

Alternative treatments for Parkinson's Disease: Helpful or harmful?

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A Comprehensive Approach to PD

- Parkinson's disease is not only a motor disease...
- A more comprehensive approach to treatment is essential to achieve the best quality of life
- Use of alternative therapies are common in patients with PD
 - 40% of patients in the United States and 54% of patients in the United Kingdom use herbs, vitamins, massage and acupuncture (Rajendran et al., 2001; Ferry et al., 2002)

Overview

- Supplements
- FDA approval
- **Beware!!!!**
 - What to stay away from
- Therapies that we know work

Coenzyme Q10

- An antioxidant
- 80 early-untreated PD patients studied
 - Randomized to placebo, 300mg, 600mg, 1,200mg daily
- Followed for 16 months
- The group that took 1,200mg showed significant improvement in motor scores
- Therefore, may be helpful, but \$\$\$\$\$

Glutathione

- An antioxidant that is reduced in PD
- **1996**, 9 patients with early, untreated PD were given IV glutathione 600mg twice/day for 1 month
- All improved significantly even after therapy was discontinued
- **2009**, 21 patients with PD studied
- No side effects or significant improvement seen



Glutathione (2009)

- **Some doctors offer a private fee for glutathione infusion**
- Consider the facts before thinking about this treatment!!
 - There is a lack of evidence it actually works
 - Therapy requires an intravenous line which has risks
 - Insurance does not cover the costs of this therapy

- Contains levodopa
- Used in Ayurvedic medicine
- In one study, 30g showed equivalent benefit to Sinemet
- No data on long-term effectiveness or tolerability
- Contains serotonin and nicotine



*Also used for its
psychedelic effects*

*M. Pruriens
(cowhage or velvet bean)*

- Contain levodopa
- A case of Neuroleptic Malignant Syndrome has been described after abrupt cessation of fava bean ingestion
- Rich in tyramine and should be avoided if taking MAO inhibitors
- Can cause anemia in patients with the hereditary condition G6PD
- This potentially fatal condition is called "favism" after the fava bean



Vicia faba
(broad or fava bean)

•Ginger

- *Zingiker Officinalis*
- Can help nausea



•Passion Flower

- *Passiflora incarnata*
- May help agitation and insomnia



St. John's Wort (*Hypericum perforatum*)

- A mild antidepressant
- Works like an SSRI
- **NEVER take with an SSRI**
- **NEVER with Blood thinners**



Supplements-Natural is not always safe!

- Dangerous drug interactions
- Serious side effects
- Unknown Purity of contents
- Can be very Expensive
- But, Western medicine is becoming interested!
 - National Center for Complementary and Alternative Medicine (NIH)
 - Osher center at UCSF



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FDA approval- Safety First

- Pre-phase: Determine acute toxicity
- Phase I: Develop drug's safety profile
 - Healthy volunteers will be given drug
- Phase II: Determine the drug's safety, optimal dose, and side effects
 - Given to volunteers who have the disease

FDA Approval

- Phase III: Effectiveness of the Drug
 - Randomized, double-blind, placebo-controlled studies often with at least 1,000 patients
 - Drug can now be marketed under FDA approval
- Phase IV: The company must continue to perform observational studies to evaluate the drug's safety during routine use

Studies Required for FDA Approval of Supplements

None!

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Welcome to the official website of Prakotin: The amazing 100% guaranteed treatment for Parkinsonism that is bound to leave you amazed!

No matter how long you have suffered from Parkinsonism we assure you that with use of Prakotin you will regain your condition faster than any other solution currently available.

