



TOGETHER FOR
A HEALTHIER WORLD

RENAL CARE BOOK



Mandatory
information



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 **MEDICE**
THE HEALTH FAMILY

Fore- word

“Together, we take care of improving people’s health in as many areas as possible.

With our healthcare solutions consisting of pharmaceutical therapies, digital treatments and nutritional concepts, we aim to provide patients with the best possible care during every stage of their disease.”

Over 35 years ago, MEDICE began to develop its own expertise in the field of Renal Care (nephrology/urology). Since then, we have been consistently committed to improving the care of patients with chronic kidney disease – especially relating to dialysis therapy.

What once began with a clear strategic decision has now become an integral part of our company identity: as a family-run company, as a healthcare company and as a reliable partner in nephrological care. We are guided by the conviction that medical excellence and human commitment are inseparable. Proximity to doctors’ practices/hospitals, a continuous dialogue with healthcare practitioners and the scientific expertise of our medical management form the basis for sustainable therapy concepts.

With our mission in mind, we have continuously further developed the Renal Care division and established a comprehensive portfolio to support the treatment of dialysis patients.

We also offer neuro-urological therapy solutions for patients with rare illnesses, such as neurogenic bladder dysfunction. In doing so, we rely on scientific evidence, partnerships with leading research institutes and the latest technology.

WE ARE BUILDING ON A SOLID FOUNDATION

Our culturally evolved understanding of the three dimensions of health: besides physical and mental health, social health and environmental health are also important elements of our commitment.

At the heart of physical/mental health is our aspiration to think beyond classic pharmaceutical treatment. We thus combine our pharmaceutical core competence with digital treatments and treatment-accompanying nutritional concepts. On the basis of this multimodal therapy approach, we create solutions that go beyond individual preparations: flexible and individually combinable therapy compo-

nents that improve the quality of life of people with kidney disease and neurogenic bladder dysfunction.

In the field of social health, we promote collaboration with patient organisations in which those affected can exchange information. This commitment embodies our understanding of health, which also comprises mental and social factors. The private commitment by Dr. Katja Pütter-Ammer in establishing the Katja Pütter-Ammer Foundation, which aims to promote mental health in schools and children’s day care centres, is also in line with this. The foundation supports teachers with proven strategies in order to manage challenging behaviour in children, promote a positive learning environment and strengthen one’s own mental health.

In the field of environmental health, we are contributing towards a healthy environment through various initiatives, as this has been shown to have an impact on human health. Sustainability has already been anchored into our activities for gen-

erations. With this in mind, we founded a dedicated company, sustainable4U. This develops holistic and future-focused solutions relating to nutrition and the environment.

Together, we take care of improving people’s health in as many areas as possible – and we warmly invite you to better get to know our stance, our solutions and our commitment within Renal Care on the following pages.

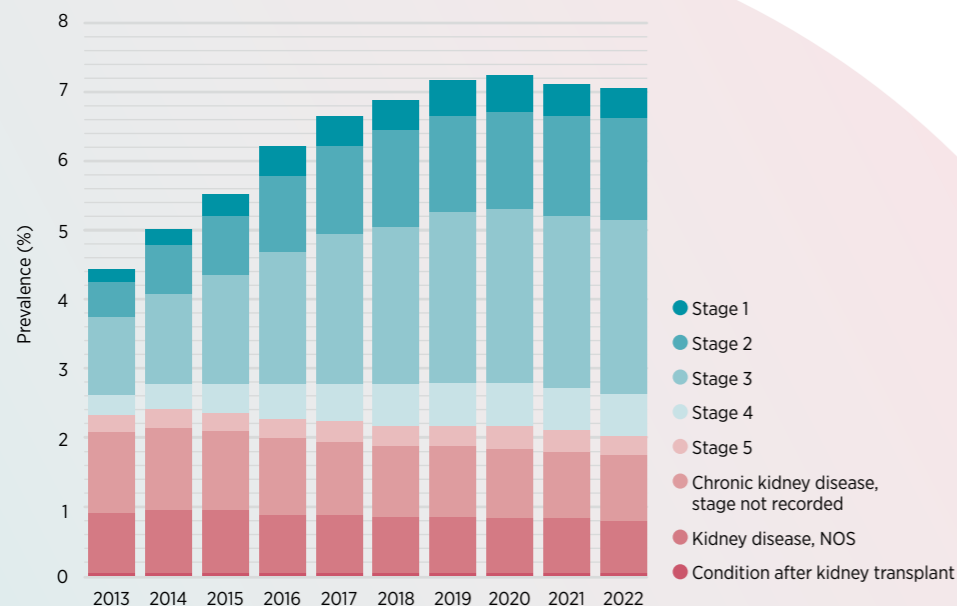
Dr. med. Katja Pütter-Ammer
Dr. med. Dr. oec. Richard Ammer



