



### What are Autogenous Vaccines?

In general, vaccines are referred to as industrially made sera, which are applied to the major part of a population for the purpose of immunizing people against a certain disease-causing agent or its toxins. The main idea of this is the prevention of a particular infectious disease e.g. Hepatitis, influenza.

Opposed to that, Autogenous vaccines are individual, specific, so to say tailor-made vaccines. They have been known for over 100 years, but lost significance over the broad installation of antibiotics<sup>1</sup>. They are made from pathogens, which are causative for a chronic infection and which are frequently multiresistant against antibiotics. These pathogens are obtained from the infected patient by swab (in case of furuncle) or other sample (urine, sputum, punctate), are carefully inactivated and finally administered to the patient again. By this procedure the patient's immunity is influenced in a way so that the infection gets healed or at least alleviated. Additional to this effect it is often seen in cases of recurrent abscesses, urinary tract infections, gingivitis, etc. that after application of Autogenous Vaccines further episodes of infection can be avoided.

They can also be applied after infection and therapy with antibiotics to maintain the lasting effect of the therapy. Autogenous vaccines are

- Patient specific
- Pathogen specific
- Assistance for the immune system

The success of a therapy with Autogenous vaccines thus depends on the capture of the "right" pathogen and the ability of the individual patient to build up humoral and cellular defense mechanisms. Like other immunologically based strategies (HPV-, HCV-, Tumor-Vaccines) Autogenous Vaccines are presently enjoying a renaissance, especially because of the worldwide increase of resistances (MRSA, VRE, ESBL etc.) and the lack of reinforcement of antibacterial substances.

### What Autogenous Vaccines are not

Autogenous Vaccines are not industrially made mass-produced vaccines. They are not either made from stool-bacteria for a purpose of unspecific "immune modulation". They do not in a classic sense consist of body material but of pathogens which by infectiological criteria are causative for an individual infection.

### When is there an indication for Autogenous Vaccines?

As the scheme can be applied in many different chronic or recurrent infections, Autogenous Vaccines are an alternative treatment option:

1. in cases where pathogens are involved which are highly resistant to antibiotics.
2. when the patient has allergies against the needed antibiotics
3. to avoid repeated, unsuccessful antibiotic therapies in cases of recurrent infections

### Indications are:

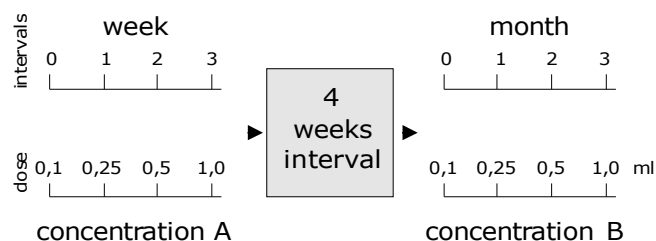
- abscesses, furuncles
- purulent acne, acne inversa
- urinary tract infections
- chronic bronchitis
- sinusitis
- gingivitis
- infection with MRSA, VRE, ESBL etc.
- osteomyelitis
- chronic prostatitis
- colpitis (Gardnerella vaginalis, Sc. B)

### How are Autogenous Vaccines made?

The attending physician obtains a specimen from the site of infection (e.g. swap, sputum, urine, punctate) which is examined in a medical-microbiological laboratory. Disease related pathogens are multiplied, bottled under clean room conditions in different quantified solutions ( $10^5 - 10^7$  CFU/ml sodium-chloride) and then inactivated. No preserving or any other toxic agents are added. After control of sterility over a period of 14 days the vaccine is released for use. The process of production takes three weeks all together.

### How are Autogenous Vaccines applied?

Eight immunizations with increasing concentration of antigenous material are required. Four ampoules with concentration "A" are administered subcutaneously in weekly intervals, followed by four ampoules with concentration "B" in monthly intervals. All in all, the procedure takes five months.



### Are Autogenous Vaccines dangerous?

Of the over 1,000 of our own patients who were treated with the UniVaccin product no side-effects were observed that would have led to breaking off the immunization. Occasionally skin irritation can occur at the locus of injection. After the first injections there can be a temporary increase of clinical symptoms (eg in acne, furunculosis).

In correlation with the application of so called "autovaccines" of other manufacturers who produce differently (higher concentration of antigens, addition of preservatives, inactivation with formaldehyde etc.), in two cases out of several 10,000s more severe side-effects have been reported<sup>2</sup>. As a general principal it is necessary in any case of stronger local or general reaction to see the attending physician for further advice.

### What are the costs of a therapy with Autogenous Vaccines?

The production of an Autogenous Vaccines costs 250,- EUR plus tax. It is delivered to the pharmacy which is chosen by the patient. The pharmacy will charge a certain additional fee commiserate with its responsibilities.

<sup>1</sup> Nolte, O., Mikrobiologie 11 (2001) 11-16

<sup>2</sup> Arznei-Telegramm 34 (2003) 23

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