

A SURVEY ON THE EFFECTIVENESS OF LOW DOSE NALTREXONE (LDN)

**DR. SKIP LENZ
AND SARAH RUDNIK**

DISCLAIMER

I have no actual or potential conflict of interest in relation to this presentation or program.

Discussions in this presentation are for a general information purposes only. Please discuss with you physician your own particular treatment.

This presentation or discussion is NOT meant to take the place of your doctor.

DR. SKIP LENZ, AN INTRODUCTION

Dr. Skip is the owner/operator of Skip's Pharmacy of Boca Raton, Fl. "Dr. Skip" has been a basic researcher, quality assurance director and senior research pharmacist in the pharmaceutical industry. He spent 10 years in the long term care industry as a consultant, senior consultant, manager, regional manager, and vice-president. The last 15 years, he has run a compounding pharmacy with a specialty in autoimmune diseases and veterinary pharmacy. He has lectured locally, nationally and internationally on Low Dose Naltrexone and the legal aspects of veterinary pharmacy. He and his wife, Claudette, live in Boca Raton, Florida.

PURPOSE

The following presentation will evaluate the patient results of a three (3) year study surveying the effectiveness of low-dose naltrexone. The diagnoses involved include:

- Rheumatoid Arthritis,**
- Fibromyalgia,**
- Irritable Bowel Syndrome,**
- ALS, Lou Gehrig's Disease, and**
- Multiple Sclerosis.**

PROCEDURE

Time Line: June 2012 – September 2015

Patients were called by 6th year pharmacy residents

Data was collected and collated by pharmacy residents.

**3329 patients either contacted us through
LDNstudy@aol.com or through direct contact**

814 patients (26.9%) were dropped for

non-compliance (<80%)

lost contact

death

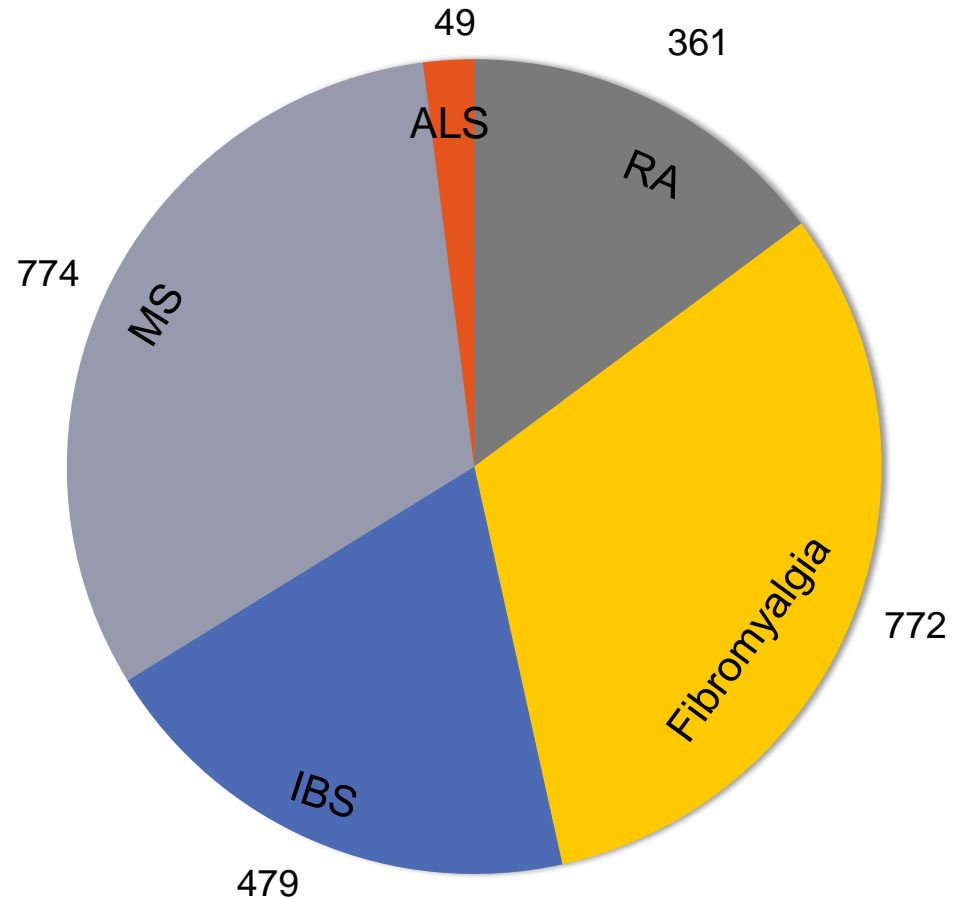
POPULATION CHARACTERISTICS

- 1. Naltrexone naive**
- 2. Patient agreed to maintain a symptom diary**
- 3. Patient agreed to report results after three years.**
- 4. Obtained naltrexone from a U.S. Compounding pharmacy**
- 5. 80 %-95 % compliance rate**

RESULTS

The aside pie chart represents the absolute population numbers for each diagnosis group.

