

Summary of evidence-based guideline: Complementary and alternative medicine in multiple sclerosis

Report of the Guideline Development Subcommittee of the American Academy of Neurology



Vijayshree Yadav, MD,
MCR
Christopher Bever, Jr.,
MD, MBA, FAAN
James Bowen, MD
Allen Bowling, MD, PhD
Bianca Weinstock-
Gutman, MD
Michelle Cameron, MD,
PT
Dennis Bourdette, MD,
FAAN
Gary S. Geisler, MD,
FAAN
Pushpa Narayanaswami,
MBBS, DM, FAAN

Correspondence to:
American Academy of Neurology
guidelines@aan.com

ABSTRACT

Objective: To develop evidence-based recommendations for complementary and alternative medicine (CAM) in multiple sclerosis (MS).

Methods: We searched the literature (1970–March 2011; March 2011–September 2013 MEDLINE search), classified articles, and linked recommendations to evidence.

Results and recommendations: Clinicians might offer oral cannabis extract for spasticity symptoms and pain (excluding central neuropathic pain) (Level A). Clinicians might offer tetrahydrocannabinol for spasticity symptoms and pain (excluding central neuropathic pain) (Level B). Clinicians should counsel patients that these agents are probably ineffective for objective spasticity (short-term)/tremor (Level B) and possibly effective for spasticity and pain (long-term) (Level C). Clinicians might offer Sativex oromucosal cannabinoid spray (nabiximols) for spasticity symptoms, pain, and urinary frequency (Level B). Clinicians should counsel patients that these agents are probably ineffective for objective spasticity/urinary incontinence (Level B). Clinicians might choose not to offer these agents for tremor (Level C). Clinicians might counsel patients that magnetic therapy is probably effective for fatigue and probably ineffective for depression (Level B); fish oil is probably ineffective for relapses, disability, fatigue, MRI lesions, and quality of life (QOL) (Level B); ginkgo biloba is ineffective for cognition (Level A) and possibly effective for fatigue (Level C); reflexology is possibly effective for paresthesia (Level C); Carl Loder regimen is possibly ineffective for disability, symptoms, depression, and fatigue (Level C); and bee sting therapy is possibly ineffective for relapses, disability, fatigue, lesion burden/volume, and health-related QOL (Level C). Cannabinoids may cause adverse effects. Clinicians should exercise caution regarding standardized vs non-standardized cannabis extracts and overall CAM quality control/nonregulation. Safety/efficacy of other CAM/CAM interaction with MS disease-modifying therapies is unknown. *Neurology*® 2014;82:1083–1092

GLOSSARY

AAN = American Academy of Neurology; **AE** = adverse effect; **CAM** = complementary and alternative medicine; **CBD** = cannabidiol; **CI** = confidence interval; **DSM-IV** = Diagnostic and Statistical Manual of Mental Disorders, 4th edition; **EDSS** = Expanded Disability Status Scale; **FDA** = US Food and Drug Administration; **FSS** = Fatigue Severity Scale; **GB** = ginkgo biloba; **GNDS** = Guy's Neurological Disability Scale; **HRQOL** = health-related QOL; **MFIS** = Modified Fatigue Impact Scale; **MS** = multiple sclerosis; **MSIS** = Multiple Sclerosis Impact Scale; **OCE** = oral cannabis extract; **PPMS** = primary progressive MS; **QOL** = quality of life; **RCT** = randomized-controlled trial; **RRMS** = relapsing-remitting MS; **SAE** = serious adverse effect; **SPMS** = secondary progressive MS; **THC** = tetrahydrocannabinol; **VAS** = visual analog scale.

Complementary and alternative medicine (CAM) therapies are nonconventional therapies used in addition to or instead of physician-recommended therapies. CAM use is prevalent in 33%–80% of

patients with MS,^{1–10} particularly among those who are female, have higher education levels, and report poorer health.^{7–9,11} This document summarizes extensive information provided in the complete

Supplemental data
at Neurology.org

From the Department of Neurology (V.Y., M.C., D.B.), Oregon Health & Science University and Department of Neurology (V.Y., M.C., D.B.), Veterans Affairs Medical Center, Portland, OR; Center of Excellence—East (C.B.), VA Maryland Health Care System and Department of Neurology (C.B.), University of Maryland School of Medicine, Baltimore; Multiple Sclerosis Center (B.B.), Swedish Neuroscience Institute, Seattle, WA; Multiple Sclerosis Service and Complementary and Alternative Medicine Service (A.B.), Colorado Neurological Institute, Englewood; The Jacobs Neurological Institute (B.W.G.), Buffalo, NY; Department of Neurology (G.S.G.), University of Kansas Medical Center, Kansas City, KS; and Department of Neurology (P.N.), Beth Israel Deaconess Medical Center/Harvard Medical School, Boston, MA.

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