

Useful Adjuncts to Treatment

Various patients have used ancillary approaches to assist with some of the consequences of ECD and the negative side effects of treatments as prescribed by their doctors. These approaches are sanctioned by their doctors but may not be scientifically proven. We are including a list of some techniques others have found helpful. If you are interested in pursuing any of these, it is extremely important that you first discuss it with your doctor and gain his/her approval.

Reduction of drug side-effects:

Green Tea. At least one doctor has recommended using concentrated Green Tea powder as a non-prescription herbal remedy to help flush the body of toxins. This was specifically recommended to help reduce the possible side effects from the drugs, Imuran and Tamoxifen.

Green tea is made from *camellia sinensis*, a perennial evergreen shrub. It is a dietary supplement that some believe helps provide antioxidant defence. However, all patients should discuss the use of this product with their physicians prior to starting therapy. For more information on green tea as a therapy, please see http://www.mayoclinic.com/health/green-tea/NS_patient-green_tea .

Vitamins, Phytonutrients & Minerals. A good broad based nutrient supplement is suggested by some doctors to help assist the body in coping and especially to cope with the side effects from some drugs. If your doctor believes this is warranted in your case, either your doctor or pharmacist should be able to assist you in finding a product suited for your particular needs.

Pain management:

Often ECD and the side effects of the drug treatments can result in pain. Your level of pain should always be discussed with your doctor. When the pain is extreme, your doctor is in the best position to help select the best pain management treatment.

Several techniques have been found to be useful in lessening some of the pain patients may encounter. It is important to ensure that the person providing treatment takes a broad view of the body and is aware of ECD and its impact on the body.

Acupuncture: <http://en.wikipedia.org/wiki/Acupuncture>

Shiatsu Massage: http://en.wikipedia.org/wiki/Shiatsu_massage

Osteopathy: <http://en.wikipedia.org/wiki/Osteopathy>

Sound Wave Technology: for more information, please email support@erdheim-chester.org.

Please be aware, none of these treatments are advocated. They are only provided here in an attempt to share among patients how others cope with some of the difficulties associated with living with ECD and its treatments.