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**Managing Partners of
the MEDICE Health Family**

The relevance of nephrology



Annual nationwide prevalence (M2Q) of diagnosed chronic kidney disease over the age of 40 per disease stage/diagnosis category in the period 2013 to 2022 (according to Holstiege et al. Trends der Prävalenz diagnostizierter chronischer Nierenkrankheiten und der Inanspruchnahme der Dialyse in der vertragsärztlichen Versorgung [Prevalence trends of diagnosed chronic kidney disease and dialysis use in statutory health insurance]. Zentralinstitut für die kassenärztliche Versorgung in Deutschland (Zi). Versorgungsatlas Report No. 24/03. Berlin 2024 > <https://doi.org/10.20364/VA-24.03>)

M2Q = Diagnosis coding in at least two quarters of a calendar year
NOS = Not otherwise specified



A WIDESPREAD DISEASE ON THE RISE

Chronic kidney disease (CKD for short) is one of the major medical challenges of our time. Its prevalence is increasing worldwide – around one in every ten adults is affected in Germany alone, and approx. 788 million people worldwide (14.2% of the population)¹ – many of them unknowingly.

The growing case numbers and complications require a rethink in terms of care – earlier, more comprehensive and more interdisciplinary.

CKD is divided into five stages according to severity:

- **STAGE 1:** Normal kidney function, but with structural or functional damage (e.g. proteinuria)
- **STAGE 2:** Mild reduction in function (GFR 60–89 ml/min)
- **STAGE 3:** Moderate reduction (GFR 30–59 ml/min)
- **STAGE 4:** Severe reduction (GFR 15–29 ml/min)
- **STAGE 5:** Terminal kidney failure (GFR <15 ml/min), mostly requiring dialysis

The number of dialysis patients has been continuously increasing for years – not least due to the rise in chronic underlying conditions such as:

- **Type 2 diabetes**
- **Arterial hypertension**
- **Obesity**
- **Cardiovascular diseases**

These patients often also suffer from **comorbidities** such as **renal anaemia, metabolic acidosis, hyperphosphataemia, secondary hyperparathyroidism** and **hyperkalaemia**, which additionally increase the risk of hospitalisation, cardiovascular diseases and mortality.

¹The Lancet (2025): Global, regional, and national burden of chronic kidney disease in adults, 1990–2023, and its attributable risk factors: a systematic analysis for the Global Burden of Disease Study 2023.

MEDICE's vision in nephrology



“For us, multimodality not only means combining various therapy components – it is the expression of our aspiration to comprehensively support patients and alleviate pressure on doctors in everyday life. Pharmacology, evidence-based digital modules and nutrition work hand in hand. In this way, we create a care model that has a future – and puts medical expertise and innovative strength at the service of the patient.”

Dr. med. Dr. oec. Richard Ammer

For over 35 years, the MEDICE Health Family has been committed to the field of **Renal Care** – based on conviction and with a clear vision: we want to support patients with chronic kidney disease at all stages – individually, comprehensively and in an interdisciplinary manner.

Our aim is to **rethink** the treatment of nephrological diseases:

- From purely pharmacological therapy to **multimodal care**
- From isolated treatments to **integrated healthcare solutions**
- From standardised approaches to **customised therapy paths**

To do this, we combine medical know-how, digital innovation and expertise in nutritional medicine – for care that is effective, relieving and empowering.

OUR RANGE OF HEALTHCARE SOLUTIONS – MULTIMODAL, CONNECTED, PATIENT-ORIENTED

The MEDICE Health Family combines pharmaceuticals, evidence-based digital treatments and nutritional concepts to form a modern care concept – tailored to the needs of nephrology patients.

Together, these components form a future-focused care model that comprehensively supports patients and alleviates pressure on doctors in everyday practice.

Multimodality means the future. For MEDICE, it is the expression of medical expertise and the vision to continuously make patient care better.





