

Low Dose Naltrexone for MS

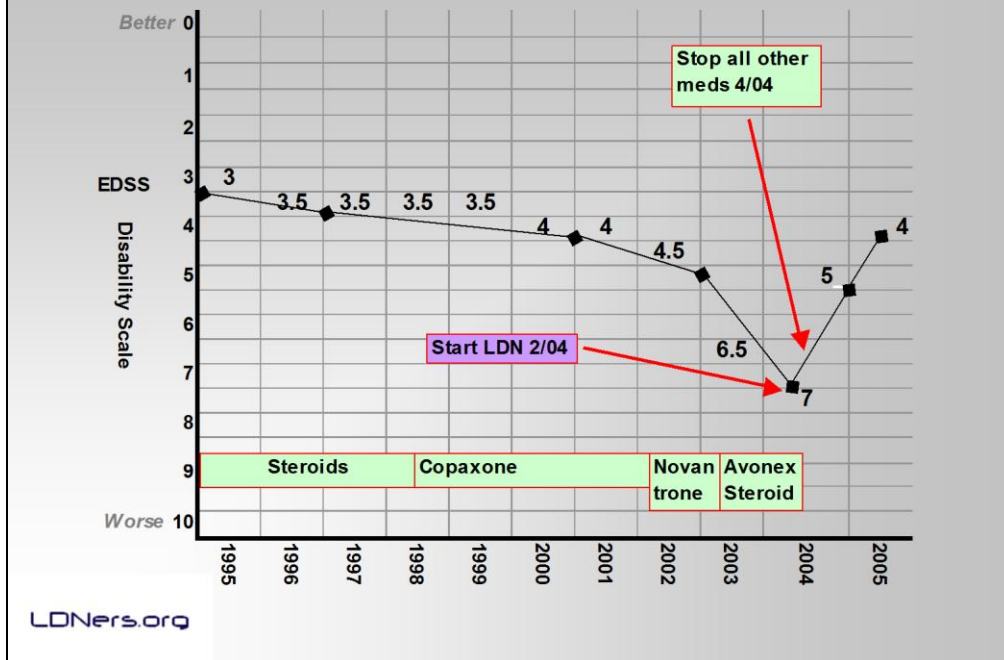
By SammyJo Wilkinson

**Personal experience & survey of 267
patients using LDN**

**Presented at the 1st Annual LDN
Conference, 2005, New York**

LDNers.org

SammyJo's MS-LDN Timeline



Diagnosed Relapsing Remitting MS '95 with full set of symptoms, frequent relapses. IV steroids to treat relapses.

Copaxone '98-02, 1 major relapse, but constant symptom misery.

Progressed to Secondary Progressive '02

Novantrone chemo '02-03

Got worse the whole time on N, started using cane by Feb 03.

Please don't let anyone you know try Novantrone chemo for MS until they've tried LDN.

Only made it 1 yr on N, 7 doses. My LVEF heart function went down from 60 to 50. FDA has increased warnings: Heart & leukemia risk for the rest of my life.

Continued to worsen for 10 months after N, until starting LDN Feb 2004.

Immediate improvement 1st nite - slept for 8 hrs straight.

Put down my cane of 1 yr after 4 weeks. Amazed my neurologist.

Stable ever since.

LDNers.org Survey 1 – General Findings

Survey 1 Population:

- 267 Subjects, avg. 10 yrs diagnosis, 65% female
- Avg. LDN treatment 8 months, 24% 2 years+ of LDN treatment
- 10%, 28 individuals out of 267, reported a total of 42 relapses, 0.2 /yr

Survey Results:

	PPms	PRms	RRms	SPms	Total
Total in MS type	13%	4%	43%	39%	267
Avg Mo's LDN	10 mo	13 mo	7 mo	9 mo	8 mo
Relapse Rate	0.1	0.2	0.3	0.3	0.2
Subjective Assessments:					
Symptoms Improved	53%	75%	82%	57%	70%
Progression Halt	50%	58%	34%	43%	45%
LDN Helps, Will Continue	76%	83%	75%	70%	76%

