Arthritis Alternatives

James Biddle, MD
Disclaimer

This is simply an educational presentation and is not intended to diagnose or treat any individuals. Diagnosis and treatment of any disease should be done by a licensed health-care practitioner in an office setting.
Who We Are…

Asheville Integrative Medicine
Evolving the Standard of Health Care for All,
While Empowering You to Enjoy Optimal Health.

832 Hendersonville Road, Asheville, NC 28803
828-252-5545
www.docbiddle.com
Who We Are…

Physician-Selected Nutritional Supplements

832 Hendersonville Road, Asheville NC 28803
828-210-0188

www.nutrientsetc.com
Who I am…..

• BA in Biology 1984, University of Missouri – Columbia (genetics & evolution).

• M.D. 1989 @ University of MO – Columbia.

• **Internal Medicine** 1992 in Portland OR – Board Certified; recertified in 2002 and 2012.

• Practicing Integrative Medicine in Asheville since 1997.

• [www.earthaven.org](http://www.earthaven.org), [www.acam.org](http://www.acam.org), [www.ncims.com](http://www.ncims.com)
What I do….

“Integrative Medicine”

Holistic, Nature’s Template, Scientific, Orthomolecular, Sherlock Holmes…

• Bio-Identical ‘Natural’ Hormones
• Diabetes and Nutrition
• Cardiovascular Support
• Allergies, ADD, Autism
• Arthritis and Fatigue
• Toxic Metal Syndromes
• “Challenging Cases”
1. **Osteo-Arthritis** = Degenerative Joint Ds:

- “Wear-and-Tear”; Post-Traumatic.
- DIP > PIP > MCP joints (distal fingers) and bases of thumbs.
- Osteophytes & Loss of joint cartilage.

Normal joint  

Joint affected by osteoarthritis

- Bone spur (osteophyte)
- Thinned cartilage
- Cartilage fragments
Kinds of Arthritis: RA

2. **Auto-Immune** = Inflammatory Arthritis:
   - Rheumatoid Arthritis; JRA; Psoriatic; Mixed Connective Tissue Ds; SLE = Lupus; Ankylosing Spondylitis; Lyme Ds.
   - MCP > PIP > DIP. + wrists.
   - Synovial swelling, heat, & tenderness.
   - 60% genetic influence.

Normal Joint

Muscle
Cartilage
Tendon

Bone
Synovial Fluid
Joint Capsule
Bone

Joint Affected by Rheumatoid Arthritis

Bone Loss/Erosion
Cartilage Loss

Bone Loss (Generalized)
Inflamed Synovium
Swollen Joint Capsule

Decreased joint space (arrowheads)
Bony erosions (white arrowheads)
Joint deformities (white arrows)
Arthritis Prevalence

• OA affects over 20 million Americans. Radiologic definition indicates that more than half of the population older than 65 years is affected. Women = men.

• RA affects 1 percent of the U.S. population or 2.1 million Americans. Onset at ages 25-50 years. Women 2-3 x > men.
Osteoarthritis
Treatment Options

- **Healthy Diet:** Adequate Protein, Low-Carbs, Healthy Fat, High-Fiber.
- Avoid Sugar and Hydrogenated Fats.
- Reduce dairy, egg yolks, red meat, peanuts, shellfish *(high sources of arachidonic acid, promoting inflammatory prostaglandins and leukotrienes).*
Osteoarthritis Treatment Options

• Identify and avoid food allergens.
• Support digestion and treat leaky-gut syndrome.
• Some also need to avoid **nightshades**:
  – White Potatoes - Tomatoes
  – Green Peppers - Eggplant
  – Belladona - Tobacco
Osteoarthritis Treatment Options: Avoid NSAIDs!

• NSAIDs actually cause thinning of joint cartilage. Brandt, KD. The effects of nonsteroidal anti-inflammatory drugs on chondrocyte metabolism. University School of Medicine, Indianapolis, IN.