ANAEMIA WITH CKD - THERAPY FROM ONE SOURCE

Renal anaemia affects many CKD patients, more than 50% in predialysis¹, more than 90% in dialysis², and significantly reduces their quality of life.

Our therapeutics

- **Vafseo® (vadadustat)** – oral HIF stabiliser or, more precisely, HIF-PH inhibitor (hypoxia-inducible factor – prolyl hydroxylase inhibitor) for dialysis patients, a novel mode of action (awarded the Nobel Prize in 2019) and physiologically effective in stimulating endogenous erythropoiesis³

- **Abseamed®** – first approved epoetin alfa biosimilar in the EU⁴
- **FerMed®** – proven iron sucrose for intravenous iron therapy
- + **Digital tools** to increase treatment adherence (e.g. MediOrganizer®) and therapeutic support (e.g. Selfapy®)
- + **Nutritional solutions** to improve iron and vitamin intake, taking into account special dietary requirements

¹<https://pubmed.ncbi.nlm.nih.gov/32240223/> ²<https://www.ncbi.nlm.nih.gov/books/NBK539871/>
³Eckhardt KU et al. NEJM, 2021. Innovate Phase III 4 <https://www.ema.europa.eu/en/medicines/human/EPAR/abseamed>

METABOLIC ACIDOSIS - KEEPING PH IN BALANCE

Metabolic acidosis is an often underestimated complication of advanced CKD. MEDICE offers:

- **Nephrotrans® (sodium hydrogen carbonate, modified release)** for pH correction
- **Digital progression monitoring** for early intervention
- **Alkaline-forming nutritional concepts**, adapted to the CKD stage

HYPERPHOSPHATAEMIA & SECONDARY HYPERPARATHYROIDISM - MINERAL METABOLISM IN FOCUS

Disorders of the calcium and phosphate balance are key risk factors:

- **Calciumacetat-Nefro®, CC-Nefro®, Phosphonorm®** for phosphate reduction
- **Calcitriol-Nefro®** to regulate the vitamin D balance
- + **Digital support** to monitor lab results
- + **Nutritional concepts** with low-phosphate recipes and everyday tips



HYPERKALAEMIA - SAFETY FOR ELEVATED POTASSIUM

Elevated potassium levels are acutely dangerous – we offer:

- **Anti-Kalium Na and Anti-Kalium Ca2+** to control potassium levels
- **Apps & reminder functions** for low-potassium nutrition and medication
- **Digital cooking and nutrition tools** to control potassium intake

NEUROGENIC BLADDER DYSFUNCTION - REGAINING QUALITY OF LIFE

Besides nephrology, MEDICE also offers specific solutions in neuro-urological care:

- **Velariq® (oxybutynin)** to treat neurogenic bladder for spinal cord injuries

The availability of the stated products varies by country. Some products are exclusively available in Germany.



Multimodal therapies – future model of patient care

The medical care of the future is multimodal. It combines proven pharmacotherapy with digital support and evidence-based nutritional concepts. This interaction opens up new ways of comprehensively supporting patients by strengthening the following factors:

- **Adherence to treatment**
- **Patient self-management**
- **Continuity of care across all CKD stages**

