

Yhdistävä Lääketiede ry

Luento- ja keskustelutilaisuus

Tiistai 27.11.2018 klo 17.00 – 18.30

Tampereen yliopiston päärakennus, luentosali LS A4

Yhdistävä ”integratiivinen” lääketiede ja tutkimus

LT Peter Zimmermann



www.integrative-medicine.fi

Lääketieteen viidakko (1)

- Opintopaikka "koulu"-lääket.
- Sopimus "virallinen"-lääket.
- Traditio "perinteinen"-lääket.
- "Bio"-lääket.
- "Funktionaalinen"-lääket.
- Yms.yms.yms

Filosofinen tausta

- Länsimainen filosofia (Hegel-Kant-Fichte-Schelling-Steiner) Antroposofinen l.
- Itämainen filosofia (Indialainen l.: Ayurveda, Kiinalainen perintäinen l. (TCM, Akupunktio)
- Yms.yms.yms

Lääketieteen viidakko (2)

Empiirinen tausta

- Homeopatia
- Perintäinen kasvis.l (fytototerapia)

Käytetyn työvälineen mukaan

- Musiikki t.
- Taide t.
- Puhe t.
- Energia
- Yms. yms. ym.

Hoidettavan kohteen mukaan

- Osteopatia / Napropatia
- Länsimäinen akupunktio
- Karjalainen jäsenkorjaus
- Fysioterapia
- Hieronta
- Eurytmia-terapia
- Psykoterapia

Yms.yms.yms.



Lääketieteellinen tiedekunta / Opiskelu / Koulutustarjonta / terbio

Opiskelijavalinta

Opinto-oppaat

Opiskelijana biolääketieteessä

Biolääketiede ammattina

Master's Degree Programme in
Drug Discovery and Development

Opiskelijoiden ainejärjestö IVA ry

Yhteystiedot

Biolääketiede- ihmisen biologiaa

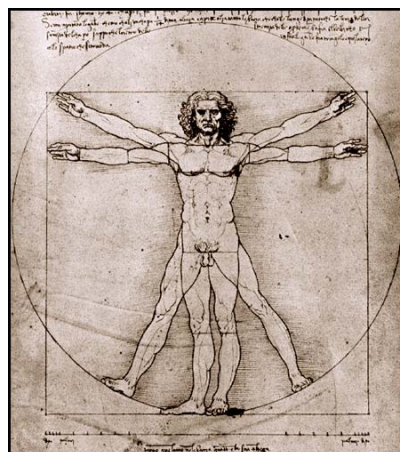
Biolääketieteen koulutusohjelma (aiemmin terveyden biotieteet- TerBio) on vuonna 1998 aloittanut Suomen ensimmäinen monitieteinen bioalan koulutusohjelma. Biolääketiede yhdistää lääketieteen ja luonnontieteen osaamisen ihmiskehon toiminnan ymmärtämiseksi ja ja hoitojen kehittämiseksi.





VAIN YKSI LÄÄKETIEDE

TERVEYS



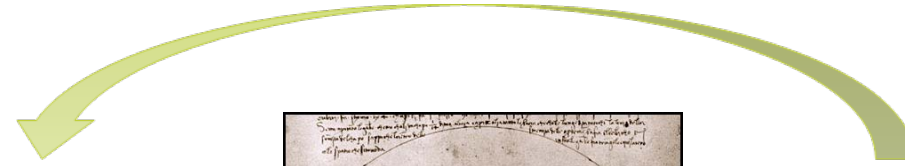
SAIRAUS

Terveys: WHO

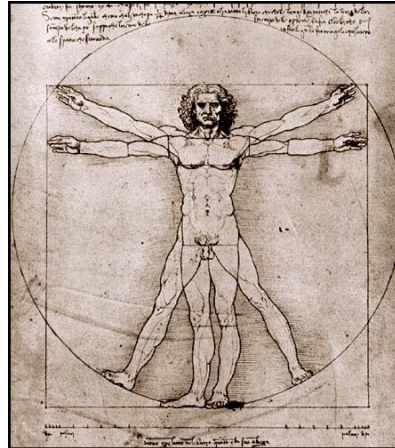
Health, as defined by the World Health Organization (WHO), is "a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity."

Maailman terveysjärjestön WHO:n määritelmän mukaan "terveys on täydellisen fyysisen, psyykkisen ja sosiaalisen hyvinvoinnin tila, ei pelkästään sairauden puute".

Salutogeneesi



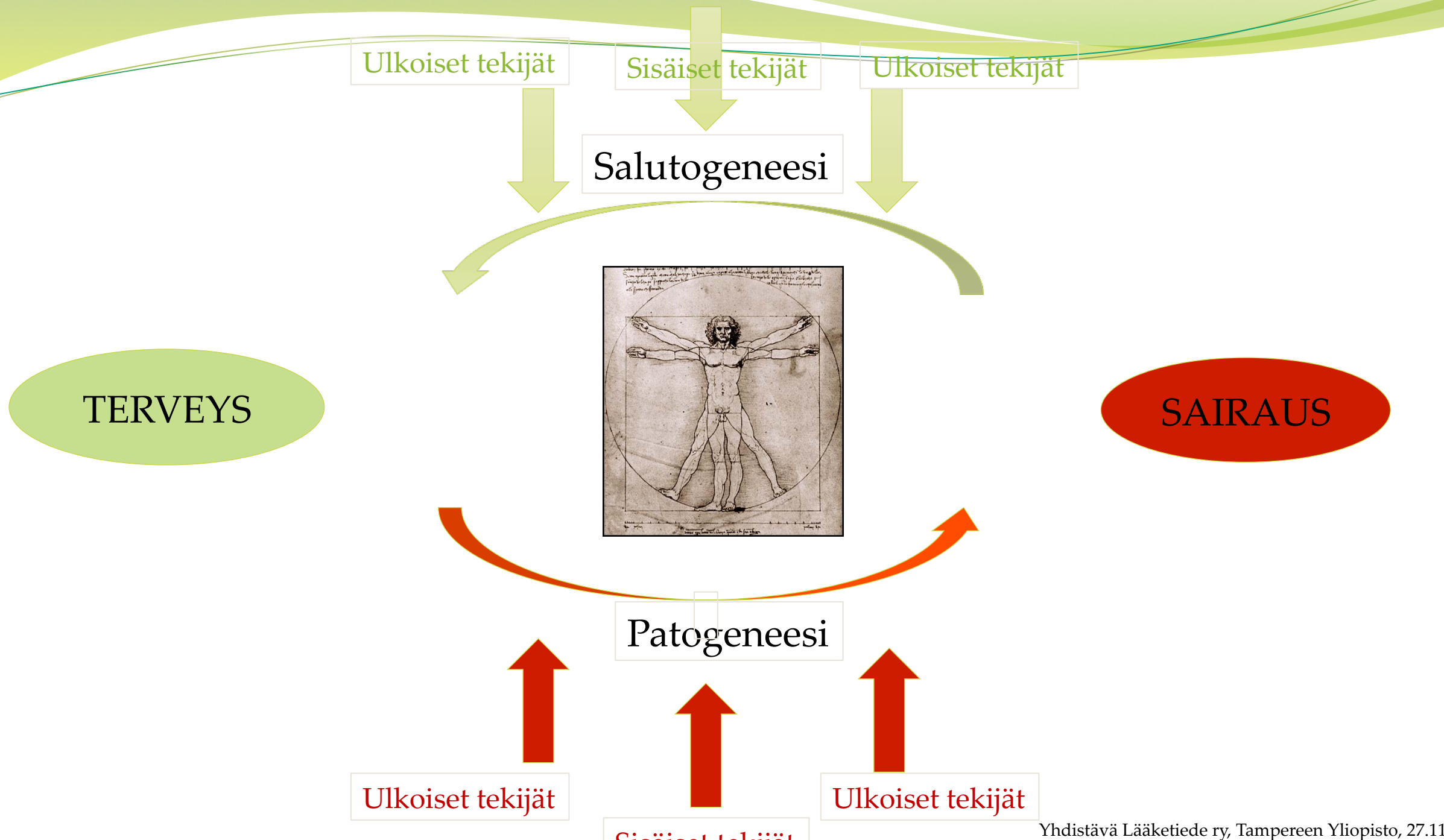
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Patogeneesi



