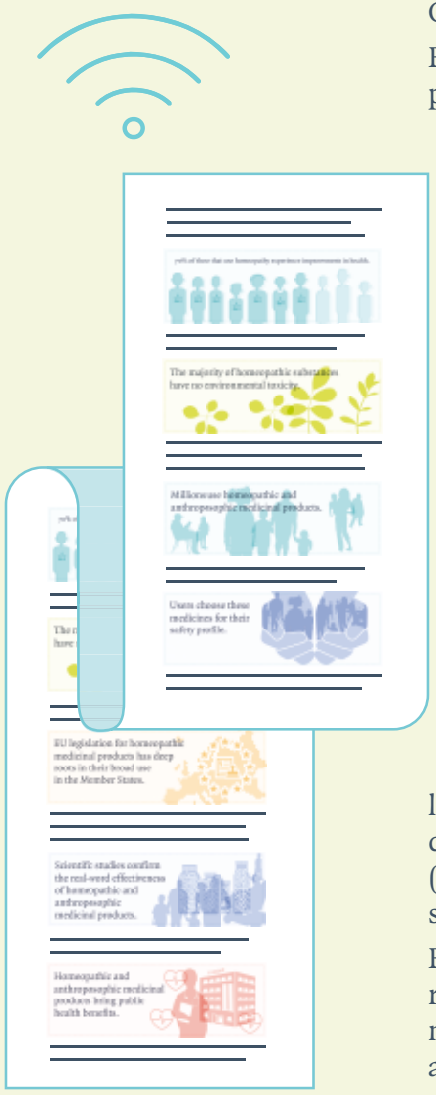
There is a growing body of evidence supporting the use of integrative therapies as effective supportive care strategies in cancer patients and around 40% of cancer patients use complementary medicine methods in addition to their conventional cancer treatment. The International Federation of Anthroposophic Medical Associations (**IVAA**) shows how integrative approaches to cancer care can alleviate suffering and improve health outcomes.

On 17 March 2021, the Interest Group on Integrative Medicine and Health hosted an event, ***Integrative Oncology: the holistic approach to cancer care***, organised by EUROCAM, with leading experts in the field of integrative oncology and Members of the European Parliament. The event was moderated by Michèle Rivasi MEP (Greens/EFA, F).

On 14 October, an online discussion, ***Integrative Oncology – the missing link in Europe's beating cancer plan*** addressed developments in Europe, including the results obtained by healthcare workers on patient care, resilience, tolerance to treatment and general survival, when using an integrative approach to oncology. The discussion was introduced by Dolors Montserrat MEP (EPP, ES) and Birgitta Sacrédeus (EPP, SE).

ECHAMP also welcomes some progress at policy level: the European Commission initiative on breast cancer (ECIBC) EU manual for breast cancer states that breast cancer services must have a written policy to ask the patient about and discuss the use of complementary and integrative medicine for breast cancer.

Inside ECHAMP



In 2021, ECHAMP had 36 Full Members from 15 EU Member States plus Norway and four Extraordinary Partners from Switzerland and UK, all company members active in the production and distribution of homeopathic and anthroposophic medicinal products (*see Map of Members on page 19*); we also had 11 Associated Partners (national manufacturers' associations) from eight EU Member States, UK and Switzerland and 10 Corresponding Partners (practitioners' and patients' organisations).

ECHAMP brings together its members in working groups to develop policy positions on all important issues, drawing on their competence and daily experience to publish responses and position papers, develop initiatives, propose and organise events and negotiate with decision makers and other stakeholders. ECHAMP's main fields of activity are Political Affairs, Regulatory Environment, Pharmacopoeia and Public Relations & Communication.

Another year has gone by during which remote working has become the daily experience for most of our members. Despite not having met in person now for two years, the ECHAMP Board of Management and ECHAMP's working groups have continued to meet and collaborate successfully via online meetings and email.

In April, we held our 21st annual Membership Assembly remotely. Members from across Europe rallied together to overcome their 'Zoom fatigue' and meet online, for the second year in a row, for a day of updates and exchange, association formalities and informal networking.

In 2021, we also organised two webinars for the regulatory experts of our Members. The first, in May, provided a detailed update on the EU Pharmaceutical Strategy and the revision of the pharmaceutical legislation. The second session, in November, was dedicated to the development of the EMA Substance, Product, Organisation and Referential (SPOR) database (*see page 13*) and the implementation of IDMP/SPOR standards with examples of how this will impact our sector.

ECHAMP's adhoc news bulletins, available to any subscriber, continue to report on news and events in the world of homeopathic and anthroposophic medicinal products; we also offer Members a monthly update on our activities and internal alerts on sector issues of a sensitive nature.

In 2021, we raised our profile on social media, launching active campaigns on Twitter (*follow us at* **@ECHAMPeu**) to share ECHAMP's key messages and main activities in a wider and more accessible forum.

One new brochure and a special report were published: an at-a-glance timeline of EU pharmaceutical regulation for homeopathic medicinal products 1992-2020 and an electronic Member map with easy links to the companies (***find these on our website***).

ECHAMP continues to recognise the importance of engaging in the wider debate in civil society about the future of healthcare. We are proud of the part we play in communicating the benefits of our products and their therapies to a wider audience and in shaping the future of our sector.

