



Anita Baxas, MD

P.O. Box 491347
Key Biscayne, FL 33149
abaxas@baxamed.com
www.plaquex.net
Phone: (305) 361-3484
Fax: (305) 361-8322

Q ■ What is Plaquex? How did you learn about it and how did you first start using it?

A ■ My mother suffered from angina pectoris attacks in the mid-1990s. She underwent a balloon angioplasty in Miami, but six weeks later her angina came back. She meanwhile went back home to Switzerland where another balloon angioplasty was performed. Again, six weeks later her angina was back. That is when my father heard about Lipostabil in Germany that was used for dissolving fatty embolism. Researching Lipostabil, we found that many studies done since the 1950s showed improvement in atherosclerosis patients. Their cholesterol and

A native of Basel, Switzerland and a 1991 graduate of University of Basel Medical School, Dr. Anita Baxas is medical advisor for the MFIII Switzerland Asia Pacific Hub for Swiss Cell Therapy, Revitalisation & Youth Restoration Program, Anti-ageing modalities, Placental, Mesenchymal & Thymus therapies. She is also visiting medical advisor for MFIII – OrthoBioMed Center de Revitalisation, Switzerland.

After opening a medical office in Binningen, Basel Land in 1995, she changed the general practitioners office 10 years later into a pure alternative and preventive medical center offering Chelation and Plaquex, an alternative to bypass surgery, amputations and other dangerous procedures. She worked as project manager for Plaquex, which included educating doctors around the world, and from 2008 to 2010 she promoted the use of Plaquex IV in the United States and Canada. She is medical advisor to Biorica International Corp. and medical advisor to KGB International Corp., both in Florida.

Dr. Baxas also speaks seven languages: German, Swiss, English, Spanish, some French, basic Greek and Italian. Here she discusses her history and personal work with Plaquex therapy.

triglyceride levels normalized, plaque deposits were removed and symptoms of angina as well as peripheral arterial disease improved. So we started treating my mother with Lipostabil infusions and voila: the angina subsided and she has been fine ever since.

Q ■ How long has Plaquex been used? What is its history?

A ■ Other doctors heard about this success and wanted to order Lipostabil, but we had trouble obtaining sufficient quantities and Lipostabil was quite expensive. So we decided to have our own product developed in Germany that was and still is identical to Lipostabil. We called it Plaquex. It has been around now since 1996 and thousands of patients have been treated with it around the world. Since 2009 we have a licensing agreement with AnazaoHealth in Las Vegas, NV, so they can legally compound it for U.S. and Canadian doctors according to our

instructions.

Going through the online PDR of Germany, I found that Lipostabil is no longer sold there and they had stopped selling it in most of the other 50 countries where it had been approved previously. I suspect the large pharmaceutical company that bought up Nattermann, who invented and produced Lipostabil, has no interest in putting it back on the market as it would be a competition to statin drugs. The same is true for their other product called Essentiale N that was approved to treat liver disease.

Q ■ How does this therapy work? How effective is it?

A ■ Plaquex is polyenylphosphatidylcholine from soy, the building block of cell membranes and micelles. Studies show it increases HDL; decreases LDL, VLDL and triglycerides; and removes plaque. It also improves liver function and kidney function. I have colleagues writing

me that their dialysis patients can reduce the frequency of dialysis after Plaquex treatments. The treatment is remarkably effective in patients with angina, PAD and carotid stenosis. I keep getting case reports from colleagues showing the reduction of Fast CT calcium scores or before and after ultrasound of carotid stenosis. Plaquex has saved diabetic patients from having their leg or their foot amputated.

This treatment is also called phospholipid exchange therapy as phosphatidylcholine in cell membranes and micelles are replaced by the infused polyenylphosphatidylcholine that is highly unsaturated. This leads to more flexible membranes in red blood cells, thus improving their flow and deformation capabilities. It also increases esterification of free cholesterol by activating the enzyme L-CAT, leading to a better cholesterol clearance from the endothelium by HDL. On average there is a reduction of LDL by 36 percent, of triglycerides by 34 percent and an elevation of HDL by 10-25 percent. Elevation of HDL depends on the initial value—high HDL levels are hardly raised, while low HDL levels are raised significantly. So there is a self-regulating effect involved.