• NSAIDs kill 16,500/yr & hospitalize 107,000/yr with GI bleeding. (15th most common cause of death). JAMA, Aug 22, 2001

• NSAIDs raise risk of heart attacks, kidney damage, and high blood pressure.
Nonselective NSAIDs, including aspirin, damage the gastric mucosa by a topical irritation of the gastric epithelium and systemic inhibition of protective gastric endogenous mucosal prostaglandin synthesis. When possible, nonselective NSAIDs should be stopped if an active ulcer is confirmed. In addition, the use of PPIs is preferred because of their ability to produce a rapid rate of healing and symptom relief.
Liver Disease
Osteoarthritis
Treatment Options

• Use natural anti-inflammatories: curcumen, ginger, boswellia, cayenne, bromelain, white willow, EFAs (fish oil).


• Reduces pain & thickens cartilage.

• Chondroitin?
Osteoarthritis
Treatment Options

• **MSM** (methyl-sulfonyl-methane), 1000-5000 mg twice daily.
• Reduces pain and inflammation.
• Used in race horses and race dogs.

Osteoarthritis
Treatment Options

• **Niacinamide**

• 500-1000 mg, 3 times daily. The treatment does not work well with less frequent dosing. Reduce dose if nausea occurs.
Nutritional Supplements

• SAM-e

• In doses of 1200-1600 mg daily can be effective, and relatively costly.
OA and RA
Nutritional Supplements

• Bromelain
  – 1-2 caps 3xdaily (2000-6000mcu daily) on empty stomach
OA and RA
Nutritional Supplements

• **Ginger** *(Zingiber officinale)*
  – Fresh ginger tea twice daily.
  – Or supplement with 100mg daily.

OA and RA
Nutritional Supplements

• **Curcumin** (Tumeric)
  
  500mg 3xdaily with food
  
  
  
OA and RA
Nutritional Supplements

- **Boswellia**
  - 300 mg 3xdaily
**OA and RA**
**Nutritional Supplements**

- **Evening Primrose Oil** (or borage oil)
  - 750-1500 mg daily to provide gamma-linolenic acid (GLA).

OA and RA
Nutritional Supplements

• Cod Liver Oil (or flax oil?)
  – One Tbsp 2xdaily for omega-3 essential fatty acids.
OA and RA
Nutritional Supplements

• **Vitamin E**
  - 800 IU once daily

• **Lipoic Acid**
  - 100-300 mg daily

• **Vitamin C**
  - 1000 mg 3xdaily with meals. Increase to bowel tolerance. (IBID)
**OA and RA**

**Nutritional Supplements**

- **Magnesium**
  - 100-250mg 2-3xdaily with meals

- **Pyridoxine (Vitamin B6)**
  - 50 mg twice daily; esp for “menopausal arthritis.” Pyridoxine-5-phosphate (P-5-P) is the activated form of B6.
OA and RA
Nutritional Supplements

• **Multivitamin**
  – With B-complex and minerals

• **Selenium**
  – 200 mcg daily
    • *Wolff’s Law and Connective Tissue Regulation 1993;231-41.*

• **Zinc** 30 mg, 1-2xdaily
Daily Exercise

– Keep muscles around diseased joints strong and decrease need for anti-inflammatory agents.
  • *Annals of Internal Medicine* 1992;116:529-34
  • *Alternative and Complimentary Therapies* Jan./Feb. 1995; 93-95.

– For **knees** do straight leg lifts and knee extension exercises to strengthen the quadriceps. Gentle resistive exercises.
More OA Suggestions

**Prolotherapy** is a technique of injecting hypertonic saline (concentrated salt water) along ligaments and tendons to create a controlled inflammatory reaction, inducing them to grow shorter, tighter, and stronger. Loose ligaments promote arthritis. See [www.getprolo.com](http://www.getprolo.com) or Dr. Blievernicht, 828-684-4411.
More OA Suggestions

**Vitamin D:** as much as it takes to get blood levels in the range of 40-70. Usually 1000 – 5000 IU daily. (but not if “TH-1”)

Lane NE *Arthritis Rheum.* 1999 May;42(5):854-60. Serum vitamin D levels and incident changes of radiographic hip osteoarthritis.

