

SECTION G – PRESCRIPTION MEDICATIONS

QUESTION NOS. 1 THROUGH 13

Please indicate the prescription drugs/medications you are taking, including those for KD. Please check if you take any of the following drugs (or add if the ones you take are not listed) and (a) indicate dosage (mg); (b) how often taken; (c) what is it for; (d) is it working and what; (e) if any, are its side affects; (f) other comments.

DISCUSSION

A separate table was prepared for each prescribed medication. These are the prescribed medications that the respondents reported that they take or have taken. Four of the five persons who use muscle relaxants reported that they were helped. Two of three persons taking antidepressants were helped. Two respondents received some help from using pain medication.

TABLE G-1 -- AMANTAN (MANTADIX)

| DOSAGE | FREQUENCY | PURPOSE | WORKING? | SIDE EFFECTS | COMMENTS |
|--------|-----------|--|----------|--------------|--|
| 100 | 1/day | Parkinson/Influenza Muscles tranquility | Unknown | Dry skin | Stopped using after 4 years because of skin problems |

TABLE G-2 -- ANALGESICS/PAIN MEDICATION (CODEINE, TYLENOL #3, ETC.)

| DOSAGE | FREQUENCY | PURPOSE | WORKING? | SIDE EFFECTS | COMMENTS |
|---|-----------|-----------------------|----------|--------------|----------|
| Codeine, Tylenol, Ibuprofen 800 mg | 3/day | Pain in butt/hips | Somewhat | None noticed | N/R |
| 200 mg | As needed | Muscular back pain | Yes | None | N/R |

TABLE G-3 -- ANTIDEPRESSANTS (ELAVIL, ZOLOFT, ETC.)

| DOSAGE | FREQUENCY | PURPOSE | WORKING? | SIDE EFFECTS | COMMENTS |
|------------------------|-----------|------------|----------|--------------|----------|
| Amytriptoline, 10mg | 1/day | Sleep | Unknown | | |
| Zyloff-50mg | 1/day | Depression | Yes | None | N/R |
| 50 mg | 1/day | Depression | Yes | None | N/R |

TABLE G-4 -- CORTICOSTEROIDS

| DOSAGE | FREQUENCY | PURPOSE | WORKING? | SIDE EFFECTS | COMMENTS |
|---------|-----------|----------------------------------|--|--------------|--|
| 2 shots | | Inflamed right shoulder bursa | Yes, cured the condition for at least 10 years | | Had 2 cortisone shots in my life – both for inflamed right shoulder bursa. Each shot cured the problem for at least 10 years. |

TABLE G-5 -- INTERFERON

| DOSAGE | FREQUENCY | PURPOSE | WORKING? | SIDE EFFECTS | COMMENTS |
|---------------|-----------|---------|----------|--------------|----------|
| None Reported | | | | | |

TABLE G-6 -- MUSCLE RELAXANTS (DIAZEPAM, ETC.)

| DOSAGE | FREQUENCY | PURPOSE | WORKING? | SIDE EFFECTS | COMMENTS |
|------------------------------|-----------------|------------------------|----------|---------------------|-------------------------------------|
| 600 mg-1-2 caplets | As needed | Cramps & muscle spasms | Yes | None | Haven't taken for 2 years. No need. |
| Dilantin – 300mg | 1/day | N/R | N/R | N/R | N/R |
| Baclofen & Tegretol 5ml each | 4-6 times a day | Relieve cramps | Yes | Makes me more tired | None |
| Valium-10 | 4 times/? | Intensive cramps | Yes | None | |
| N/R | Daily | Relax | Yes | None | N/R |

TABLE G-7 --. NSAIDS (ASPIRIN, IBUPROFEN, NAPROXEN, ETC.)

| DOSAGE | FREQUENCY | PURPOSE | WORKING? | SIDE EFFECTS | COMMENTS |
|-------------------|-------------------------|-------------------------|------------|--------------|----------|
| Celebrex – 200 mg | | | | | |
| 600 mg | 1-2 caplets when needed | | | | |
| Ibuprofen | N/R | N/R | N/R | N/R | N/R |
| Aspirin-75mg | 1/day | In case of heart attack | Don't know | None | None |

TABLE G-8 --. RILUTE

| DOSAGE | FREQUENCY | PURPOSE | WORKING? | SIDE EFFECTS | COMMENTS |
|-----------------|-------------|--|----------|--------------|----------|
| 50mg | BID | To slow progression | Unknown | None | None |
| 50 | 2/day | Nerve/muscles tranquility & strength & less pain | Better | No | Test |
| Rilute-Rilusole | 2 pills/day | N/R | Unknown | N/R | N/R |

TABLE G-9 --. TESTOSTERONE INJECTION

| DOSAGE | FREQUENCY | PURPOSE | WORKING? | SIDE EFFECTS | COMMENTS |
|----------|-----------|---------|----------|--------------|----------|
| In study | | | | | |

TABLE G-10 -- . TESTOSTERONE PATCH

| DOSAGE | FREQUENCY | PURPOSE | WORKING? | SIDE EFFECTS | COMMENTS |
|--------|-----------|-----------------------|-----------|--------------|-------------------------------|
| 5mg | 1/day | Increase testosterone | Unknown | None | Not using as well as I should |
| 5mg | 1/day | Muscle building | Hopefully | N/R | N/R |

