

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.

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>

At least one patient has found relief from shoulder pain through Neuroprolotherapy (injected Dextrose).

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.

All ECD patients are encouraged to discuss with their doctors about having their levels of the following vitamins and minerals checked: Vit B12, Vit E, Vit D, Calcium, and Magnesium. Many times ECD patients are found to be low in these vitamins and minerals. Your doctor can measure these levels and prescribe supplements as appropriate.