Lääketieteen tehtävä

Ulkoiset tekijät

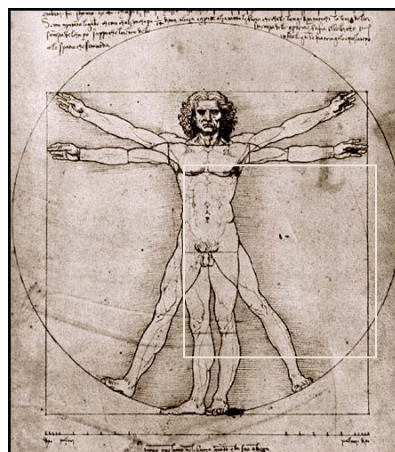
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Salutogeneesi

vahvistaa

TERVEYS



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pysähtyä

Patogeneesi

Ulkoiset tekijät

Sisäiset tekijät

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Lääketieteen tehtävä

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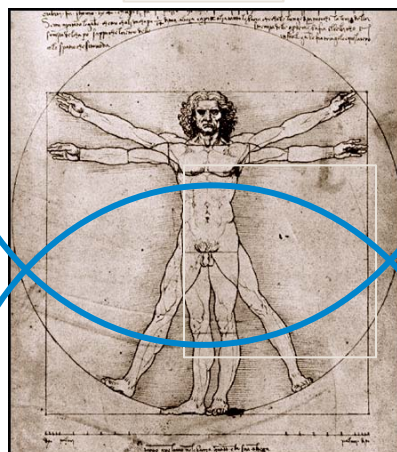
Ulkoiset tekijät

Sisäiset tekijät

Ulkoiset tekijät

Salutogeneesi

CAM



Biolääketiede

Patogeneesi

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ISCMR

ISCMR is an international multidisciplinary scientific organization established to foster the development and dissemination of new knowledge regarding whole person healing and whole systems healthcare *research*, including all traditional, holistic, alternative, complementary and integrative forms of medicine (TCAIM). It provides a platform for knowledge and information exchange of TCAIM research to enhance international communication and collaboration.

Upcoming Events

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The ISCMR Scientific Article Prize 2018

Start preparing your application now. Find the [guidelines](#) (standard operating procedure) and application form on the ISCMR website. The competition closes November 30th, 2018.

In line with ISCMR's goal to encourage and support high quality research in the field of CAM, and integrative medicine/health care, ISCMR has initiated a Scientific Article Prize Competition, made possible through the generous support of the Lotte and John Hecht Memorial Foundation, located in Canada.

The ISCMR Scientific Article Prize will include the following:

- \$5000 CDN cash prize
- Coverage of travel expenses and free registration to the ISCMR Congress where the article prize will be presented (not to exceed \$5000 CDN in value)
- 1 year free membership to ISCMR

Any author(s) of an article meeting the submission eligibility criteria may be nominated. A nomination(s) may only be put forward by an ISCMR member. The

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Member's Recently Published Research

Traditional, Complementary and Alternative Medicine Use in Sub-

Yhdistävä Lääketiede ry, Tampereen Yliopisto, 27.11.2018
Peter Zimmermann, LT

ANTICANCER RESEARCH 38: 5363-5369 (2018)

doi:10.21873/anticanres.12865

Complete Remission and Long-term Survival of a Patient with a Diffuse Large B-cell Lymphoma Under *Viscum album* Extracts After Resistance to R-CHOP: A Case Report

JOHANNES GUTSCH¹, PAUL G. WERTHMANN², ANDREAS ROSENWALD³ and GUNVER S. KIENLE^{2,4}

¹*Gemeinschaftskrankenhaus Herdecke, University Hospital of the University of Witten/Herdecke, Herdecke, Germany;*

²*Institute for Applied Epistemology and Medical Methodology, University of Witten/Herdecke, Freiburg, Germany;*

³*Institute of Pathology and Comprehensive Cancer Center Mainfranken,
University of Würzburg, Würzburg, Germany;*