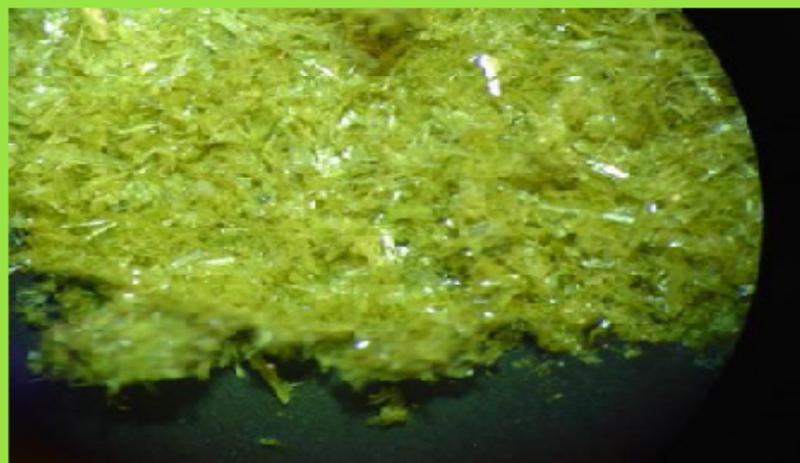
Prakotin is an established treatment and produces time tested results.

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"I can't thank you enough" - *Mark - NY*

"All I can say is amazing! I was about to give up after trying so many products." - *Jessie - California*

We'd like to thank the above customers for their feedback and permission to display their testimonials.

An Amazing 100% Guaranteed Treatment for Parkinsonism!

About Prakotin

Prakotin is a natural medicine formulated specifically to treat Parkinsonism. Prakotin comes in an easy to take form and is consumed orally through the mouth.

Prakotin is manufactured under the strict guidelines of the Homeopathic Pharmacopeia of the United States, recognized as an official compendium in the Federal Food, Drug and Cosmetic Act since it was enacted in 1938.

Composition of Prakotin:

Ingredient Name	Dilution
Duboisia	D30+100C
Haloperidol	D20+200C
Majeptil	D20+200C
Rauwolfia serp	D30+100C
Reserpine	D20+200C

Contra-Indications:

No contra-indications are established.

Precautions:

Keep this medicine away from children.

Storage:

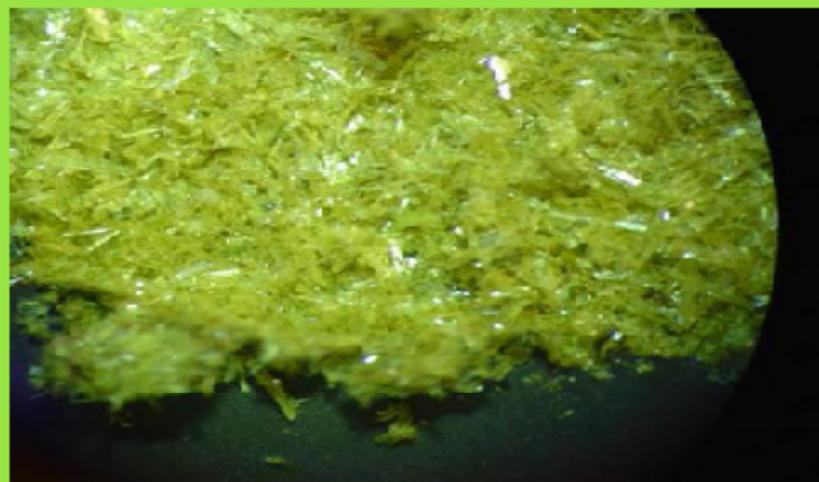
Keep in a cool and dry place.

Dosage:

15 drops in 15 ml of plain water twice a day, mornings and evenings.

Treatment Period:

60 days - can vary slightly depending upon severity of condition.