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Online surveys

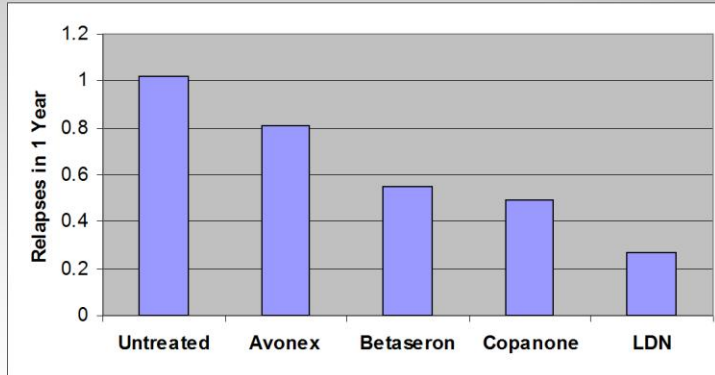
Aggregate anecdotal reports into statistical format.

#1 to help others make informed decision about LDN, since limited medical advice.

#2 Serve as an alert for researchers that there is something positive happening with LDN users, and spur research.

LDNers.org Survey 1 – Relapse Rate

- Survey 1 Relapse Rate: 0.2 relapses per year, or 1 relapse in 5 years
- Better than FDA approved drugs for MS



ABC Source: A prospective, open-label treatment trial to compare the effect of IFNbeta-1a (Avonex), IFNbeta-1b (Betaseron), and glatiramer acetate (Copaxone) on the relapse rate in relapsing–remitting multiple sclerosis: results after 18 months of therapy. PMID: 11795454
LDN Source – LDNers.org Survey 1, July 2004

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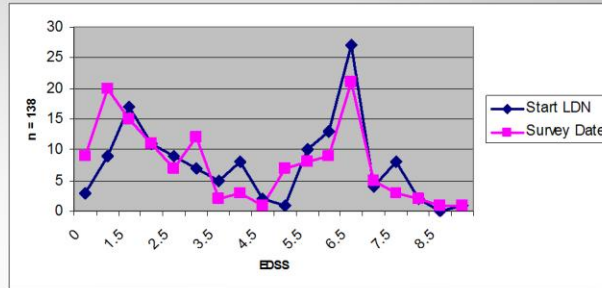
The low relapse rate reported in the first survey was the most significant finding.

LDNers.org Survey 2 – Disability

Survey 2 Population:

- 138 subjects
- 4.27 Avg. EDSS at the date they began LDN
- 3.66 Avg. EDSS when they took the survey 2nd half of 2004
- Avg. length of LDN treatment – 8 months

Survey Results:



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EDSS	Start LDN	Survey Date
0	3	9
1	9	20
1.5	17	15
2	11	11
2.5	9	7
3	7	12
3.5	5	2
4	8	3
4.5	2	1
5	1	7
5.5	10	8
6	13	9
6.5	27	21
7	4	5
7.5	8	3
8	2	2
8.5	0	1
9	1	1
Avg.	4.27	3.66

After LDN: MS Recovery

LDN got me out of a wheelchair, reduced symptoms, and halted disease progression, so recovery could begin.

In addition to LDN, these are the recovery therapies I use:

1. **Physical Therapy & Feldenkraise**
2. **Chiropractic & Massage**
3. **Supplements - Omega 3-Fish Oils, antioxidants, Co Q10**
4. **Nanosecond PEMF - Pulsed Electromagnetic Energy**
5. **Homeopathy & IV nutritional therapy**

See MS Recovery at LDNers.org for details and clinical studies.

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LDN quickly halted my MS disease progression. Then the hard work began on repair and recovery after years of damage, from MS *and* the MS drugs that only left me with more disability.

The standard medical protocols for MS I tried for 9 years didn't help me. After stabilizing on LDN, I started down the integrative medicine path. For more details on any of these therapies that have helped me, or see www.LDNers.org