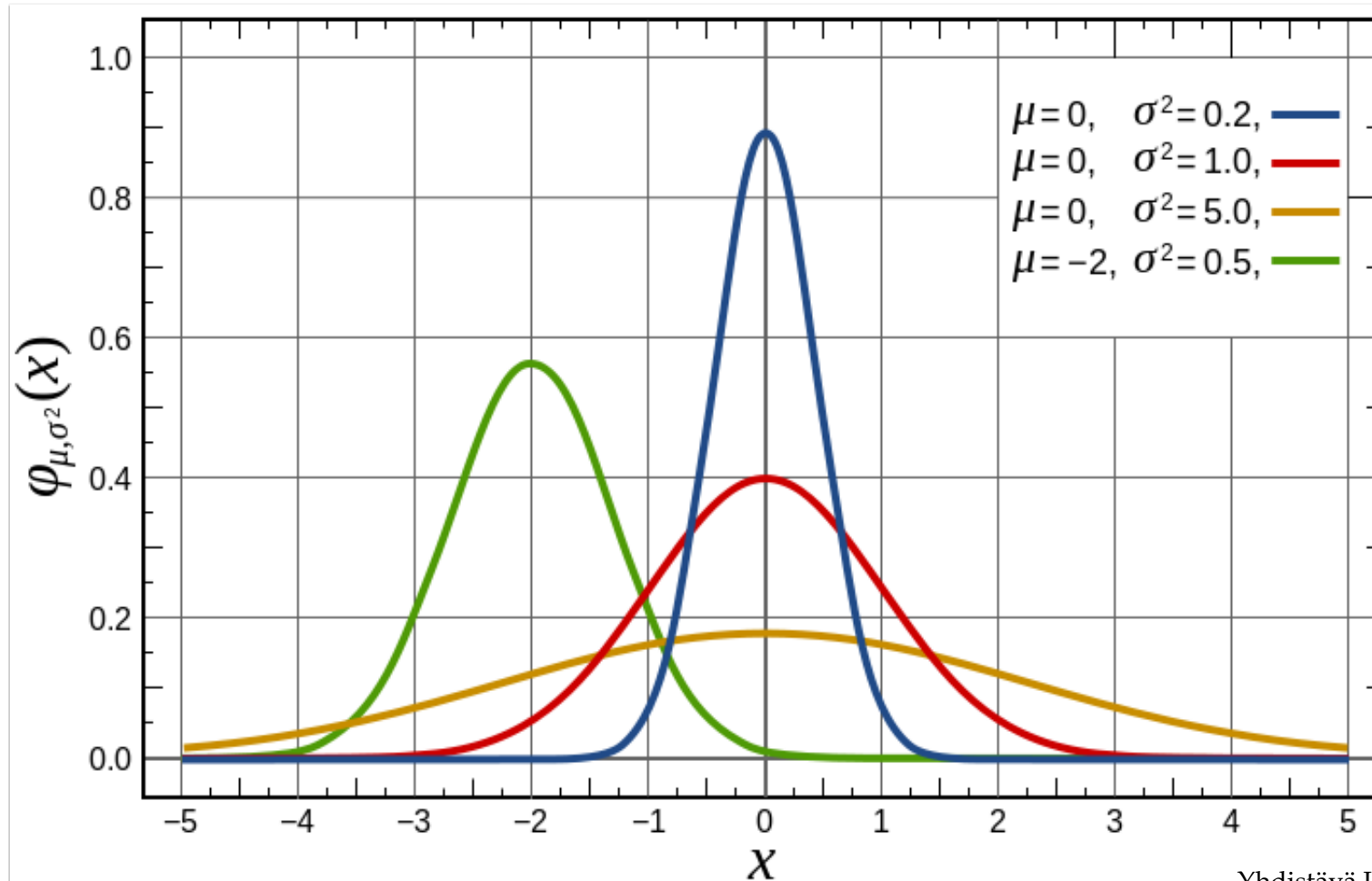
⁴*Center for Complementary Medicine, Institute for Infection Prevention and Hospital Epidemiology,
Medical Center, Faculty of Medicine, University of Freiburg, Freiburg, Germany*

Abstract. *Background:* A nodular lymphocyte predominant Hodgkin's lymphoma (NLPHL) is a lymphoproliferative neoplasm with a fair prognosis, but the possibility of a malignant transformation into a diffuse large B-cell lymphoma (DLBCL) is high. DLBCL progresses aggressively. Introduction of rituximab into therapy had led to improved outcomes. The use of *Viscum album* extracts (VAE) in cancer is established,

the initial diagnosis. Conclusion: As complete remission of lymphoproliferative disorders after VAE treatment has been previously reported, further investigations of VAE in lymphoma seem highly worthwhile.

A nodular lymphocyte predominant Hodgkin's lymphoma (NLPHL) is a lymphoproliferative neoplasm with a fair

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Complete Remission and Long-term Survival of a Patient with a Diffuse Large B-cell Lymphoma Under *Viscum album* Extracts After Resistance to R-CHOP: A Case Report

JOHANNES GUTSCH¹, PAUL G. WERTHMANN^{2,†}, ANDREAS ROSENWALD³ and GUNVER S. KIENTLE^{2,4}

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Abstract

Background: A nodular lymphocyte predominant Hodgkin's lymphoma (NLPHL) is a lymphoproliferative neoplasm with a fair prognosis, but the possibility of a malignant transformation into a diffuse large B-cell lymphoma (DLBCL) is high. DLBCL progresses aggressively. Introduction of rituximab into therapy had led to improved outcomes. The use of Viscum album extracts (VAE) in cancer is established, but their application in lymphoma are rare. Case Presentation: A 65-year-old patient was diagnosed with DLBCL stage IIa with splenomegaly, Zimmermann, L1

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This Article

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10.21873/anticancerres.12865
[Anticancer Research](#)
September 2018 vol. 38
no. 9 5363–5369

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November 2018, 38 (11)

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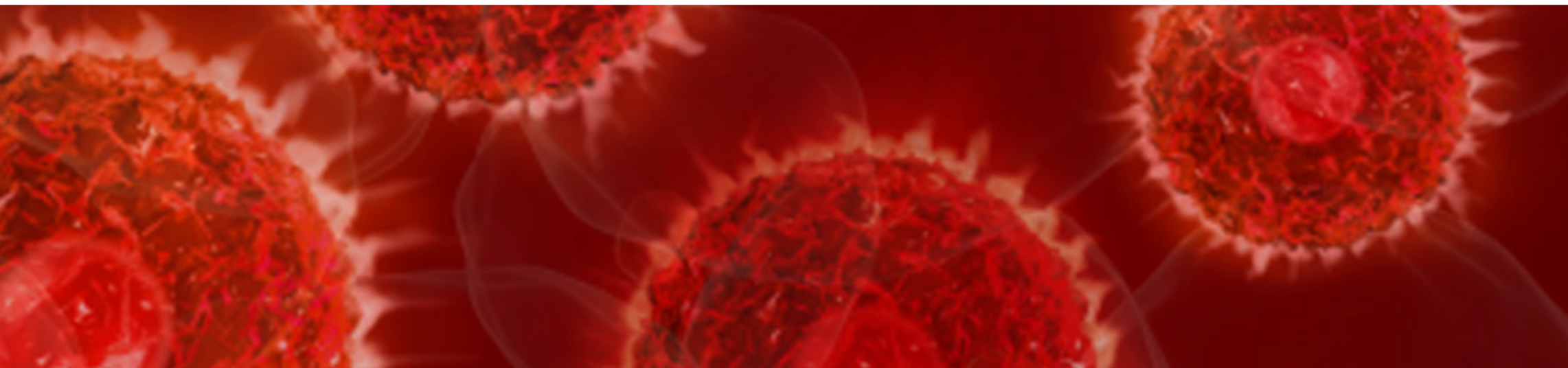
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Peter Zimmermann, LT



“Advancing integrative medicine and health through academic institutions and health systems.”