Q Who are the patients that can best benefit from the use of Plaquex? How do you determine who they are?

A Any patient with atherosclerosis, liver or kidney disease can benefit from Plaquex treatments. We also noticed that patients look younger after finishing their treatments—their skin almost glowing. I attribute this to cell membrane renewal of the skin cells. So anyone interested in anti-aging can benefit from a course of treatment. The choline portion of polyenylphosphatidylcholine also helps to improve cognitive function in the elderly and there are doctors using it successfully in autistic children.

Q How is Plaquex administered? Is it done in a hospital? Are there side effects or risks?

A Plaquex is given as an infusion in dextrose or glucose five percent. A registered nurse under a doctor's supervision can do it in any doctor's office or even at home. It is very safe. In the 60 years this substance

"The treatment is remarkably effective in patients with angina, PAD and carotid stenosis. I keep getting case reports from colleagues showing the reduction of Fast CT calcium scores or before and after ultrasound of carotid stenosis. Plaquex has saved diabetic patients from having their leg or foot amputated."

has been used, there has been no death or severe side effect. Possible side effects include diarrhea that can be easily managed by reducing the frequency of treatment and with Loperamid. Fatigue in Asian patients is quite common. So far we don't know why Asians react this way, but they usually do fine with a lower dose.

There are several compounded phosphatidylcholine products on the market. Some of them are not identical to Lipostabil; they are made with a lower grade of phosphatidylcholine. This can lead to the dissociation of deoxycholic acid, which is also in the formula. This dissociated deoxycholic acid is quite aggressive and can cause phlebitis at the infusion site. It can also cause haemolysis and kidney problems. So it is imperative to use the original product identical to Lipostabil such as Plaquex. It is important to keep Plaquex refrigerated. If it freezes, the deoxycholic acid also dissociates and makes the product unusable.

Q What is its success rate? What studies have been done on Plaquex?

A There are no formal studies done with Plaquex, but hundreds of studies were done with Lipostabil, which is

identical. From the case reports and other feedback I have received over the past 16 years, I would estimate the success rate is more than 90 percent. Only patients with stents are more difficult to treat as Plaquex has trouble getting to the underlying endothelium to treat it in case of restenosis. These patients usually require more treatments to achieve the same results as non-stented patients. Also, patients in danger of an imminent total occlusion should be treated conventionally as Plaquex needs time to work and these patients don't have the time to wait. They should receive Plaquex after their procedure to prevent restenosis.

Q How expensive is the treatment? What about dosing?

A One vial of Plaquex currently costs \$39.99 at Anazao Health pharmacy in Las Vegas, NV. Doctors charge patients anywhere from \$150 to \$200 per IV treatment. For regular patients (non Asian), the initial dose is 20 ml Plaquex in 250 ml D5W given in 1.5 hours. The second treatment consists of 30 ml Plaquex in 250 ml D5W and from the third treatment on the full vial of 50 ml Plaquex is given in 250 ml D5W. In Asian patients the full dose should not exceed 40 ml. Some may only tolerate 25 ml per treatment.

Q How long do the benefits of Plaquex last?

A The underlying cause of atherosclerosis continues, so it is important to do maintenance therapy of one infusion per month to maintain the results achieved by the 20 to 30 treatments. In addition, Plaquex Oral should be given to help maintain healthy blood lipid levels. Also, Plaquex IV as well as Plaquex oral improve blood rheology by normalizing the surface structure of red blood cells and decreasing the stickiness of platelets.

Q What is next for you?

A I hope to be lecturing on this treatment at one of the upcoming A4M meetings as I think it is important doctors and patients know about this alternative to bypass surgery, amputations and other dangerous procedures. 