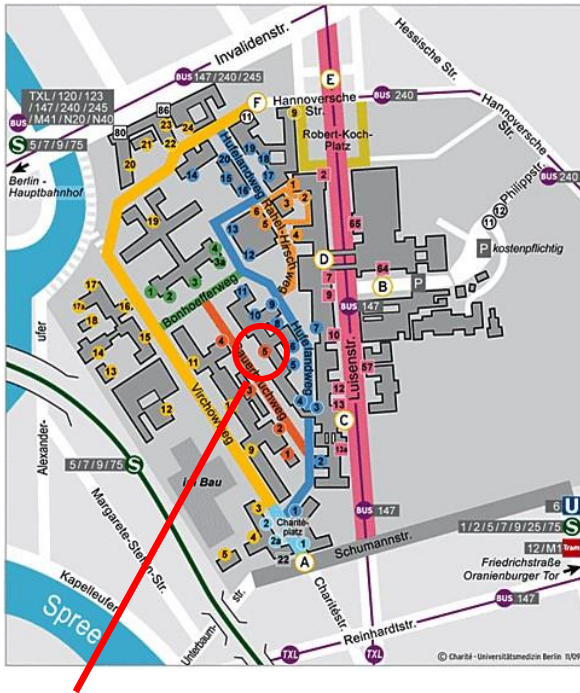


## How to find us:



## NCRC

NeuroCure Clinical Research Center  
Charité Campus Mitte

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Studienambulanz  
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## How to contact us:

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## Our cooperating partners:

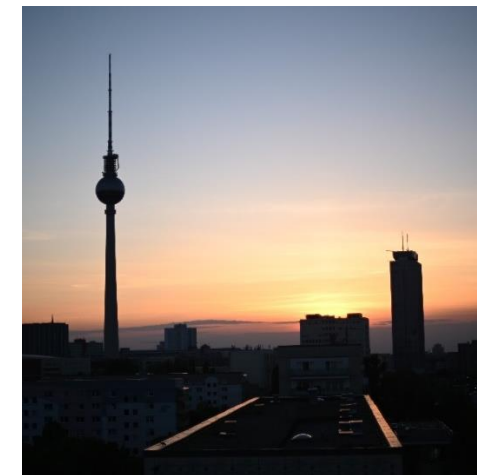
Coimbraprotokoll gemeinnützige UG  
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Rudolf-Diesel-Str. 21  
82166 Gräfelfing  
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# COIMBRA protocol in multiple sclerosis

Observational study for patients  
with RRMS



Sponsored and organised by



## Coimbra Protocol and MS

### What is the COIMBRA protocol?

In this medically supervised treatment, ultra-high doses of vitamin D are used individually in conjunction with other cofactors. In addition, patients are trained in a healthy lifestyle (diet, exercise and mental balance).

The therapy was invented and established by Prof. Dr. Cicero G. Coimbra, MD and PhD for neurology and internal medicine. Based on the theory of a genetic disorder of vitamin D metabolism, he has been treating patients with autoimmune diseases such as multiple sclerosis with individually ultrahigh dosed vitamin D and other cofactors since 2005. Dr. Coimbra trained more than 140 doctors on a voluntary basis, so that approximately 30,000 patients worldwide have been treated so far.

There are many positive testimonials on social media, especially for relapsing-remitting MS. However, studies on the long-term safety and a scientifically sufficient proof of the effect are missing so far.

### What are your benefits when participating?

- By participating in this study you will receive detailed examinations that go beyond the routine and thus a possible additional gain of information about the course and treatment options of your disease.
- In addition, we hope to gain insights from the study that will further improve the future counseling and treatment of patients with MS.

## Coimbra Protocol and MS

### What you need to know:

This is an observational study only. We do not influence the medication or other treatment of your disease. You need to see a trained and certified protocol doctor for treatment.

Each participant will be examined regularly for up to four years with annual appointments (visits) at the study center of the NCRC, Charité - Universitätsmedizin Berlin. In particular, the following examinations are planned:

- Documentation of detailed medical history
- Neurological examination
- High resolution MRI of the brain and spinal cord
- Examinations of the eyes and the optic nerve
- Determination of immunological parameters
- Multiple Questionnaires (e.g. on quality of life)

### Who can participate?

- Patients with relapsing-remitting multiple sclerosis
- Start of treatment according to COIMBRA protocol with a certified doctor not more than 30 days prior to study inclusion
- Age 18-55 years

### When is participation not possible?

- If an MRI examination cannot be performed
- If you need support from an assistive device to walk
- If you are pregnant or breastfeeding (at the beginning of the study)

## Coimbra Protocol and MS

### What else should you know:

- Your participation in the study is, of course, voluntary and can be terminated at any time.
- Participation or non-participation in the study will not affect your regular medical treatment.
- You are insured within the scope of the study (personal injury).
- Unfortunately, we cannot reimburse you for your participation. But travel expenses will be refunded up to 200 € per study visit.

You can contact our study team with questions at any time. Your contact person is:

Mrs. Jana Bigall, study coordinator  
jana.bigall@charite.de

We would also be happy to provide you with detailed patient information. Please contact us!

### How to reach us:

Study phone: 030-450 539 040  
Email: studienambulanz-ag-paul@charite.de

**Thank you for your interest!**