Integratiivinen lääketiede ja terveydenhoito korostaa lääkärin ja potilaan välisen suhteen merkitystä huomioon ottaen koko persoonaa. Se perustuu näyttöön ja käyttää kaikkia sopivia terapeuttisia lähestymistapoja ja elämäntapoja, terveydenhoidon ammattikuntaa ja erikoisaloja saavuttaakseen mahdollisimman hyvän terveyden ja paranemisen.

(Academic Consortium for Integrative Medicine & Health , 2018)

“Integrative medicine and health reaffirms the importance of the relationship between practitioner and patient, focuses on the whole person, is informed by evidence, and makes use of all appropriate therapeutic and lifestyle approaches, healthcare professionals and disciplines to achieve optimal health and healing.”



INTRODUCTION

The Academic Consortium for Integrative Medicine & Health is a 501c3 not-for-profit organization with a current membership of over 70 highly esteemed academic medical centers and affiliate institutions.

The mission of the Consortium is to advance the principles and practices of integrative healthcare within academic institutions. The Consortium provides its institutional membership with a community of support for its academic missions and a collective voice for influencing change. Our mission is accomplished through:

- > **Supporting and mentoring academic leaders, faculty, and students to advance integrative healthcare education, research, and clinical care.**
- > **Disseminating information on rigorous scientific research, educational curricula in integrative health, and sustainable models of clinical care.**
- > **Informing health care policy.**

As an organization we are committed to sharing information and ideas, meeting challenges together in a process grounded by the values of integrative medicine, supporting member institutions, and providing a national voice for the advancement of integrative principles. The Academic Consortium for Integrative Medicine & Health recognizes the opportunity to affect the direction, assumptions and outcomes of healthcare. The involvement of strong academic institutions and their representatives allows us to provide a forum for those committed to the values of integrative medicine. The Consortium will provide the cohesion necessary to maximize individual institutional efforts, and also move the field forward in a way that no one institution is able.

Vision

A transformed healthcare system promoting integrative medicine and health for all.

Yhdistävä Lääketiede ry, Tampereen Yliopisto, 27.11.2018
Peter Zimmermann, LT



RESOURCES

THE NATIONAL CENTER FOR INTEGRATIVE PRIMARY HEALTHCARE

The University of Arizona Center for Integrative Medicine (AzCIM) and the Academic Consortium for Integrative Medicine & Health (The Consortium) in cooperation with the Health Resources and Services Administration (HRSA) created the National Center for Integrative Primary Healthcare (NCIPH). The purpose of the NCIPH is to advance the incorporation of competency- and evidence- based integrative health (IH) curricula and best practices into primary care education and practice. The most important gap filled by this 3-year project will be the development of a set of competencies and educational materials relevant to and appropriate for use across the entire interprofessional spectrum of primary care practitioners.

Visit [The National Center for Integrative Primary Healthcare](#) website.

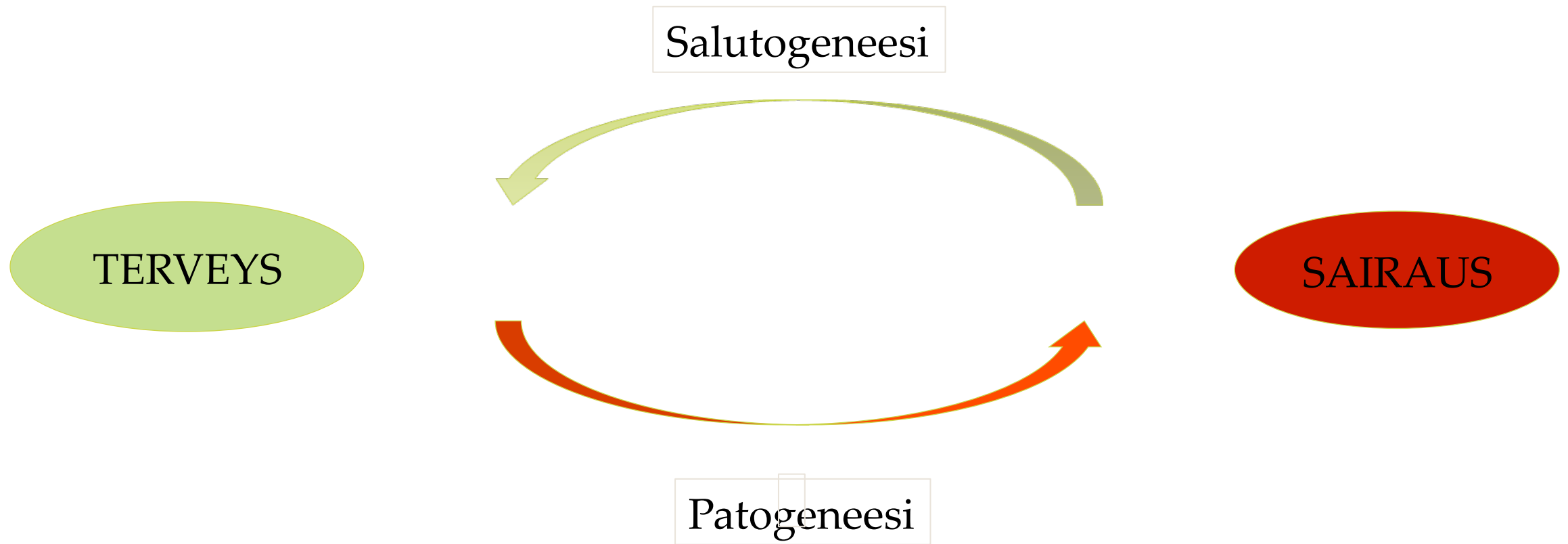
THE OFFICE OF CANCER COMPLEMENTARY AND ALTERNATIVE MEDICINE (OCCAM)