Patients Per Diagnosis

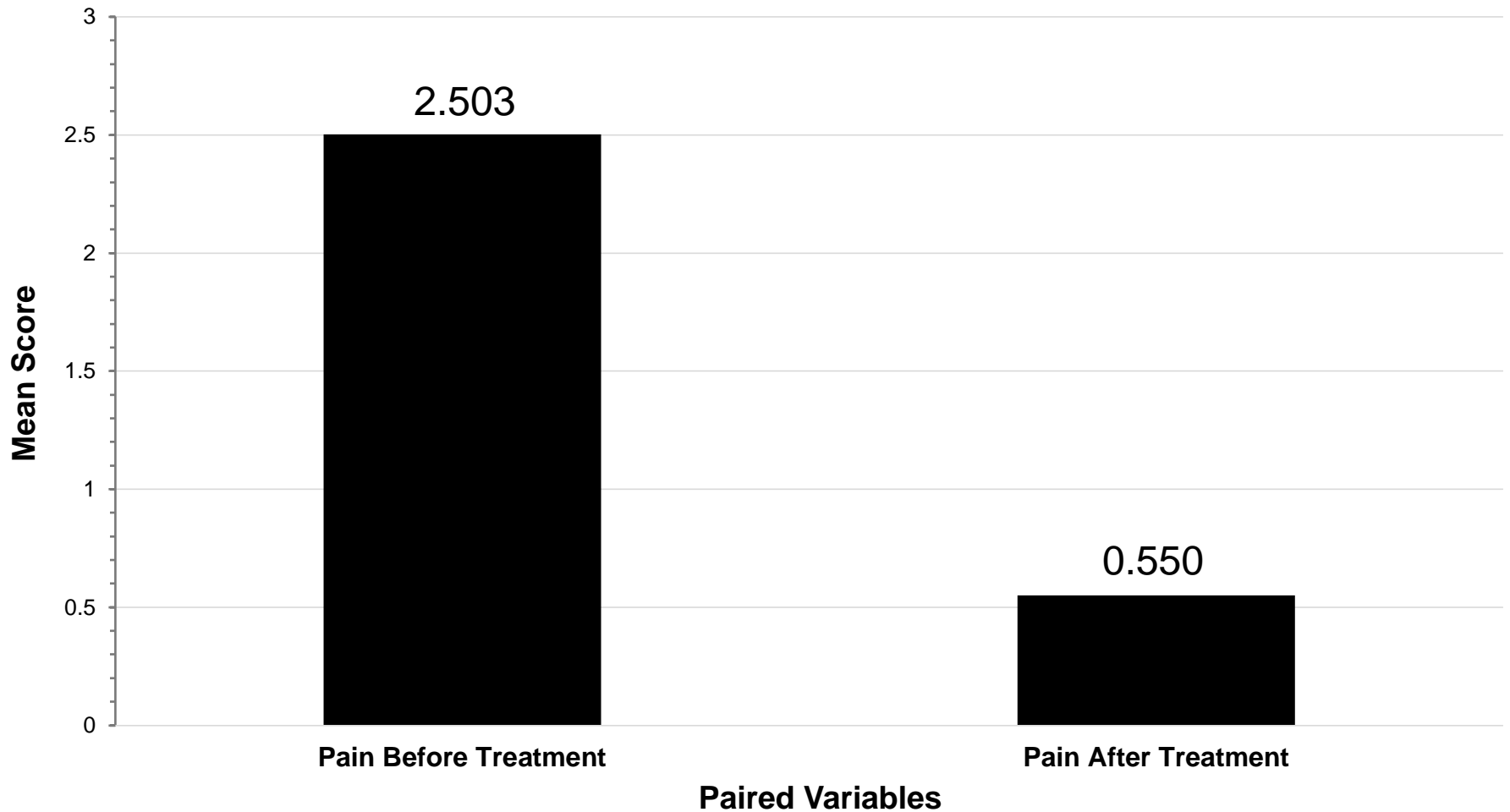


RHEUMATOID ARTHRITIS

- **T-Test represents difference in Mean Score of full data.**
 - **Pain Mean Before: 2.503**
 - **Pain Mean After: 0.550**
 - **Mean Pain Difference: 1.9530**
 - **Symptom Mean Before: 4.170**
 - **Symptom Mean After: 1.560**
 - **Mean Symptom Difference: 2.6110**
- **Describe pain on a scale of 1-5 initially and +3 years (+/- 3 months).**
- **Describe symptoms other than pain on a scale of 1-5 initially and + 3 years (+/- 3 months).**