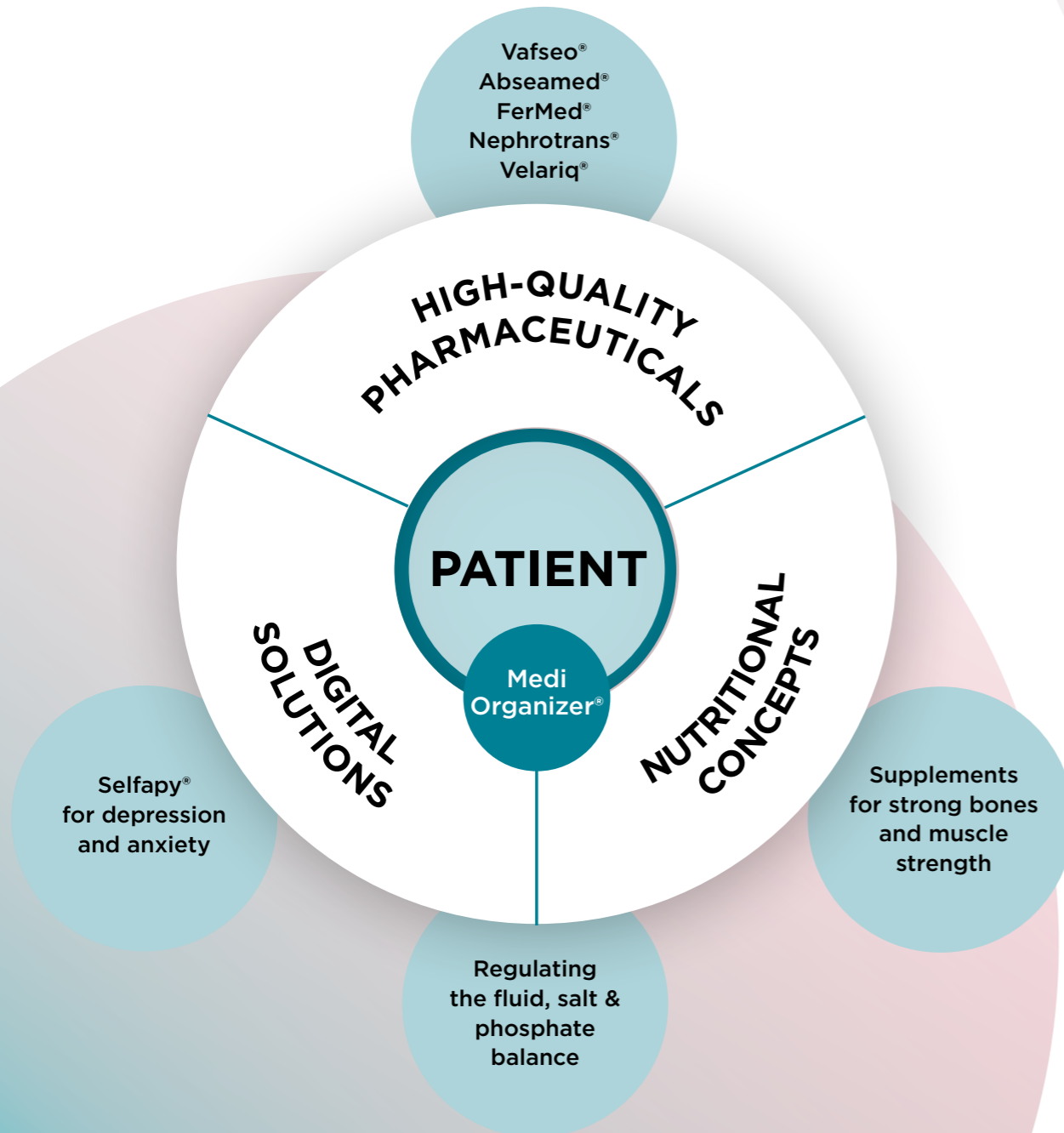
We understand multimodality as the lived expression of our guiding principle: medical expertise, human responsibility and innovation in the service of patients.

This creates an integrative approach that combines modern medicine with practical support and a healthy lifestyle – for care that goes far beyond classic therapy.

“The patient care of the future is multimodal. By combining pharmacotherapy, digital applications and nutritional concepts with each other, we create solutions that alleviate pressure on doctors and comprehensively support patients.”

Dr. med. Dr. oec. Richard Ammer

Digital therapy modules – Entry into psychonephrology



The availability of the stated products varies by country. Some products are exclusively available in Germany.

Chronic kidney disease confronts both patients and healthcare practitioners with major challenges. Medications, nutrition, fluid balance, lab results, dialysis or transplantation – everyday life is complex and requires discipline as well as well-founded knowledge.

Patients can better understand their illness with digital self-management programmes and be more actively involved in their treatment. This increases a feeling of control – a crucial factor in treatment success. The MEDICE Health Family provides support here with evidence-based digital therapy modules that raise care to the next level. In addition to drug therapy, we develop digital solutions that have a positive influence on the entire course of the illness.

The aim of these applications is to sustainably improve the quality of life of those affected. They offer guidance and assistance in various medical and psychosocial areas – from medication management and questions concerning the illness to mental health support.

- The approved digital health applications from **Selfapy®** offer digital therapy programmes for depression and anxiety – symptoms that often accompany chronic illnesses. This paves the way for us to begin working within **psychonephrology**.
- With the free **MediOrganizer®** app, those affected can clearly manage their medication, check their dosage times and ensure their adherence to therapy.