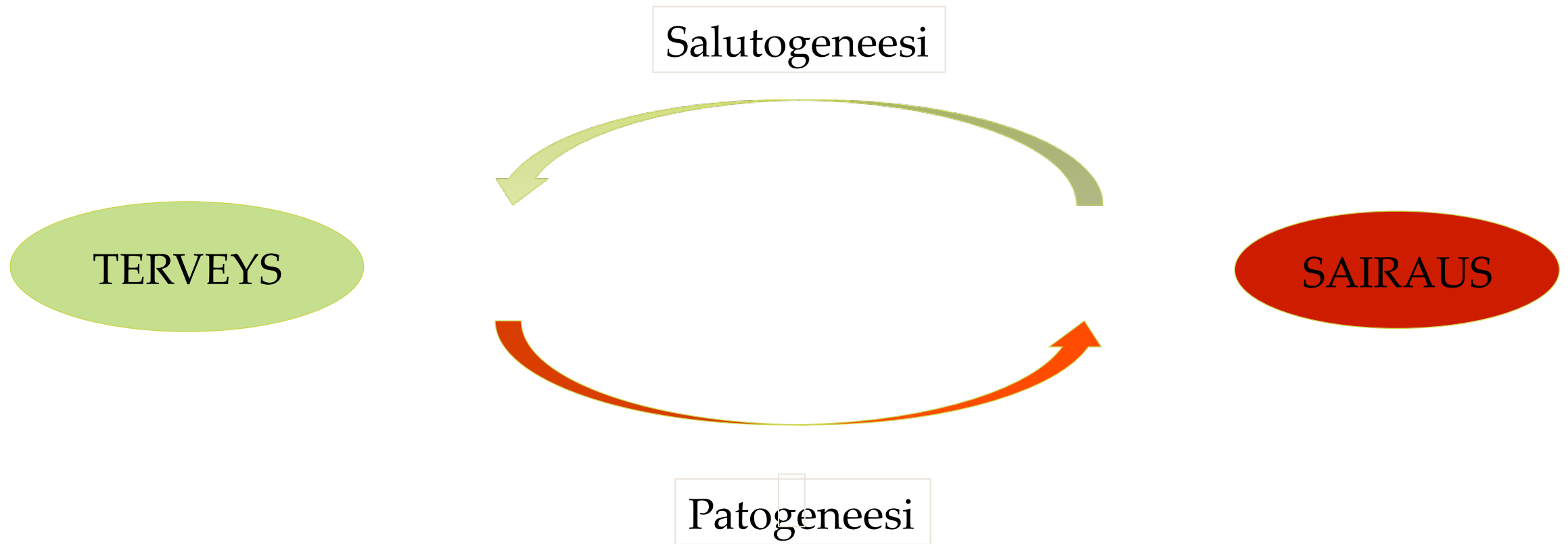
The Office of Cancer Complementary and Alternative Medicine (OCCAM) was established in October 1998 to coordinate and enhance the activities of the National Cancer Institute (NCI) in the arena of complementary and alternative medicine (CAM).

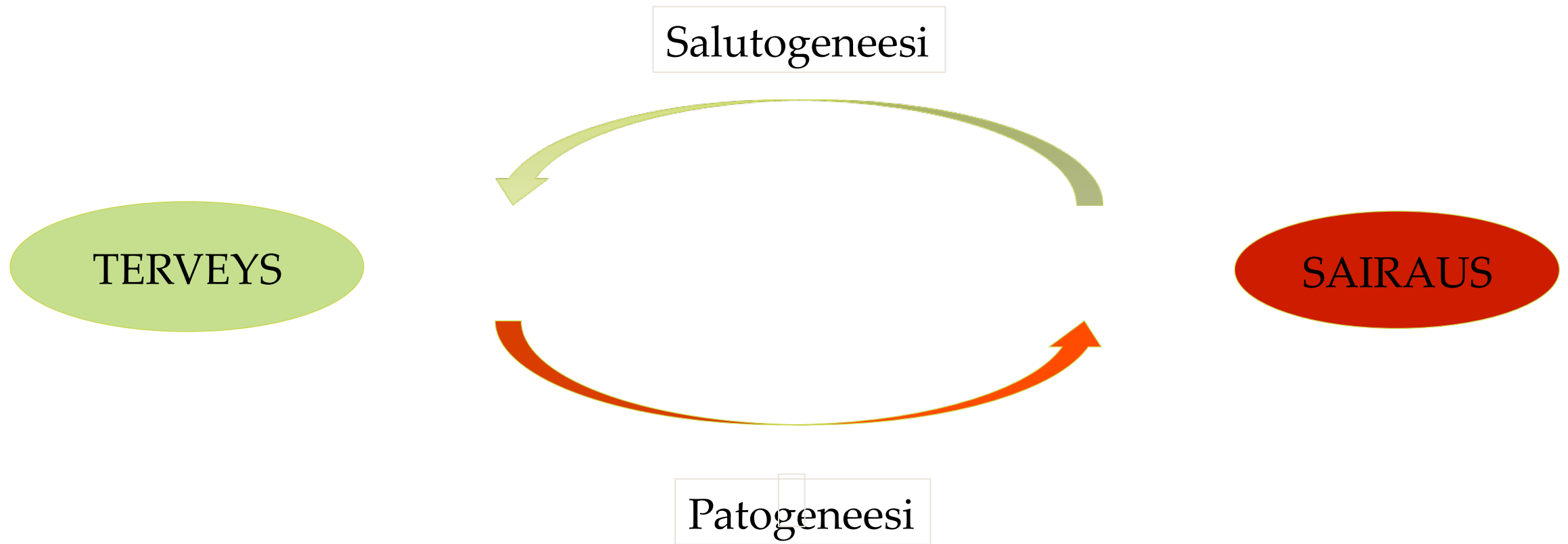
Visit [The Office of Cancer Complementary and Alternative Medicine \(OCCAM\)](#) website.