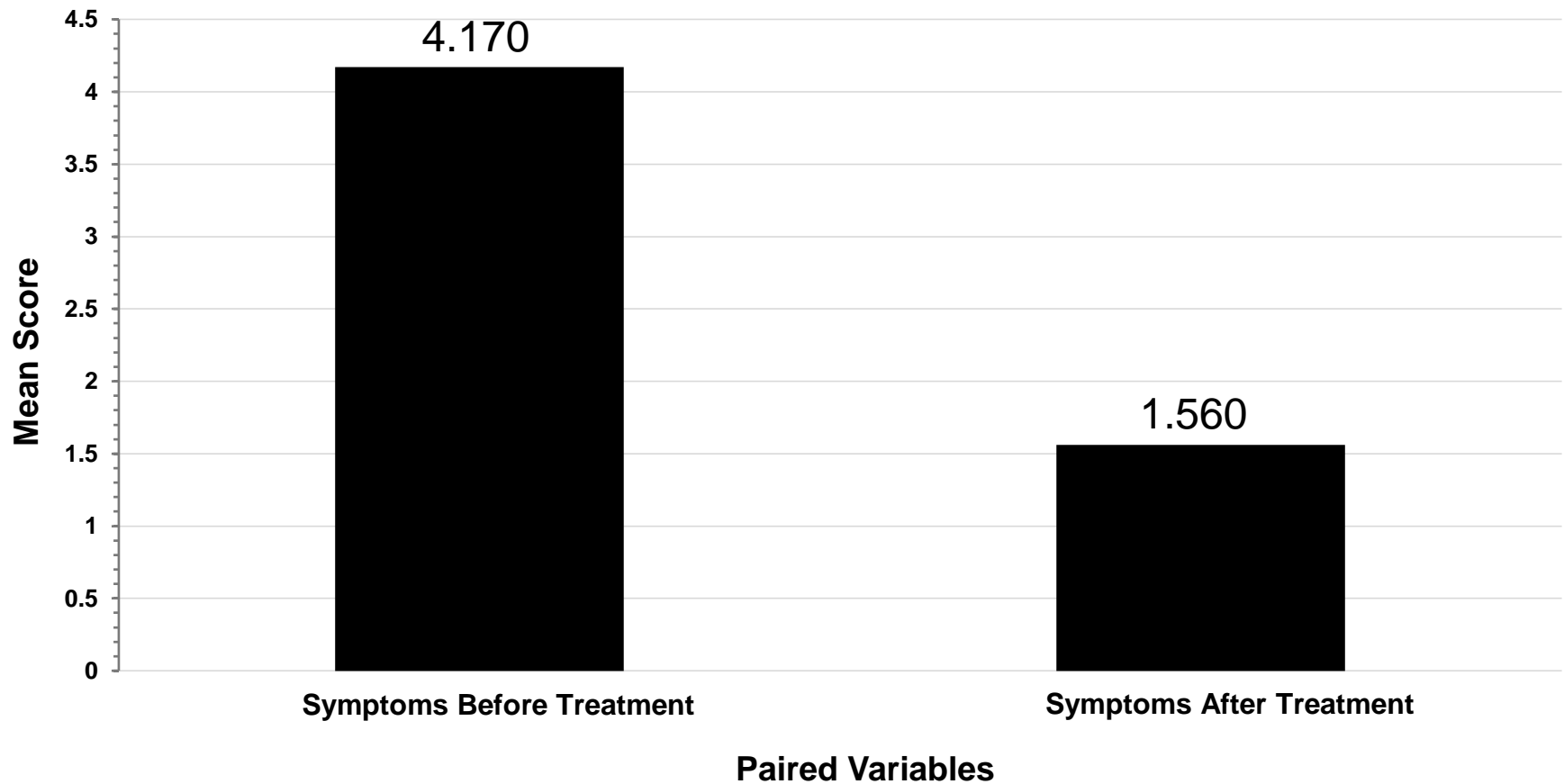
COMPARISON OF PAIN FOR RA: PRE VS. POST

Paired Samples T-Test of Pain Before Treatment and
Pain After Treatment, Diagnosis of RA



COMPARISON OF SYMPTOMS FOR RA: PRE VS. POST

Paired Samples T-Test of Symptoms Before Treatment and Symptoms After Treatment, Diagnosis of RA

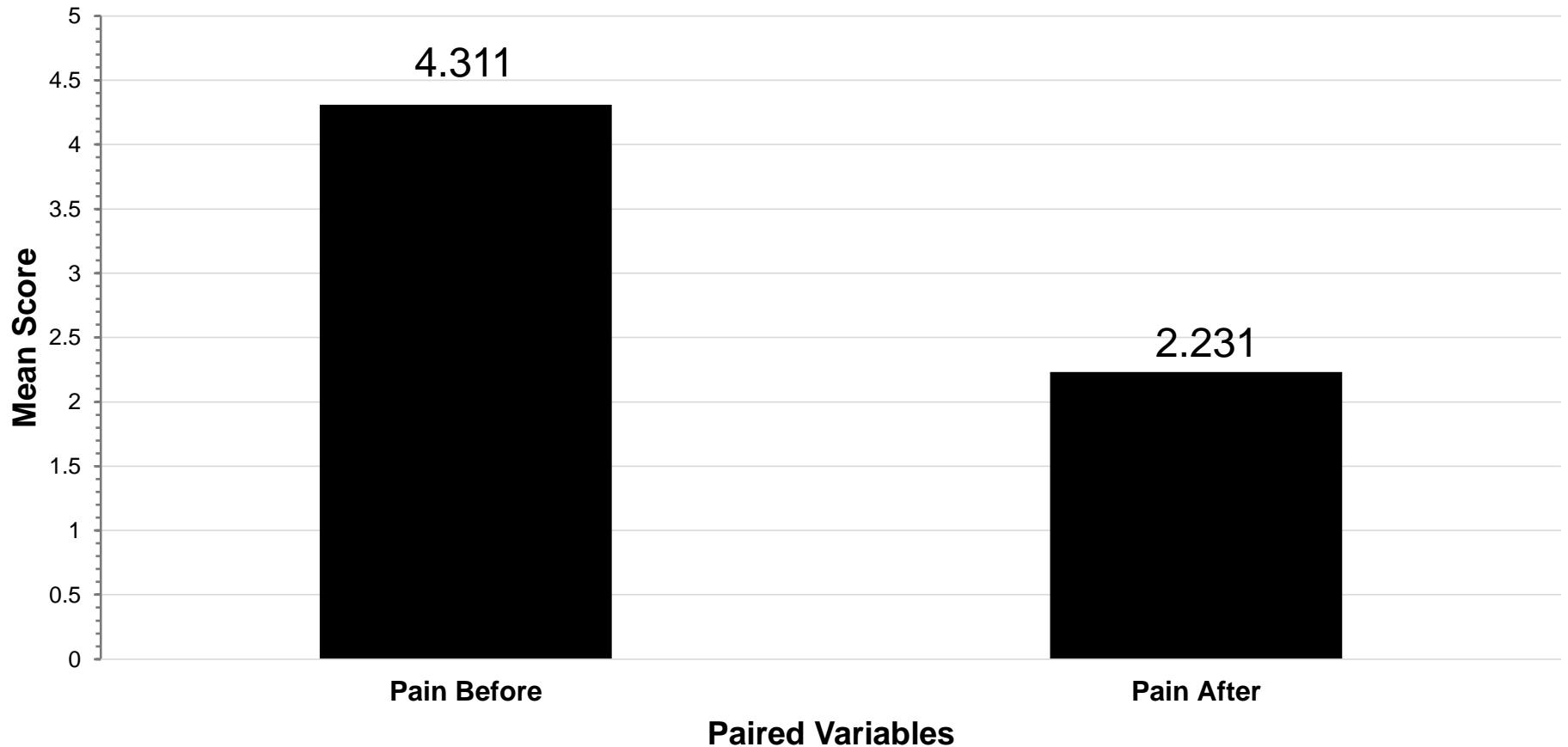


FIBROMYALGIA

- **T-Test represents difference in Mean Score of full data.**
 - **Pain Mean Before: 4.311**
 - **Pain Mean After: 2.231**
 - **Mean Pain Difference: 2.080203**
 - **Symptom Mean Before: 3.647**
 - **Symptom Mean After: 1.190**
 - **Mean Symptom Difference: 2.457279**
- **Describe pain on a scale of 1-5 initially and +3 years (+/- 3 months).**
- **Describe symptoms other than pain on a scale of 1-5 initially and + 3 years (+/- 3 months).**