DEPRESSIVE MOOD, DEPRESSION IN DIALYSIS PATIENTS – REGAINING QUALITY OF LIFE WITH SELFAPY®

The effects of a chronic illness not only have an impact on the body but also on mental well-being. This is why the MEDICE Health Family is expanding its digital approach with programmes that take the whole person into account. Selfapy® supports patients with regard to mental health. As an approved Digital Health Application¹, (listed in the BfArM directory), the digital therapy programmes may be prescribed by any licensed physician or requested directly by patients from their health insurance provider.

- **Selfapy® Depression** to treat mild and moderate depression (MMD) as an online course and digital therapy based on psychoeducation and cognitive behavioural therapy to learn problem-solving strategies.

The prevalence of depression among dialysis patients is approx. 40% and is thus much higher than the approx. 7%² among the age-adjusted normal population.

- Depression is **one of the most common mental comorbidities** in patients with terminal renal failure (CKD stage 5).
- Depression is often **not recognised or untreated**, as somatic and mental symptoms overlap (e.g. fatigue, listlessness, sleep disorders).
- Depression is associated with:
 - o **Increased hospitalisation rates**
 - o **Reduced quality of life**
 - o **Lower adherence to treatment (e.g. medication, dialysis times)**
 - o **Increased mortality**

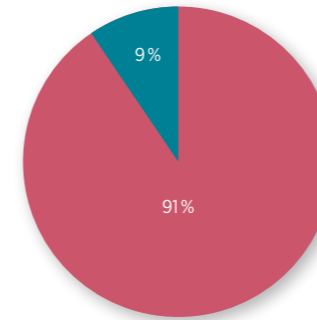
A current epidemiological survey shows a high level of willingness among patients to use the DiGA Selfapy® Depression:



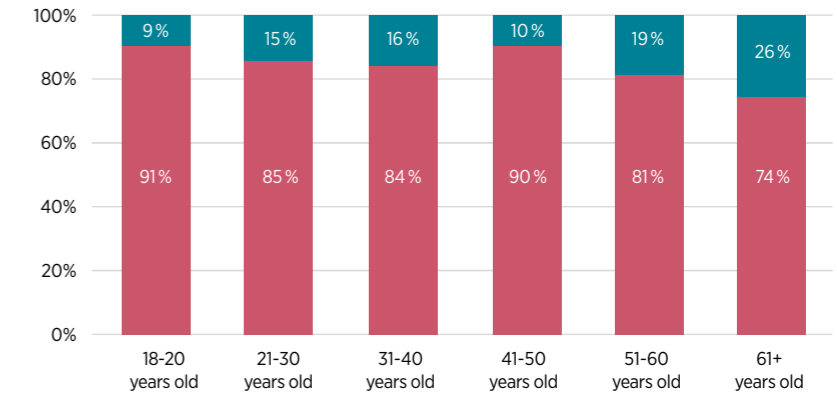
¹Approved by the German Federal Institute for Drugs and Medical Devices.
²<https://pubmed.ncbi.nlm.nih.gov/23486521/> : Palmer et al (2013), Prevalence of depression in chronic kidney disease: systematic review and meta-analysis of observational studies

INTEREST IN USING SELFAPY® DEPRESSION

Total



According to age groups



Representative survey of 500 dialysis patients (m/f). 74% to 91% of respondents show interest in using the DiGA Selfapy® Depression.



TREATMENT ADHERENCE MADE EASY: MEDIORGANIZER®

Uncertainties can easily arise, especially when it comes to complex medication schedules. Apps such as the **MediOrganizer®** remind about dosage times, document progress and create certainty in everyday life. Patients are thus reliably supported in adhering to their therapy – which has been shown to have a positive effect on treatment outcomes.

The MediOrganizer® is a smart medication tracker that helps to keep track of a large number of necessary medications and promote the safe handling of the daily medication routine.

The free app makes it possible to easily enter and manage medications in a schedule. It reliably reminds about dosage times and provides important information in an understandable form. In addition, it helps to monitor haemoglobin levels by displaying data entered by the person themselves in a clear and chronological manner.