THE NATIONAL CENTER FOR COMPLEMENTARY AND INTEGRATIVE HEALTH (NCCIH)

The National Center for Complementary and Integrative Health (NCCIH) is 1 of 27 institutes and centers that make up the National Institutes of Health. The NCCIH





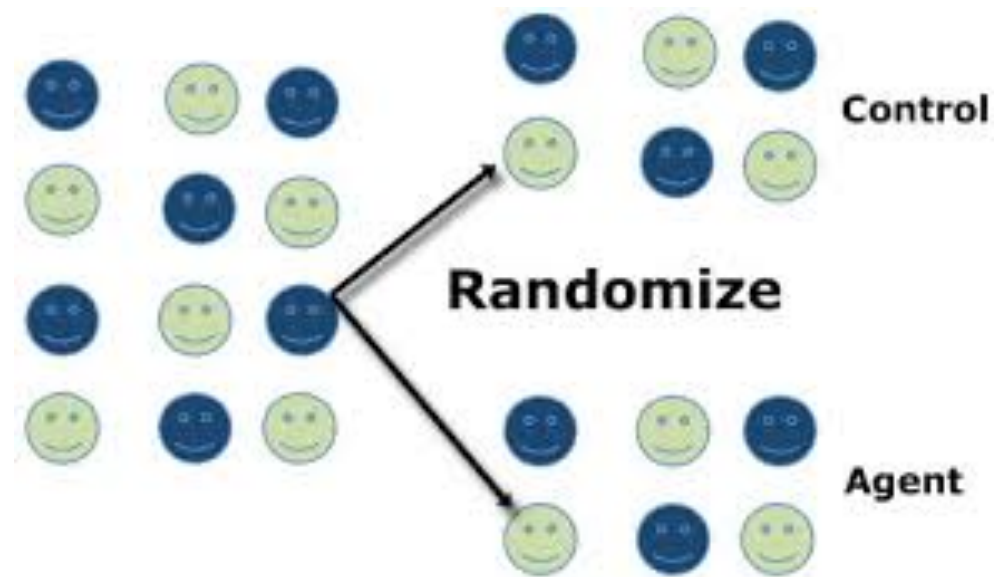


CER vs. RCT

vaikuttavuus vs. teho

CER (Comparative Effectiveness Research) Vertaileva vaikuttavuuden tutkimusasetelma tavoittaa **reaaliset kliiniset olosuhteet** ja sopivat CAM ympäristölle useimmiten paremmin kuin **kokeellinen** RCT-asetelma

RCT



$p < 0.05$

RCT



- 😊 suuri sisäinen validiteetti
- 😊 tutkii hyvin spesifiset vaikuttajat
- 😊 hyvä menettelmä tutkia jonkun intervention tehoa (efficacy)
- 😞 kokeellinen asettelma
- 😞 heikko ulkoinen validiteetti
- 😞 ei tutki epäspesifiset tekijät



$p < 0.05$

Outcome effectiveness research

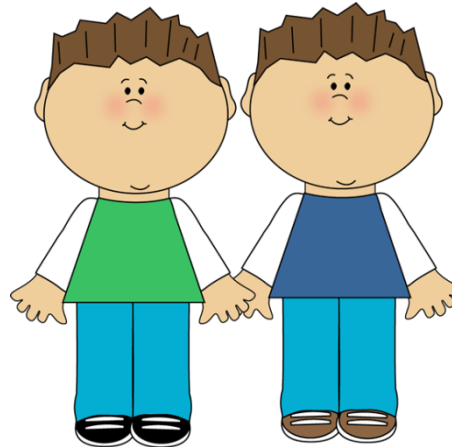
Sairaala A



Sairaala B



Matched pairs



Hoitotulos A:
Elämänlaatu
Työkyky
Hoitokustannukset

vertailu

Hoitotulos B:
Elämänlaatu
Työkyky
Hoitokustannukset

Sairaala A



Sairaala B



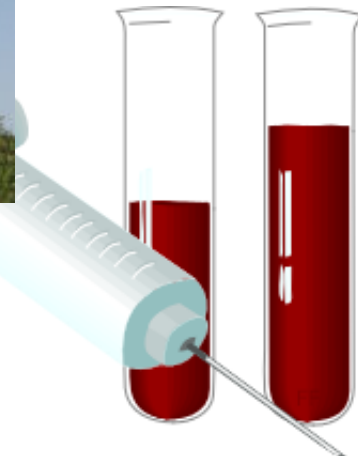
- 😊 vahva ulkoinen validiteetti
- 😊 käytännön elämän asetelma
- 😊 tutkii myös epäspesifiset tekijät
- 😊 hyvä menetelmä tutkia jonkun kompleksia interventiota ja verrata hoitosysteemejä (esim. CAM)
- 😞 heikko sisäinen validiteetti koskien yksittäisiä tekijöitä
- 😞 ei tutki niin selkeästi spesifisiä tekijöitä
- 😞 ei sovi yksittäisen intervention tehon tutkimiseksi

Kliinisen CAM-tutkimuksen tulee myös tavoittaa ns. ei-spesifisiä tekijöitä, kuten esim. hoito-olosuhteet "context" ja asenteet sekä hoitoon liittyvät merkitykset "meaning", jotka vaikuttavat todellisen elämän hoitotilanteissa "spesifisten" tekijöiden kanssa



Kvalitatiivinen tutkimus

Elämänlaatu vs. laboratoriotulokset



Yksittäinen tapausdokumentaatio

"Cognition" based medicine

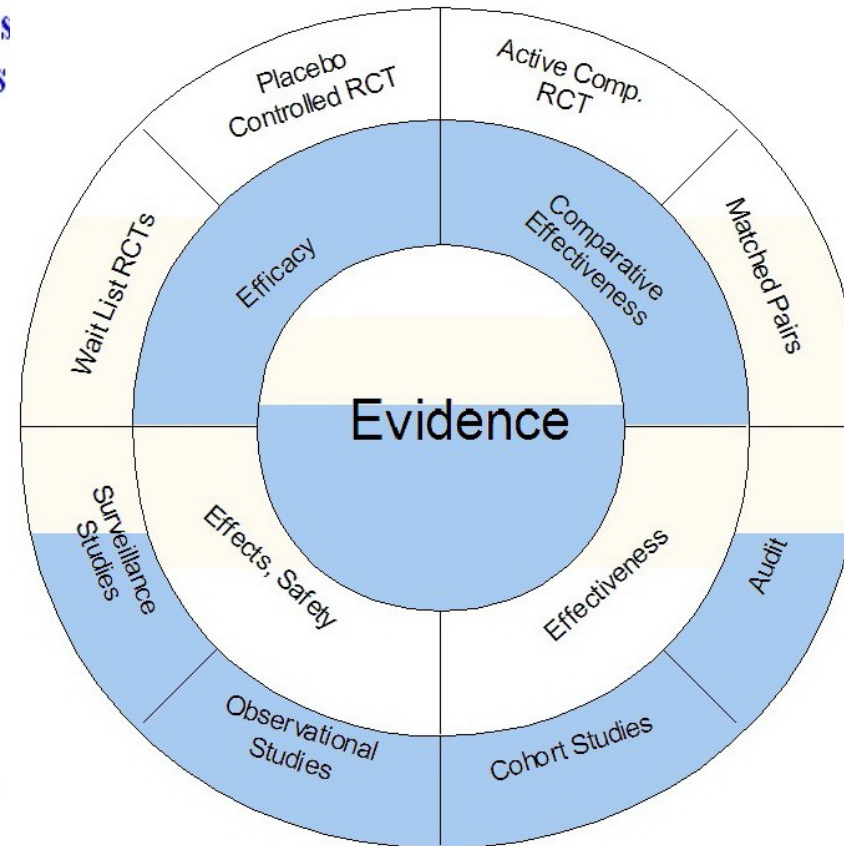
- Tutkimusmetelmiin kuuluu myös yksittäinen tapausdokumentaatio
- Monissa tilanteissa, joissa ei voida tutkia kontrolliryhmää (usein operatiivisessa lääketieteessä)