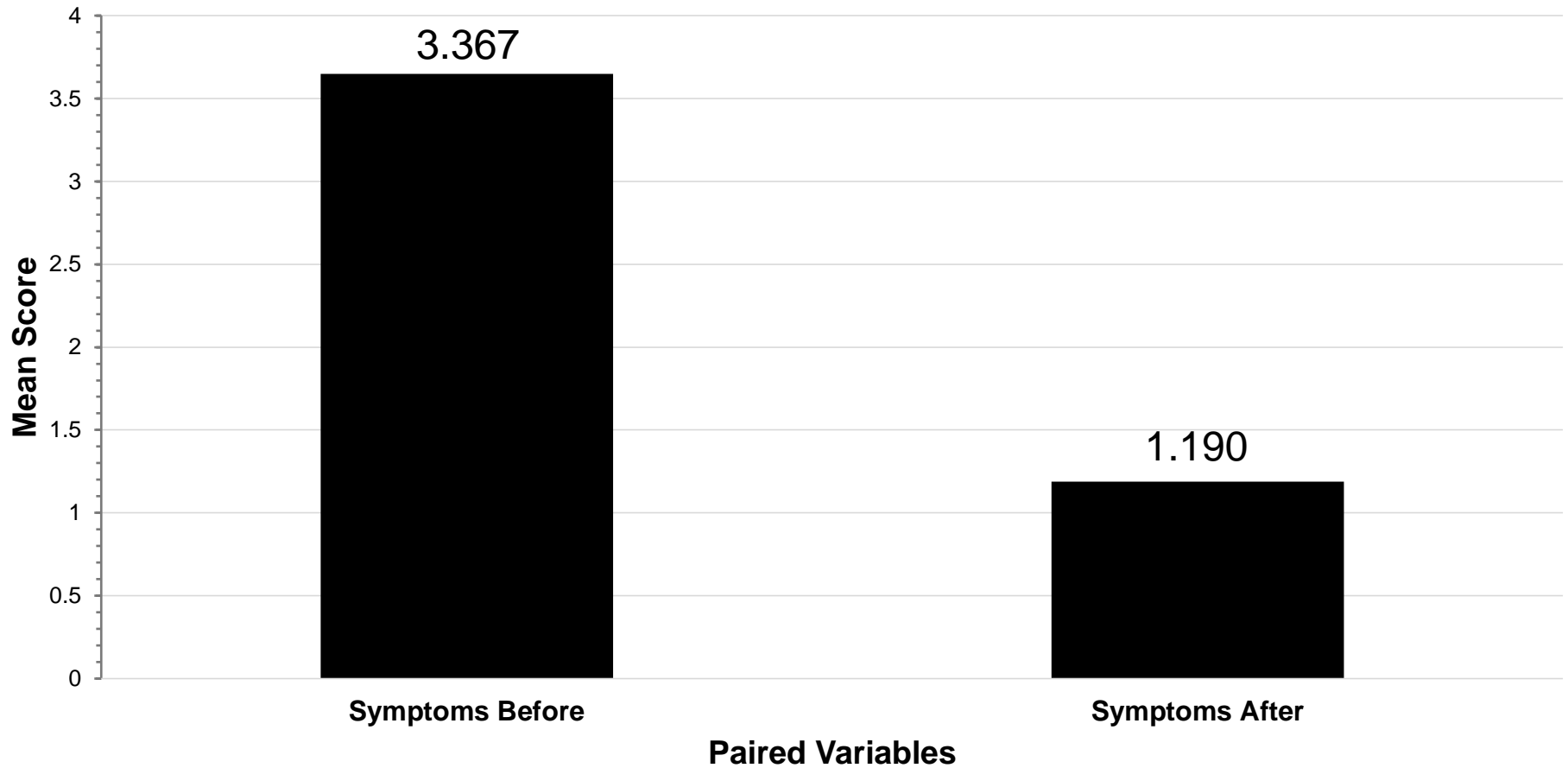
COMPARISON OF PAIN FOR FIBROMYALGIA: PRE VS. POST

Paired Samples T-Test of Pain Before Treatment and Pain After Treatment, Diagnosis of Fibromyalgia



COMPARISON OF SYMPTOMS FOR FIBROMYALGIA: PRE VS. POST

Paired Samples T-Test of Symptoms Before Treatment and Symptoms After Treatment, Diagnosis of Fibromyalgia