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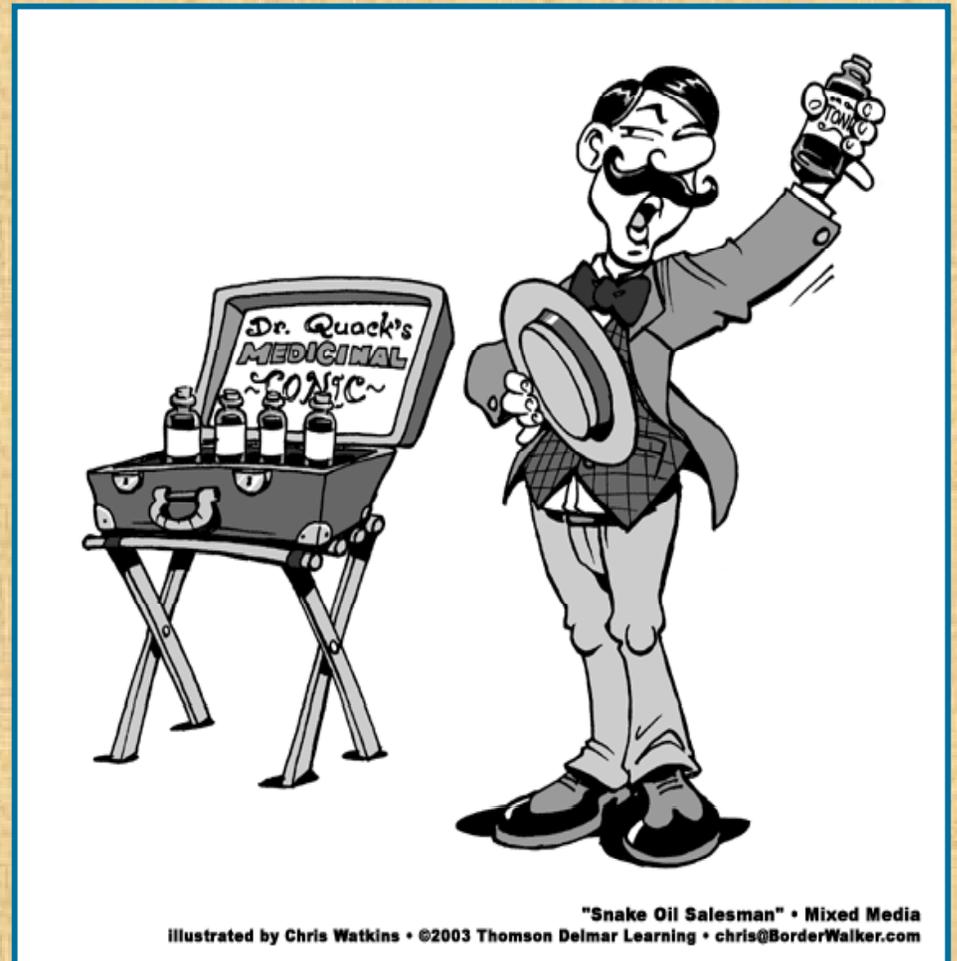
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Chelation

- Used for acute metal toxicity
- Can have serious side effects such as anemia, headache, renal and liver failure
- There are no trials that show any benefit in PD
- There is no chelator that can effectively cross into the brain to remove iron without side effects

Why Are People Vulnerable to unproven therapies?

- Lack of suspicion—if it is on television, the internet, etc., then it must be true
- Desperation—the sincere hope that something works when nothing else has



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Acupuncture

- 10% of PD patients have tried acupuncture
- An open-label trial of 25 patients with PD were followed for 6 months while receiving acupuncture
 - No improvement in UPDRS
 - 16% improvement in quality of life scale
 - 29% improvement on depression scale

Acupuncture (cont'd)

- Because of this, a randomized, controlled double-blind study was done.
- 14 patients were enrolled
- In the patients who received true acupuncture, there was a trend towards improvement in
 - quality of life
 - but not in motor scores

How can you be your own healer



"Whoa! *That* was a good one! Try it, Hobbs — just poke his brain right where my finger is."