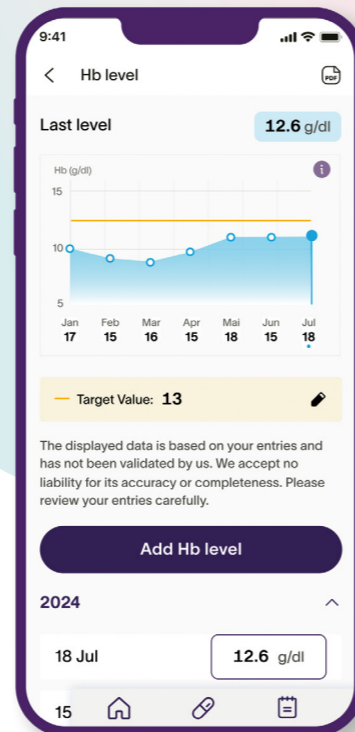
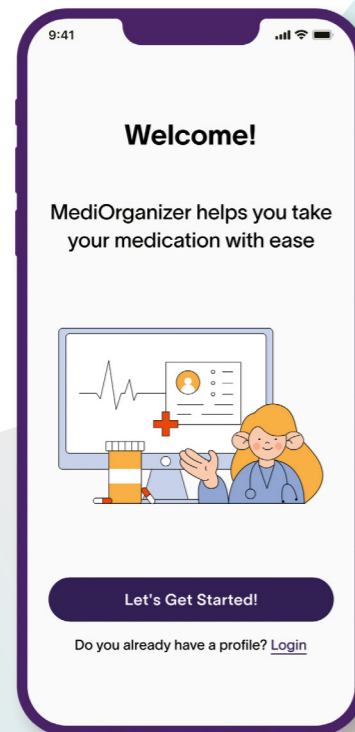
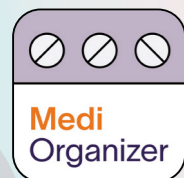
QUALITY WITH A FUTURE

Digital interventions can improve adherence to treatment, boost well-being and reduce the risk of complications. They save time, facilitate communication between the doctor and patient and contribute to making care more efficient and more human.

For the MEDICE Health Family, digital modules are thus not an addition but rather a key part of multimodal therapies. They combine pharmacological expertise with innovative digital solutions and thus make the care of patients with kidney disease more sustainable, safer and future-proof.

“Digital therapy modules are much more than technical aids – they give patients knowledge, security and self-determination. By combining pharmacology and digital solutions, effective, future-proof therapies are created that help people to regain some degree of self-determination and control.”

Dr. Michael Piepenstock, Head of Therapeutic Unit Renal Care



NUTRITIONAL CONCEPTS – A SOURCE OF STRENGTH FOR BODY AND SOUL

Nutritional concepts are a key part of the MEDICE Health Family's multimodal approach. Together with scientific partners, we develop concepts that support treatment success, prevent malnutrition and boost mental well-being.

The focus lies on regulating the liquid, salt and phosphate balance, ensuring an optimum protein intake and preventing concomitant diseases such as muscle loss (sarcopenia) and bone weakness (osteoporosis). These points are especially important for kidney disease because the kidneys can no longer adequately excrete certain substances such as water, salt and phosphate. This can lead to water retention, high blood pressure or bone damage. An adjusted intake of fluids and salt helps to stabilise blood pressure and prevent swelling. Less phosphate in the diet protects the bones

and blood vessels. It is also important to eat enough – but not too much – protein to maintain the muscles and strengthen the body without putting additional strain on the kidneys. This allows well-being to be improved and complications to be better prevented. The aim is to make patients' everyday diet easier and boost their self-determination.

Our products and programmes should not only compensate for deficits but also provide strength – both physically and mentally. This allows patients to regain their energy and maintain control over their lives. Our recipe books are particularly popular – as giving up enjoyment should not be an option, even for dialysis patients. The ingredients of every single foodstuff are crucial: the recipes can be individually adapted to suit the diet – no matter whether potassium, phosphorus or fluid needs to be reduced. The most important thing is to consume the right amount to ensure that a food is well tolerated. Due to high demand, we will be adding more vegetarian and vegan dishes to our offer in the future. Our aim remains to promote the enjoyment of a healthy, varied diet – and offer patients greater freedom and participation in social life.

The nutritional concepts supplement our future-focused multimodal therapy approach. They contribute to improving treatment success in the long term and reducing the risk of associated illnesses. Nutrition thus becomes a real source of energy that gives patients greater independence and quality of life every day.




*Holistic action –
taking
responsibility
together*

The future of nephrology is **connected, personalised and preventative**. MEDICE is actively helping shape it – with holistic healthcare solutions that not only treat symptoms but also empower people.