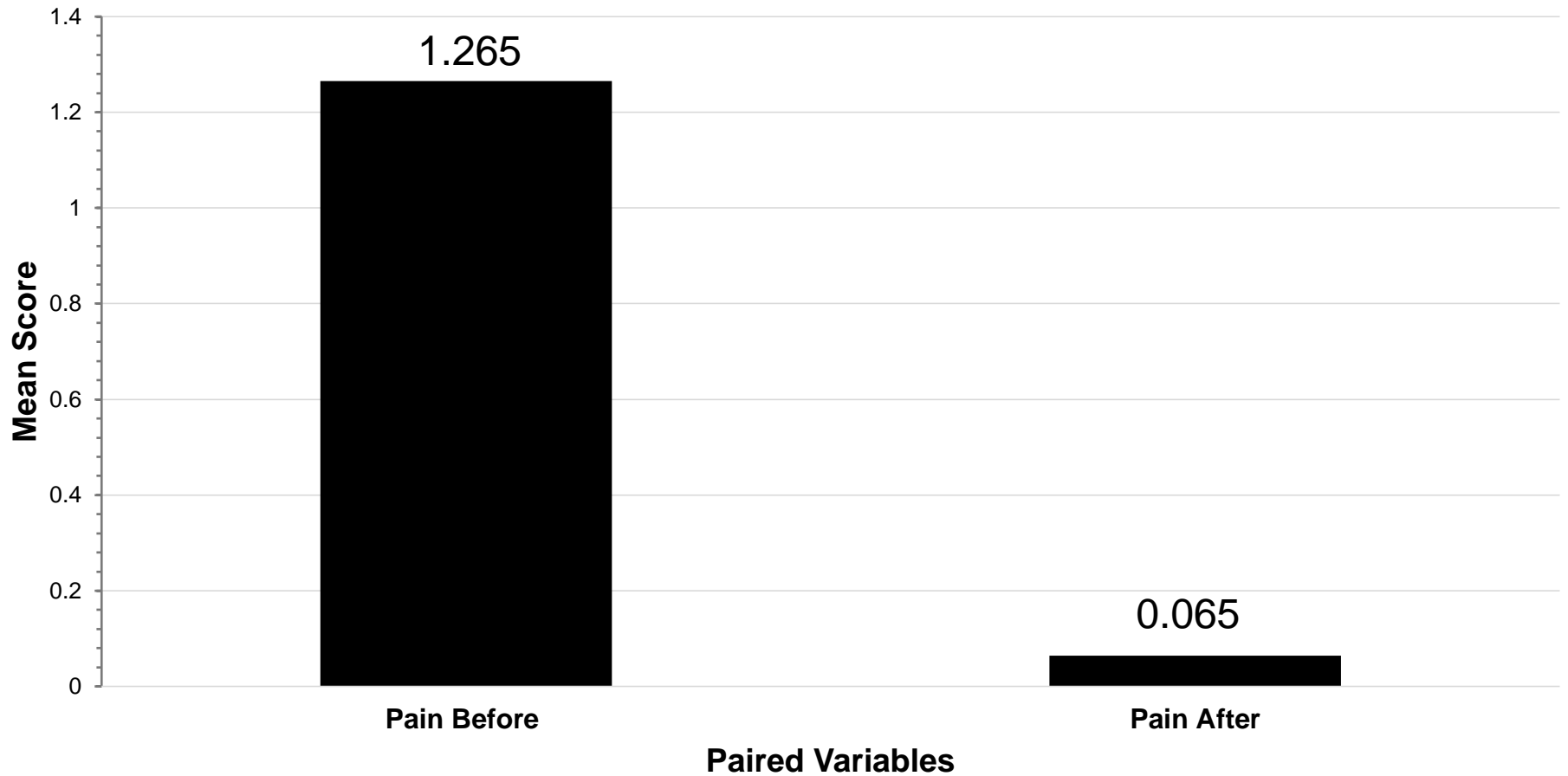


IRRITABLE BOWEL SYNDROME

- **T-Test represents difference in Mean Score of full data.**
 - **Pain Mean Before: 1.265**
 - **Pain Mean After: 0.065**
 - **Mean Pain Difference: 1.200461**
 - **Symptom Mean Before: 1.751**
 - **Symptom Mean After: 0.668**
 - **Mean Symptom Difference: 1.082949**
- **Describe pain on a scale of 1-5 initially and +3 years (+/- 3 months).**
- **Describe symptoms other than pain on a scale of 1-5 initially and + 3 years (+/- 3 months).**

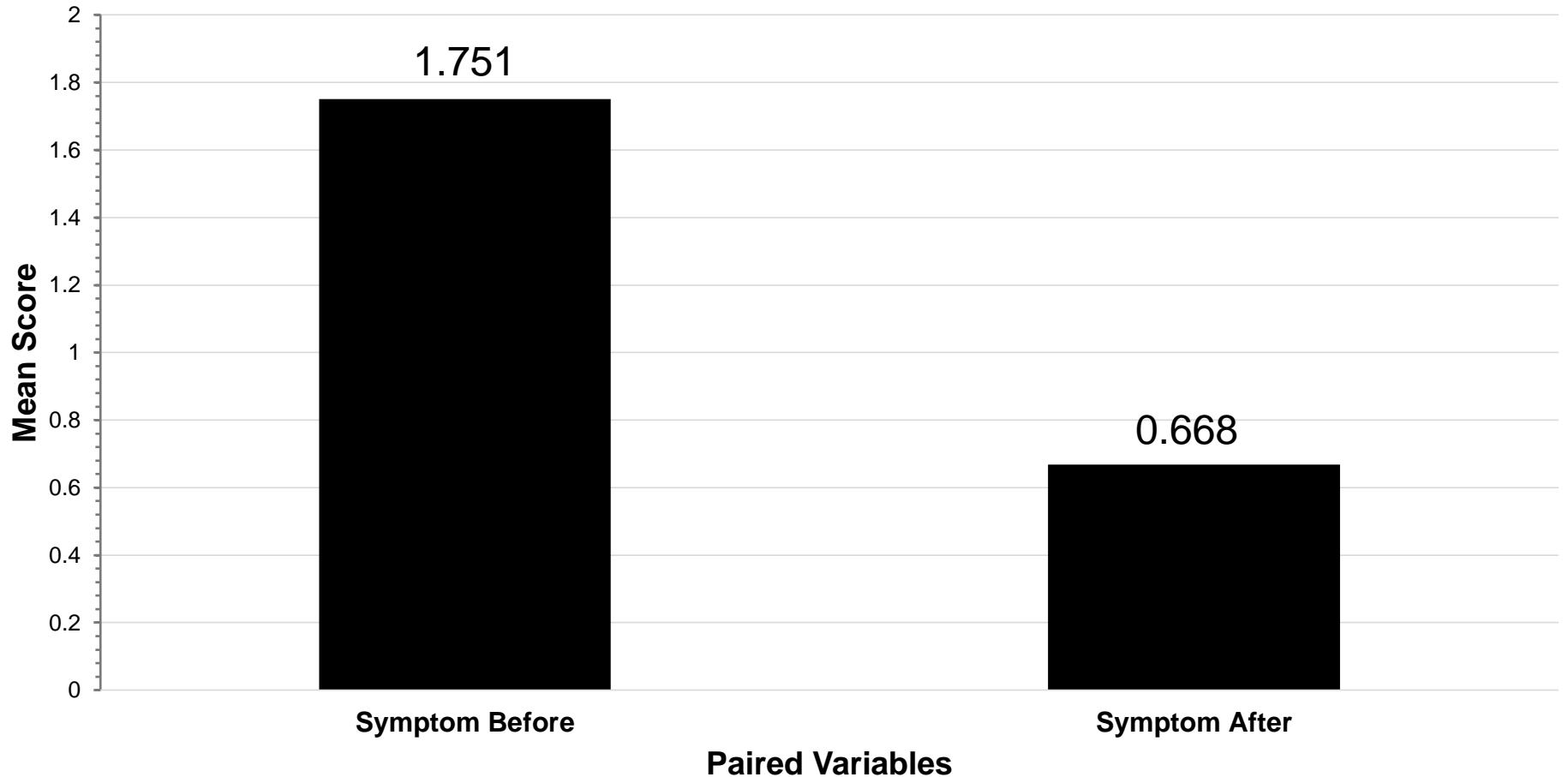
COMPARISON OF PAIN FOR IBS: PRE VS. POST