**Vitamin K:** 150 – 10,000 mcg daily (no toxic dose, but do not use if on coumadin).

www.rheumatic.org and www.roadback.org

- About antibiotic therapy for the infectious-etiology theory (mycoplasma pneumonia).

• *The New Arthritis Breakthrough*
  by Henry Scammell
  ISBN #0-87131-843-1.
The Infectious-Etiology Theory of Inflammatory Arthritis

- Four years after the initial 6-month study on minocycline for early RA, 65% of the patients experienced 50% or better improvement and **40% of patients achieved remission** without use of DMARDs. The greatest improvement comes after 9 months to a year of treatment.

The Infectious-Etiology Theory of Inflammatory Arthritis

United States MIRA study: NIH sponsored study showed minocycline safe and effective for treating RA.

"Benefit became evident after 12 weeks of therapy, and continued to increase through week 48 of the study. . . . We observed significant differences favoring minocycline over placebo in the primary outcome measures."

Minocycline in Rheumatoid Arthritis: a 48 Week, Double-Blind, Placebo-Controlled Trial.
The Infectious-Etiology Theory of Inflammatory Arthritis

- Kennedy Institute of Rheumatology, Charing Cross Hospital, London, England.

- CONCLUSION: Combined antibiotic therapy with intravenous clindamycin and oral tetracycline may be useful in the management of active RA. A double-blind, placebo-controlled trial of therapy is justified.

The Infectious-Etiology Theory of Inflammatory Arthritis

• Doxycycline compared to Methotrexate for Treating RA

• When doxycycline was given to 15 RA patients and methotrexate to 14, similar results were shown for improvement of disease.

• Doxycycline compared favorably to methotrexate in 6 month followup showing the antibiotic to be an effective DMARD (disease modifying anti-rheumatic drug) for RA.

Sreekanth VR. Department of Medicine, All India Institute of Medical Sciences, New Delhi.
The Infectious-Etiology Theory of Inflammatory Arthritis

Israeli study:

• "Statistically significant improvement was noted in almost all variables of disease activity. . . Of the 12 patients completing the study, 25% had complete remission, 25% had more than a 50% improvement and the other 50% had moderate improvement (>25%)."

The Infectious-Etiology Theory of Inflammatory Arthritis

HARRIS POLL RESULTS:

• Survey Reveals Common, Low-Cost Antibiotic Therapy May Have Considerable Benefits for Rheumatoid Arthritis (RA).

• Survey shows substantial improvements in disease, reduction in pain, severity of condition and better quality of life as reported by rheumatoid arthritis and scleroderma patients.
The Infectious-Etiology Theory of Inflammatory Arthritis

• Of 11 pts, nine of the patients improved substantially, and two-thirds of those completing the study were in full remission, free of all disease activity. No other scleroderma therapy has ever come close to the kind of result reported in the Harvard study.

Herxheimer Reaction?

- Temporary worsening of symptoms, especially pain and inflammation, after beginning to treat an infection, possibly due to the ‘die-off’ reaction.
- Treat with hydration, colon cleansing, Vitamin C dosing, Magnesium-salt baths, and anti-histamines (diphenhydramine).
www.marshallprotocol.com – Theory:
Chronic “TH-1” inflammatory disease is initiated by infection, and propagated by excess conversion of -

• 25-OH-Vit D to 1-25 di-OH Vit D, which activates cytokine pathways.
www.marshallprotocol.com – Rx:

• Decrease Vitamin D level to < 15.
• Give frequent doses of a particular ARB called Benicar (Olmesartan).
• Start Minocin at small doses, then gradually add other antibiotics (zithromax, clindamycin, etc).
Tick-Borne Diseases

- Lyme Disease
- Bartonella
- Babesia
- Ehrlichiosis
- RMSF