About ECHAMP

ECHAMP Board of Management

President
David Reckeweg-Lecompte,
Dr. Reckeweg & Co. GmbH,
Germany

Sven Backlund
Biosan AS, Sweden

Federica Corradi, Imo
Istituto Di Medicina
Omeopatica Spa, Italy

Mathias Hevert
Hevert-Arzneimittel GmbH &
Co. KG, Germany

Dr Thor Kastilan
Dr. Reckeweg & Co. GmbH,
Germany

Jennifer Kehlbeck
Sanum-Kehlbeck GmbH & Co.
KG, Germany

Thomas Kjaersgaard
Biovita A/S, Denmark

Dr. Gesine Klein
Deutsche Homöopathie-Union
DHU-Arzneimittel GmbH & Co.
KG, Germany

Bernadette Krom
VSM – Schwabe Group, The
Netherlands

Dr Monica Mennet-von Eiff
Weleda AG, Germany

Christiaan Mol
WALA Heilmittel GmbH,
Germany

Ludovic Rassat
Weleda SA, France

Dr Astrid Sprenger
Weleda AG, Germany

Damien Verrier
Sevene SAS, France

Ian Wilders
Labo'Life, Spain

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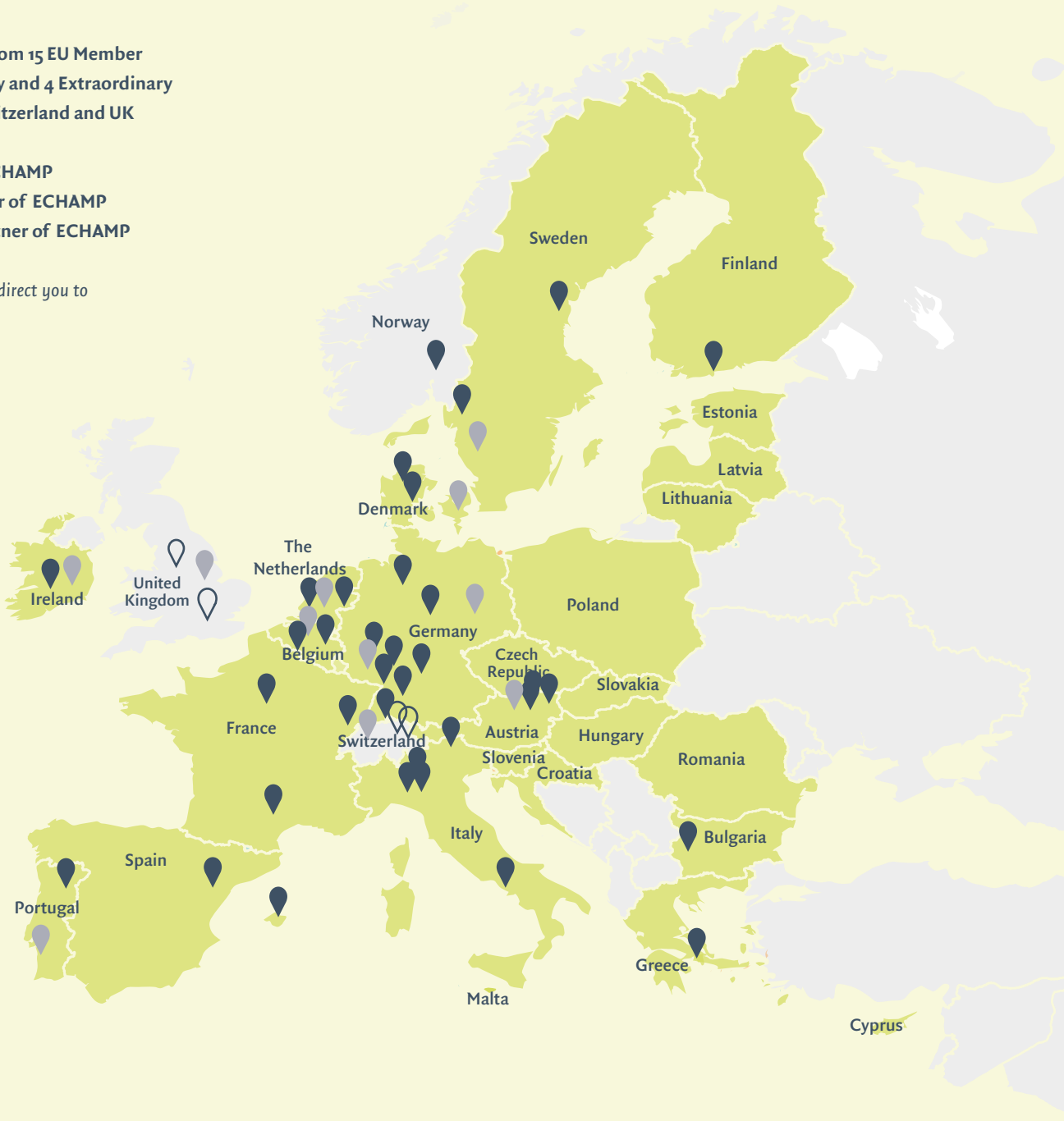

ECHAMP E.E.I.G.
Rue Washington 40
B-1050 Brussels
www.echamp.eu

Telephone +32 2 649 9440
Email office@echamp.eu