Paired Samples T-Test of Pain Before Treatment and Pain After Treatment, Diagnosis of IBS



COMPARISON OF SYMPTOMS FOR IBS: PRE VS. POST

Paired Samples T-Test of Symptoms Before Treatment and Symptoms After Treatment, Diagnosis of IBS

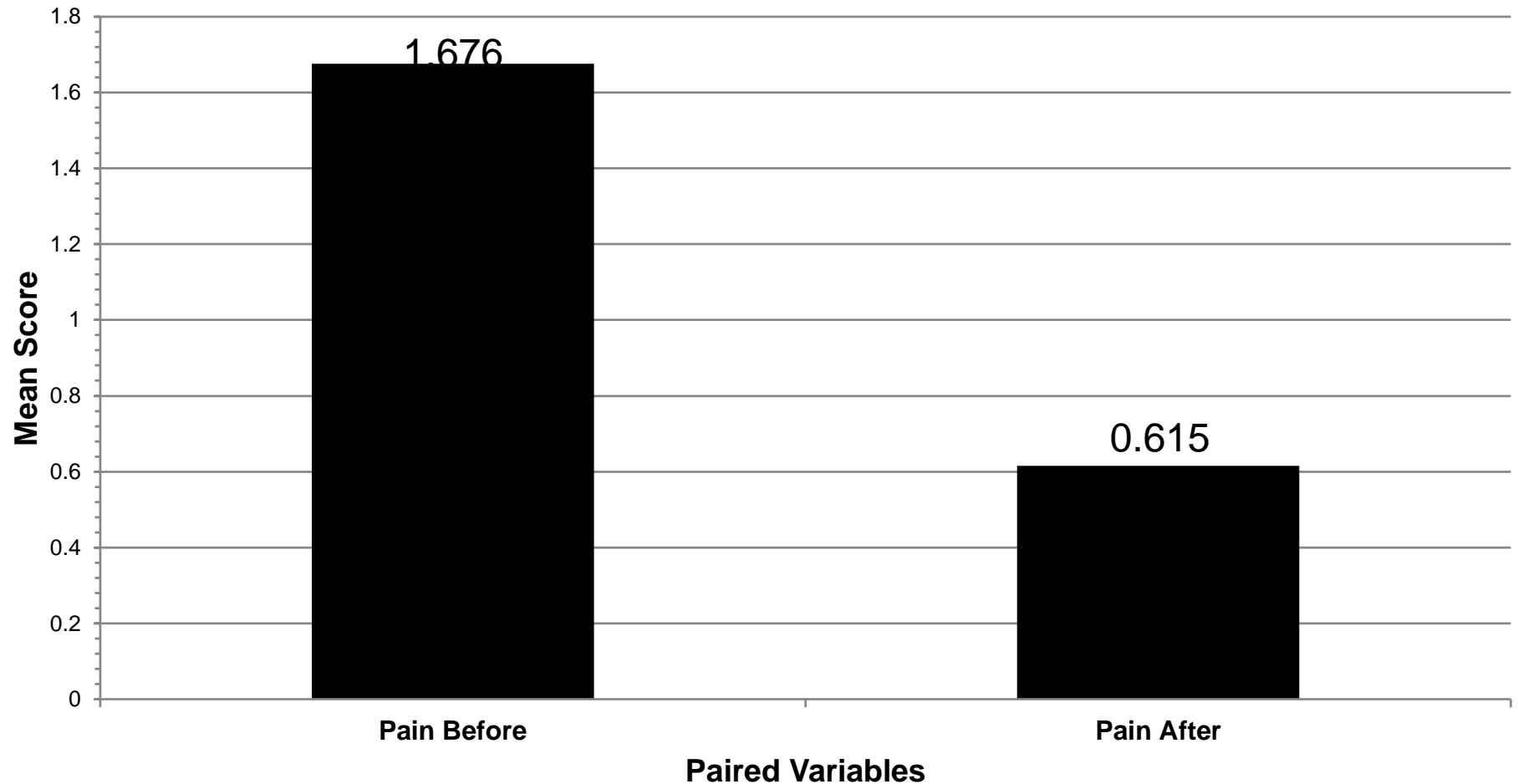


MULTIPLE SCLEROSIS

- **T-Test represents difference in Mean Score of full data.**
 - **Pain Mean Before: 1.676**
 - **Pain Mean After: 0.615**
 - **Mean Pain Difference: 1.061**
 - **Symptom Mean Before: 1.783**
 - **Symptom Mean After: 0.966**
 - **Mean Symptom Difference: 0.817**
- **Describe pain on a scale of 1-5 initially and +3 years (+/- 3 months).**
- **Describe symptoms other than pain on a scale of 1-5 initially and + 3 years (+/- 3 months).**