TABLE G-11 -- OTHER

| | DOSAGE | FREQUENCY | PURPOSE | WORKING? | SIDE EFFECTS | COMMENTS |
|----|-------------------------|-------------------|--------------------------|-------------|-------------------|---------------------------------------|
| 2 | Atenotol-100mg | Daily | High blood pressure | Yes | None | None |
| | Protonix – 40mg | Daily | Stomach acid | Yes | None | None |
| | B-12 – 525 mcg | Daily | KD | Don't know | None | None |
| | Folic acid – 800 mcg | Daily | KD | Don't know | None | None |
| | Centrum Silver Multi | Daily | KD | Don't know | None | None |
| | Creatine – 5mg | Daily | KD | Don't know | None | None |
| 3 | 25mg | 1/day | Pain in shoulder | Worked well | None | None needed for 1 year |
| 8 | Terazosim | | Prostate | | | |
| | Beciomethasone – 42 MCG | As needed | Nasal congestion | No | | |
| 9 | ASA (coated)-325mg | 1/day | Heart | Yes | None | Blood thinner |
| | Atenol – 50 mg | 1/day | Heart | Yes | None | |
| | Zocor – 10 mg | 1/day | Lower Cholesterol | | | |
| 10 | Neurontin – 300 mg | 4/day | Pain | Yes | | I believe its working |
| 11 | Florinef-1mg | 1/day | Heart collapse | Yes | Build up of fluid | N/R |
| | Clumdamycin – 150mg | When dentist ? | Heart valve prolapse | Yes | | |
| 12 | Viagra-50mg | 1/week | Sexual aid | Yes | Minor headache | N/R |
| 14 | Eldepryl – 5mg | 2/day | KD | Unk | Unk | Unk |
| | Mestinon – 60 mg | 3 times a day | KD | Unk | Unk | Unk |
| | Allegro | | Allergy & decongestion | | | |
| 15 | Mestinon | Chewing as needed | Jaw muscles stop working | Yes | None | I use only when having steak or pizza |

TABLE G-11 – OTHER - CONTINUED

| | DOSAGE | FREQUENCY | PURPOSE | WORKING? | SIDE EFFECTS | COMMENTS |
|----|---|--------------------|---|--|--------------|--|
| 16 | Klonopin-.5mg | N/R | Spasms | Yes | N/R | N/R |
| | Asperine | 1 twice a day | N/R | N/R | N/R | N/R |
| 19 | Diovan - 80mg | 1/day | Blood pressure | N/R | N/R | N/R |
| 20 | Peptac & Ranitidine 10ml & 300mg | Before sleep | Relieve laryngeal spasms | Yes, cut down episodes | None | Helps cut down spasms but doesn't completely stop them |
| | Buscopan – 10 mg | Before sleep | Slows saliva production to alleviate choking at night | Every little bit helps | None | Helps cut down spasms but doesn't completely stop them |
| | Co-Careldopa 50/200 | Before night sleep | Stop excessive leg movements that prevent REM sleep | Yes, I don't feel as tired | None | I sleep well but apart from 10 hours at night, I also have 2 hours in the afternoon. The drugs are only taken before night sleep apart from Peptac which I take before both sleeps |
| | Muse & Gildenafile Citrate – 250 mg – 50 mg | On demand | Impotency drugs | It works for awhile but dosage has to be increased over time to have the same effect | | |
| 23 | Zantac-15mg | 1/day | Excess stomach acid | Yes | No | Effervescent tablet |
| 29 | Quinine Sulphate-300mg | | Cramp | N/R | N/R | N/R |
| 30 | Metaclopramid-10g | BID | Swallow | N/R | N/R | N/R |
| | Ranitidon – 150 | O.D. | Esophudjitis | | | |
| | Glybride – 5 mg | O.D. | | | | |
| 31 | Ultram | N/R | N/R | N/R | N/r | N/R |
| 32 | Enalapril - 30mg | Daily | Chronic hypertension | Yes | No | N/R |

TABLE G-11 --- CONTINUED

| | DOSAGE | FREQUENCY | PURPOSE | WORKING? | SIDE EFFECTS | COMMENTS |
|----|---------------------|-----------|---------------------|----------|--------------|---|
| 37 | Synthroid-.125 | Daily | Thyroid | Yes | None | N/R |
| 38 | Prilosec - 20mg | 1/day | N/R | Yes | None | N/R |
| | Toprol – XL – 50 mg | 1 Daily | Heart | Yes | None | |
| | Pravachol – 40mg | 1 Daily | Cholesterol control | Yes | | |
| | Neurontin – 100 mg | 4/day | Tremor | Yes | | Hands do not tremor when on this medication |
| | Tricor – 200 mg | | Triglycerides | Yes | | |

QUESTION NOS. 14 – 17

If you have taken testosterone or were part of the testosterone trials, would you answer the following:

14. Is it testosterone enanthate and if so how do you get it?
15. Of those who participated in testosterone trials, was anyone told that the progression was normal for KD or that there was a loss of strength?
16. Did KD symptoms slow, stay the same or accelerate?
17. Was anyone taken off because of liver problems?

DISCUSSION

5 men responded that they have or had taken enanthate. They provided information about whether KD symptoms were impacted by these series of questions. However, they contributed little information about whether their progression was normal for KD or if they had been taken off because of liver problems.

TABLE 69 – Q. TESTOSTERONE

| TESTOSTERONE ENANTHATE? | PROGRESSION NORMAL? | KD SYMPTOMS SLOW, SAME OR ACCELERATED | OFF BECAUSE OF LIVER PROBLEMS? |
|---|---------------------|---|--------------------------------|
| Yes | N/R | Slowed | N/R |
| Prescription | No | Could be worse maybe if hadn't used for six years | Unknown |
| MD | N/R | Same. But at first better. | No |
| MD | N/R | Stay same | N/R |
| Injection – prostate cancer surfaced – but did not seem to help anyway. | N/R | Same | N/R |