Massage Therapy

- Long recognized to help Parkinson's patients
- Decreases stress, stiffness
- Wide range of choices
 - Shiatsu = acupressure
 - Swedish: Gentle kneading of muscles
 - Deep Tissue

Exercise

- PD patients are often faced with stiffness, tremor, gait and balance difficulty, slowness of movement, and speech difficulties
- Early studies show that exercise improves mood and cognition in addition to motor function

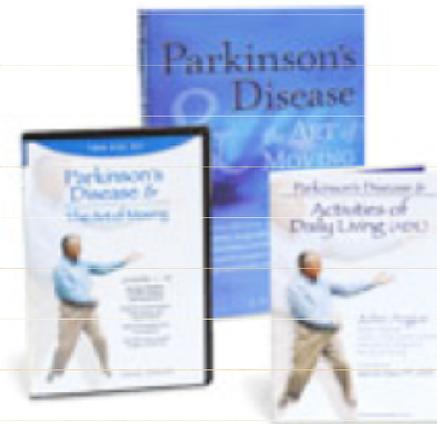
Exercise Tips

- Stretch and warm up!!!
- Start with 10-minutes and work your way up
- Exercise your facial muscles and voice:
 - Sing or read aloud, exaggerating your lip movements, Make faces in the mirror, Chew food vigorously
- Try water aerobics-great if patient has poor balance
- Try the Nintendo Wii
- **Select a hobby or activity you enjoy and stick with it!!!**

The John Argue Method

- In PD, movements become less “**automatic**”
- Patients must learn to move and speak consciously
- “You must learn to move with full awareness of what you are doing from moment to moment”
- “You need to develop a deliberate, purposeful way of doing things, just as actors on stage must do”

Parkinson's Disease & the Art of Moving



Tai Chi and Qigong

- Qigong (breath/energy work) helps reduce the motor and non-motor symptoms of Parkinson's disease
- 32 patients received 90 minutes per week of Qigong for 2 months
- 24 patient received no therapy
- At 3,6, and 12 months- the Qigong group improved in motor and non-motor areas