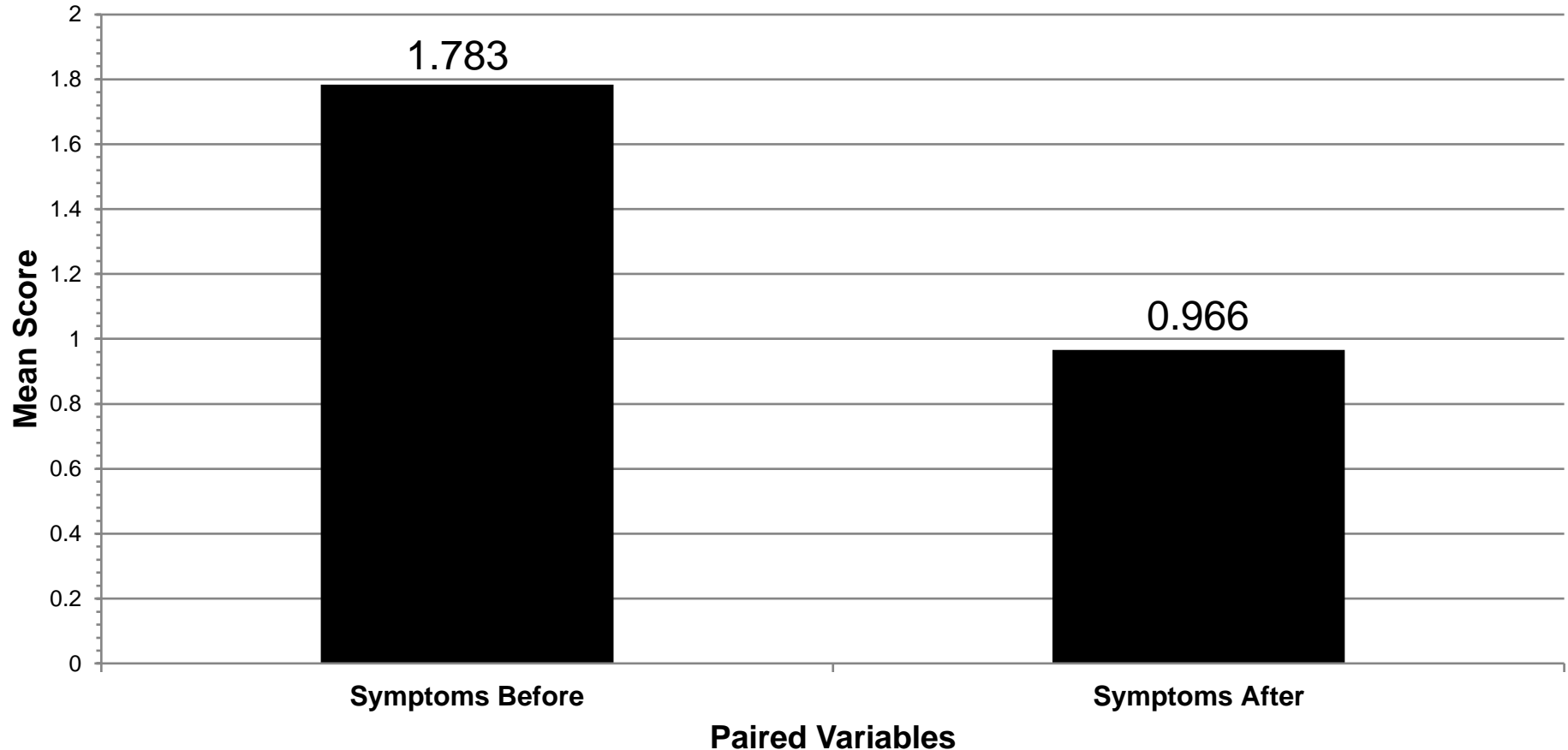
COMPARISON OF PAIN FOR MS: PRE VS. POST

Paired Samples T-Test of Pain Before Treatment and
Pain After Treatment, Diagnosis of MS



COMPARISON OF SYMPTOMS FOR MS: PRE VS. POST

Paired Samples T-Test of Symptoms Before Treatment and Symptoms After Treatment, Diagnosis of MS