Tutkimusmenetelmä: yhteenveto

- CAM-tutkimuksessa pätee samat säännöt ja periaatteet kuin tieteessä yleensä
- Paras tutkimusmenetelmä valitaan kysymyksenasettelun mukaisesti
>>>metodologinen pluralismi<<<
- Syklinen evidenssimalli (Walach 2006) pyramidimallin tilalle

Syklinen vs. pyramidi evidenssimalli

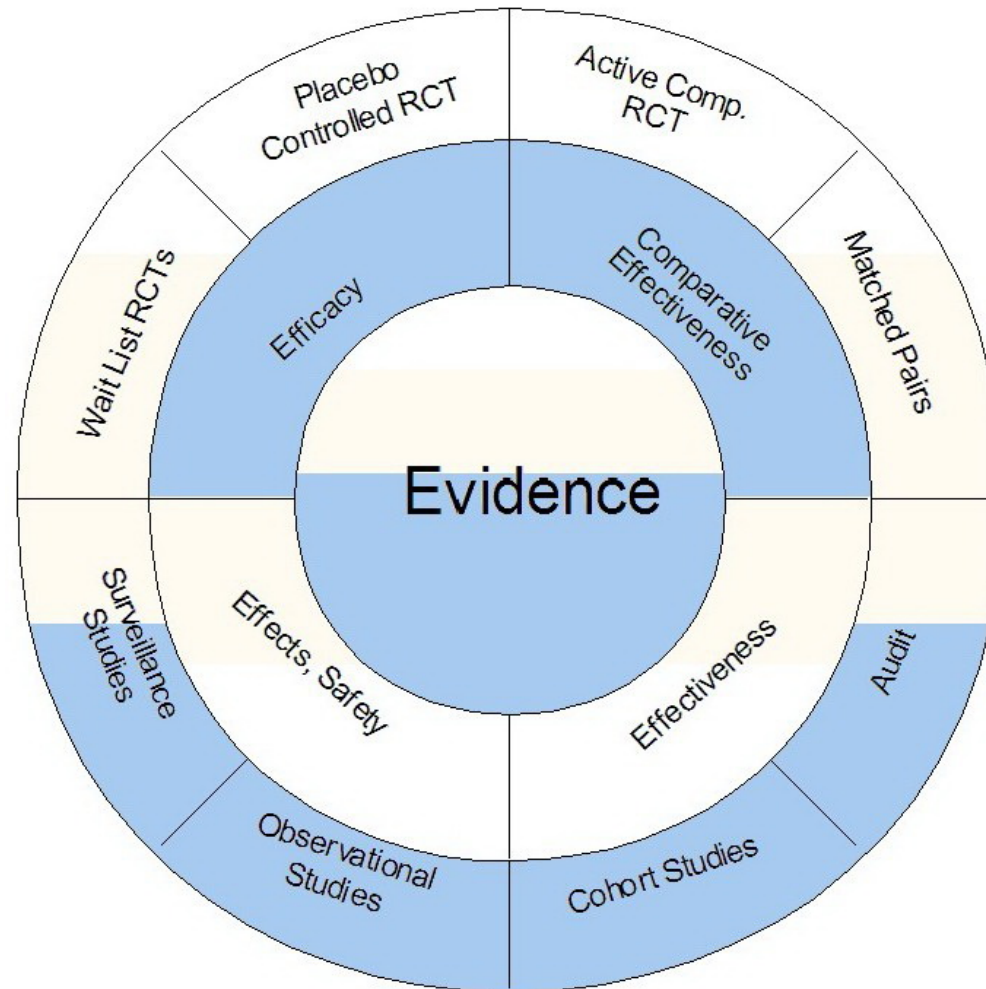


Walach *et al.* 2006

EBM- pyramidi



The model of Circular evidence



Walach *et al.* *BMC Medical Research Methodology* 2006 6:29
doi:10.1186/1471-2288-6-29

"Arviokykyyen perustuva lääketiede = cognition based medicine (CBM)"

Clinical judgement and the medical profession

Gunver S Kienle MD and Helmut Kienle MD

Article first published online: 25 OCT 2010

DOI: 10.1111/j.1365-2753.2010.01560.x

<http://onlinelibrary.wiley.com/doi/10.1111/j.1365-2753.2010.01560.x/full>



The CARE Guidelines: Consensus-based Clinical Case Reporting Guideline Development

Gagnier JJ, Kienle G, Altman DG, Moher D, Sox H MD, David Riley D and the CARE Group*

Glob Adv Health Med. 2013 Sep; 2(5): 38–43. Published online 2013 Sep 1. doi: 10.7453/gahmj.2013.008

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3833570/>

<http://www.care-statement.org/>



http://www.integratiivinenlaaketiede.fi/IM_recognition.html

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INTEGRATIIVINEN LÄÄKETIEDE EUROOPASSA



European Society of Integrative Medicine

[Lue lisää](#)



<http://www.cam->

Integratiivinen lääketiede opetetaan ja tutkitaan yhä enemmän yliopistoissa Euroopassa ja maailmalla

Yleisesti tunnustettu tosiasia, jonka myös lukuisat tutkimukset maailmanlaajuisesti osoittavat, että ihmiset yhä enemmän ilmaisevat tarpeen hyödyntää tavanomaisen lääketieteen rinnalla kokonaisvaltaisia tai täydentäviä lääketieteellisiä menetelmiä. Maailmalla, Euroopassa ja Suomessakin on tarjolla kasvava määrä erilaisia täydentävän lääketieteen menetelmiä. Vastaavasti tarvitaan välttämättä näyttöön perustuva tieteellinen varmistus täydentävien menetelmien turvallisuudesta ja toimivuudesta.