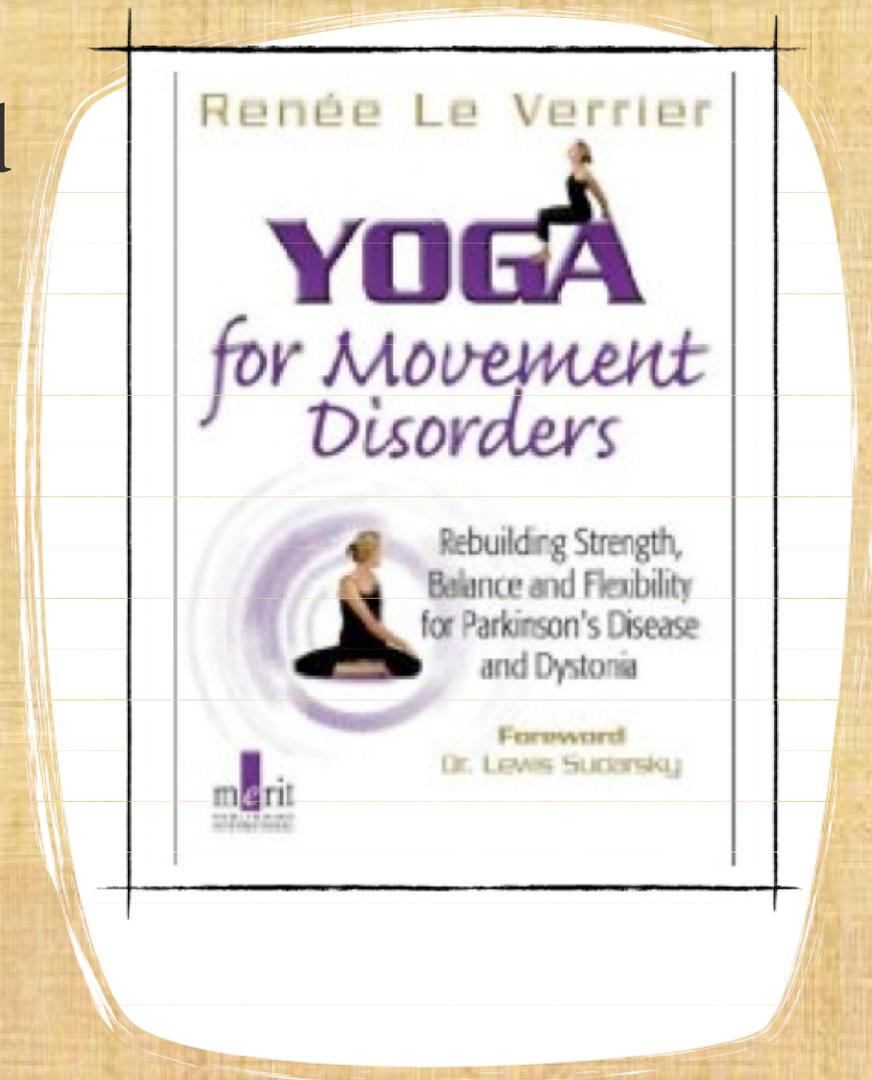


Feldenkrais Method

- Focuses on the relationship between movement and thought
- A practitioner gently moves your body in different directions
- Helps to bring awareness of any muscle tension that make your movements less efficient
- Movements can also be performed slowly and gently in a class with a guided instructor
- Teaches more efficient ways of moving

Yoga and Parkinson's disease

- Can help with balance and stiffness by building flexibility and strength
- Yoga brings mindfulness to your movements



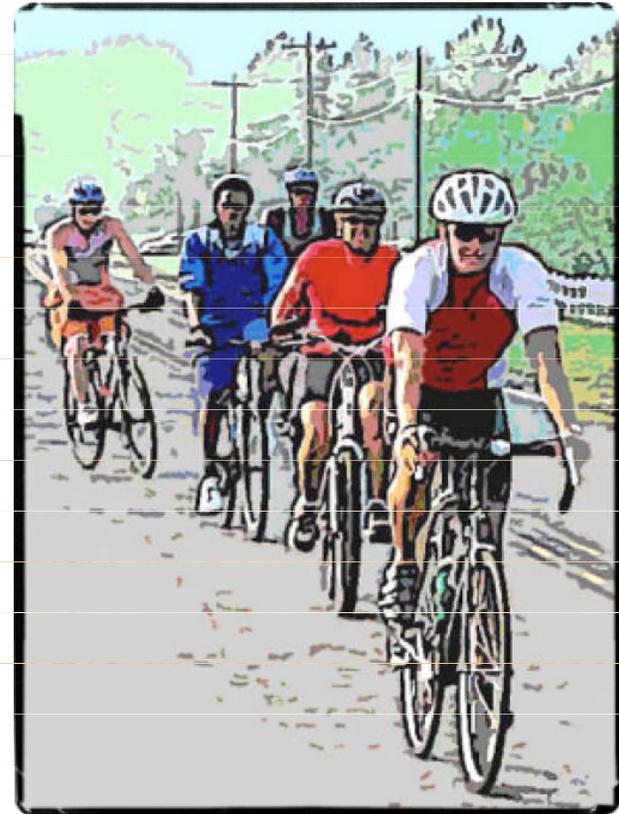
Go Dancing!!!

- 19 Parkinson's patients were given either 20 exercise classes or 20 tango classes
- The exercise class consisted of one hour of movement
- The tango class focused on timing stretching, balance, and footwork
- Both groups showed improvement but only the tango student's balance improved
- The rhythm of music helps you move!



Cycling

- Use a recumbent bike that is low to the ground if you feel off balance
- Tandem bike riding has been shown to reduce motor symptoms
- Dr. Jay Alberts first got the idea when sharing a tandem bike with a friend who had PD
- Dr. Alberts then did some research...



Bike with a Friend

One group pedaled on their own at 60-80% of their target heart rate



The other group used a tandem bike with a trainer who helped pedal 80-90 RPMs

- Cycled for 8 weeks, 1 hour/day, 3 days/week
- The tandem biker's motor symptoms improved 35% more than the other cyclists
- The benefit slowly went away when the cycling was discontinued in both groups

Marathon Runner

- **Alyssa Johnson**
- Diagnosed with PD in 2005.
- Despite her condition, she ran November's New York City Marathon in 5:39.
- "Exercise is critical to living with Parkinson's.... I have the soul of a runner; my body just doesn't know that."



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