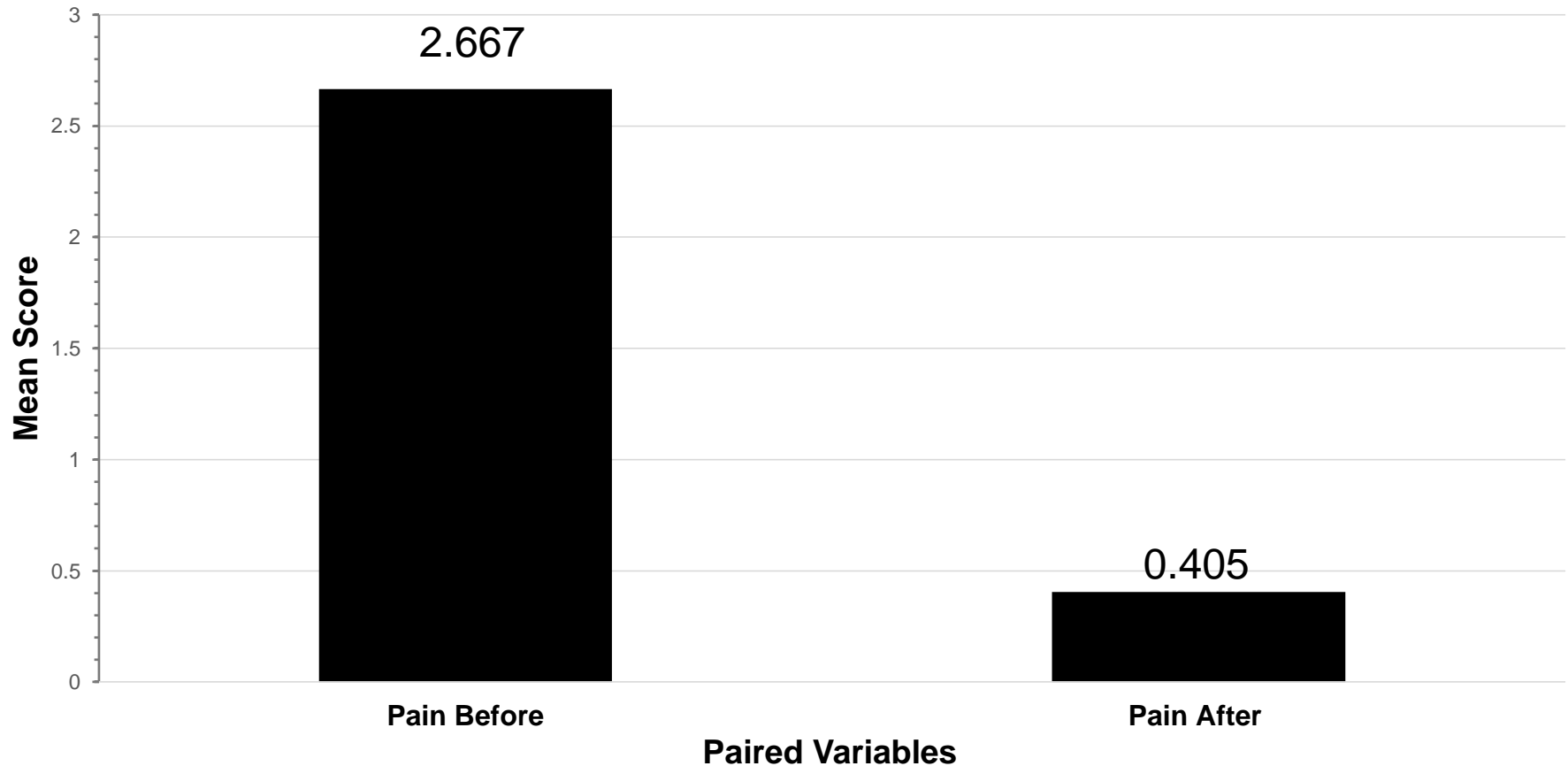


A.L.S., LOU GEHRIG'S DISEASE

- **T-Test represents difference in Mean Score of full data.**
 - **Pain Mean Before: 2.667**
 - **Pain Mean After: 0.405**
 - **Mean Pain Difference: 2.26184**
 - **Symptom Mean Before: 4.476**
 - **Symptom Mean After: 2.833**
 - **Mean Symptom Difference: 1.64289**
- **Describe pain on a scale of 1-5 initially and +3 years (+/- 3 months).**
- **Describe symptoms other than pain on a scale of 1-5 initially and + 3 years (+/- 3 months).**

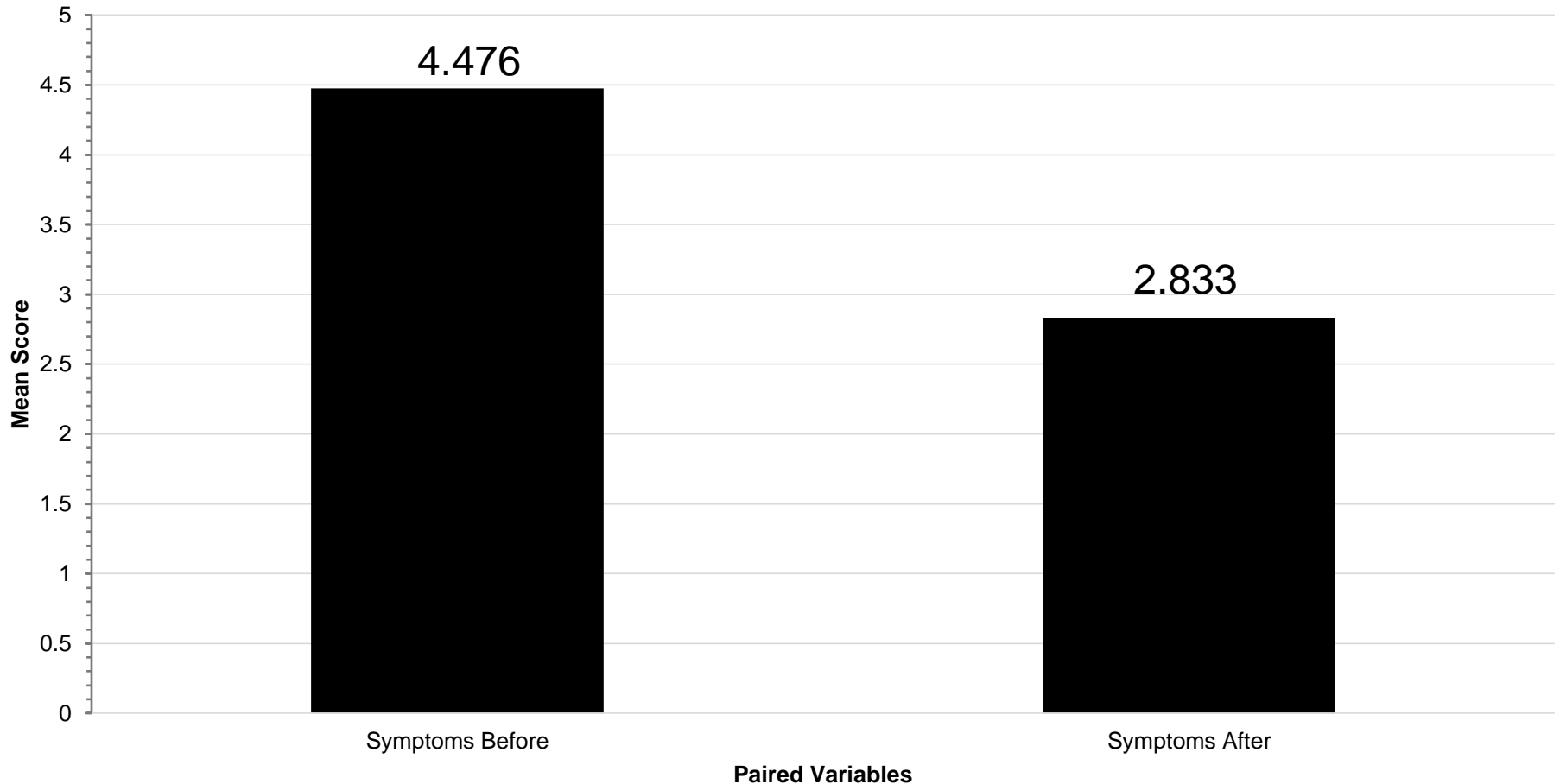
COMPARISON OF PAIN FOR ALS: PRE VS. POST

Paired Samples T-Test of Pain Before Treatment and Pain After Treatment, Diagnosis of ALS



COMPARISON OF SYMPTOMS FOR ALS: PRE VS. POST

Paired Samples T-Test of Symptoms Before Treatment and Symptoms After Treatment, Diagnosis of ALS



SIDE EFFECT PROFILE M.S. ANALYSIS

DROPPED PATIENTS M.S.

TOTAL: 774

SLEEP: 8.01% (62 PTS.)

**RETURN OF SYMPTOM: 4.01%
(31 PTS)**

OTHER: 2.00% (15 PTS)

ACKNOWLEDGEMENT

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An affectionate thank you to my wife Claudette for listening to me whine for the past four years about data collection, patients, and doctors.

Finally and most importantly to those patients who took the risk, those health care providers whose goals were to treat their patients and to those folks who continually strive to help other patients with auto-immune diseases.