

## Allergic diseases and the use of complementary medicine in competitive athletes - a cross-sectional study

### Summary:

Naturopathy, complementary and integrative medicine (CIM) are widely used and accepted among the German population. However, to what extent CM is used by competitive athletes from different sports and cadre affiliations have not been investigated yet.

The aim of this cross-sectional study is therefore to assess the use CIM among competitive athletes and also to record the prevalence of atopic diseases such as allergies in this specific population.

Under the initiation of Prof. Dr. Florian Pfab, the underlying data collection was carried out as part of the annual sports medical check-up at the Polyclinic at the Centre for Prevention and Sports Medicine of the Technical University of Munich. By means of several questionnaires the use of various therapists, healing methods, medicines and self-help techniques from the field of CIM and the presence of various atopic diseases (e.g. asthma and allergic rhinitis) were examined. The survey was conducted among athletes who belonged to an A, B, C, D or D/C squad or the respective U12 squad of FC Bayern Munich or FC Ingolstadt.

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