Tämä kehitys heijastuu myös nimistön muutokseen. "Vaihtoehtolääketieteestä" ja usein halveksivasti "paralääketieteestä", Suomessa "uskomuslääketieteestä" on tullut "täydentävä lääketiede" (CAM=complementary/alternative medicine). Nykyään puhutaan enenevässä määrin "**integratiivisesta lääketieteestä**"

Useissa Euroopan maissa ja USA:ssa valtiollinen tuki CAM-tutkimuksen edistämiseksi on lisännyt menetelmien järjestelmällistä arviointia, mm:

Sveitsin kansallinen täydentävän lääketieteen arvioinnin ohjelma Programm Evaluation

Komplementärmedizin 2006 (PEK) [Loppuraportti \(pdf\)](#)

National Center for Complementary and Integrative Health <http://nccam.nih.gov/>

Office of Cancer Complementary and Alternative Medicine (OCCAM) <http://cam-cancer.gov/>

Zimmermann, L

INTEGRATIIVINEN LÄÄKETIEDE MAILMALLA



International Society for Complementary Medicine Research

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Academic Consortium for Integrative Medicine and Health

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Herzlich willkommen im

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Suchbegriff eingeben



«Kooperativ arbeiten, Wissenschaft in die Praxis bringen.»

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Über das Institut



Forschung



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Komplementäre und
Integrative Medizin



Arbeitsgruppe
Naturheilkunde und
Integrative Medizin



Arbeitsgruppe
Komplementäre und
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Arbeitsgruppe Integrative
und Anthroposophische
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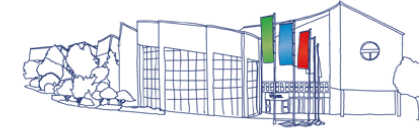
Erfahren Sie hier mehr über den Projektbereich Komplementäre und Integrative Medizin des Instituts für Sozialmedizin, Epidemiologie und Gesundheitsökonomie an der Charité – Universitätsmedizin Berlin.

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Der Gerhard Kienle Stiftungslehrstuhl für Medizintheorie, Integrative und Anthroposophische Medizin wird von der [Software AG Stiftung](#) in Darmstadt finanziert. Der Lehrstuhl ist am [Gemeinschaftskrankenhaus Herdecke](#) angesiedelt, einem bekannten, modernen, anthroposophisch orientierten Akutkrankenhaus.

Der Lehrstuhl wurde nach dem Arzt und Privatdozenten Dr. med. Gerhard Kienle (1923 – 1983) benannt, dem Hauptgründer des Gemeinschaftskrankenhauses Herdecke und Mitbegründer der Universität Witten/Herdecke.

Institute of Complementary and Integrative Medicine



Research

Services

About us



Welcome to IKIM

The Institute of Complementary and Integrative Medicine (IKIM) is part of the University of Bern and integrates conventional and complementary medicine in [research](#), teaching, and [patient care](#).

It consists of four divisions: [Anthroposophically extended Medicine](#), [Classical Homeopathy](#), [Neural Therapy](#), and [Traditional Chinese Medicine/Acupuncture](#).



Welcome to NAFKAM

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Welcome!

nafkam

The National Research Center in
Complementary and Alternative Medicine



The National Research Center in Complementary and Alternative Medicine (NAFKAM) is organized as a center at the Faculty of Medicine, at the UiT The Arctic University of Norway. It is funded by the Norwegian Ministry of Health and Care Services.

The center promotes, implements and coordinates Norwegian research in complementary and alternative treatment. The

CONNECTING UNITS:

[Department of Community Medicine](#) ↑

Telephone +47 77646650

E-mail nafkam@helsefak.uit.no

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[CAM Regulation](#)



Traditional, complementary and integrative medicine

The WHO Traditional Medicine Strategy 2014–2023 was developed and launched in response to the World Health Assembly resolution on traditional medicine (WHA62.13). The strategy aims to support Member States in developing proactive policies and implementing action plans that will strengthen the role traditional medicine plays in keeping populations healthy.



About us

Definitions

Executive Board and World Health Assembly Resolutions

"Beijing Declaration" on Traditional Medicine

Activities

I. Leadership

II. Research and knowledge

III. Standards, norms and technical documents

IV. Ethical and evidence-based policy

V. Building institutional capacity

VI. Monitoring and assessing

Networks and Collaborations

International Regulatory Cooperation for Herbal Medicines (IRCH)

WHO Collaborating Centres for Traditional Medicine

Expert Advisory Panel for Traditional, Complementary and Integrative Medicine

Non-State actors in official relations

Vision and Strategy

— WHO Traditional Medicine Strategy: 2014-2023

The strategic objectives are:

- To build the knowledge base for active management of T&CM through appropriate national policies
- To strengthen the quality assurance, safety, proper use and effectiveness of T&CM by regulating products, practices and practitioners.
- To promote universal health coverage by integrating T&CM services into health care service delivery and self-health care.

Publications and Databases

— Information portal to Traditional and Complementary Medicine publications

TCI in the WHO regions



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South-East Asia Region (SEARO) 

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News and Events

Current news

— IRCH now becomes a WHO network

Events

- BRICS Health Ministers Meeting and High Level Meeting on Traditional Medicine
- Shanghai Declaration on promoting health in the 2030 Agenda for Sustainable Development

Contact us

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Announcements

Request for proposals

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Traditional, complementary and integrative medicine

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Vision and Strategy

— WHO Traditional Medicine Strategy: 2014-2023

The strategic objectives are:

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Traditional, complementary and integrative medicine

The **WHO Traditional Medicine Strategy 2014–2023** was developed and launched in response to the **World Health Assembly resolution on traditional medicine** (WHA62.13). The strategy aims to support Member States in developing proactive policies and implementing action plans that will strengthen the role traditional medicine plays in keeping populations healthy.





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About us	Activities	Networks and Collaborations
Definitions	I. Leadership	International Regulatory Cooperation for Herbal Medicines (IRCH)
Executive Board and World Health Assembly Resolutions	II. Research and knowledge	WHO Collaborating Centres for Traditional Medicine

WHO Traditional Medicine Strategy

2014-2023

