LDN for MS

A study of LDN in the treatment of MS at the University of California, San Francisco, was implemented in early 2007 by neurological researcher Bruce Cree, MD, and colleagues. Some 80 patients with MS were involved in this double-blind, "Randomized, Placebo-Controlled, and Crossover-Design Study of the Effects of Low Dose Naltrexone on Quality of Life as Measured by the Multiple Sclerosis Quality of Life Inventory." Each subject received either LDN or a placebo for 8 weeks, followed by one week without either, and then a further 8 weeks on the alternate capsule

Dr. Cree reported the conclusions as follows in a poster presentation to the World Congress on Treatment and Research in Multiple Sclerosis, held in September 2008 in Montreal, Canada. His report still awaited publication at that date:

Conclusions

- 8 weeks of treatment with LDN significantly improved quality of life indices for mental health, pain, and self-reported cognitive function of MS patients as measured by the MSQLI [MS Quality of Life Inventory]
- An impact on physical quality of life indices including fatigue, bowel and bladder control, sexual satisfaction, and visual function was not observed
- The benefits of LDN were not affected by disease course, age, treatment order, or treatment with either interferon beta or Copaxone
- The only treatment related adverse event reported was vivid dreaming during the first week of the study drug in some patients
- Potential effects of LDN beyond 8 weeks of treatment were not addressed in this study
- Multi-center randomized clinical trials of LDN in MS are warranted