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Gold to relieve back pains – alternatives to endoprostheses?

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Back pain: Nothing helps, only gold

Is a simple and fairly economical treatment using pure gold able to cure chronic pain in backs and joints? At present, the German health insurance companies still prefer the very expensive and risky endoprosthetics, i.e. the fitting of artificial knee or hip joints. About 375,000 of these surgical operations are performed in Germany every year. This causes costs of about 3.5 billion euros. But success is often only limited. Many patients require further operations and remain high-risk patients for the rest of their lives.

In veterinary medicine, however, treatment with gold implants – millimetre-sized particles of pure gold – has been a successful standard since the 1980s. By means of a hollow needle, small particles of 24-carate gold are injected around painful spots in, for instance, dogs and cats. The result is often astonishing: animals that had for a long time only been able to crawl about frolic again as if nothing had happened. Nevertheless, only a few doctors in Germany treat patients with this gentle and affordable method.



Gold ions block inflammation

There is no doubt that gold therapy works. The way gold therapy works, however, has only been researched rudimentarily so far. It seems that even the slightest amounts of gold ions that are released from gold particles in the body prevent an inflammation. This is the main thing that is responsible for the pain that chains the patient to the bed.

Heat plasters, anti-inflammatory cremes, pain killers and medicine to cure circulatory problems: the list of medicines that people affected try out to alleviate the raging pain is long. But nothing helps reliably and permanently. A first study in the scientific "double-blind" trial structure – one part of the test group is treated with gold and another with an ineffective substitute, and neither physicians nor patients know which patient was given gold treatment and which wasn't – already shows the superiority of treatment with gold. Nevertheless, further research is still necessary.