



# Prescription Drugs: Alternative Uses, Alternative Cures: Over 1,500 New Uses for FDA-Approved Drugs

By Kevin R. Loughlin M.D., Joyce Generali

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NEW BREAKTHROUGH TREATMENTS FOR

Arthritis • Hay Fever • PMS • Depression

Insomnia • Migraines • Chronic Heartburn

High Blood Pressure • Ulcers

Lyme Disease • Back Pain -- plus hundreds more

## Did You Know?

- More than 1,500 legal prescription drugs have been shown by studies to be highly effective for uses not yet approved by the FDA.
- One out of four prescriptions written today is for an alternative use of an FDA-approved drug.

Off-label prescriptions -- as new uses for FDA-approved drugs are called -- are completely legal alternatives used by doctors on the cutting edge to treat illnesses and symptoms that do not respond to traditional therapy. But patients need to know what is available and safe in order to speak with their doctors about their health care needs.

This one-of-a-kind volume, compiled by a team of leading medical experts, reveals all the off-label drugs that may better treat your condition. Arranged alphabetically by both conditions and drugs for easy reference, this is the one book every informed patient should own.

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## **Editorial Review**

### **About the Author**

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## **BRAIN AND NERVOUS SYSTEM DISORDERS**

### **Alzheimer's Disease**

Alzheimer's disease, a neurological condition that affects an estimated four million people nationwide, results in the death of nerve cells in the brain. Symptom onset begins gradually, often as mild forgetfulness, and may be falsely attributed to normal aging. As the disease progresses cognitive abilities decrease, people are unable to make decisions or perform everyday tasks, and some patients may undergo personality changes. In its later stages, Alzheimer's disease causes dementia and ultimately death.

**Commonly Prescribed (On-Label) Drugs: Donepezil, Galantamine, Memantine, Rivastigmine, Tacrine**

## **OFF-LABEL PRESCRIPTION DRUGS**

### **BREAKTHROUGH OPTIONS**

*Generic: Aripiprazole (ay-ri-PIP-ray-zole)*

**Brand: Abilify**

Aripiprazole belongs to the class of drugs known as antipsychotics and is used mainly for schizophrenia and schizoaffective disorder. It works to control psychotic symptoms by regulating two key brain chemicals associated with emotional health, serotonin and dopamine. By interacting with these brain chemicals, aripiprazole adjusts and restores balance to the levels of serotonin and dopamine in the brain.

There is evidence that aripiprazole may be useful in treating Alzheimer's patients who exhibit psychotic symptoms. A 10-week study of 208 patients with Alzheimer's disease-associated psychosis in *Journal of Clinical Psychopharmacology* compared the safety, effectiveness, and tolerability of aripiprazole versus placebo. The aripiprazole group showed significant reduction in psychosis symptoms, suggesting that this drug is safe and well tolerated.

For more information see page 1025.

**Generic: Atorvastatin (a-TORE-va-stat-in)**

**Brand: Lipitor**

Atorvastatin belongs to the class of drugs called HMG-CoA reductase inhibitors, more commonly known as statins. It is used to lower cholesterol, primarily LDL cholesterol or "bad" cholesterol, which is responsible for the development of arterial plaque leading to a heart attack or stroke. Unlike other statins, atorvastatin can also reduce fat levels, another risk factor for heart disease. Statins prevent the liver from producing cholesterol by blocking the cholesterol production enzyme.

Laboratory evidence shows that the cholesterol-induced production of a neurotoxin may precipitate Alzheimer's disease. Therefore, by reducing the production of cholesterol by using a cholesterol-lowering statin, the production of this neurotoxin may also decrease, potentially slowing the progression of Alzheimer's disease.

In a clinical trial, patients with mild to moderate Alzheimer's disease received atorvastatin calcium or placebo. The study found that reducing the circulation cholesterol levels improved measurements of Alzheimer's disease compared with placebo. However, these data, while encouraging, were not deemed statistically significant. Researchers believe the results of the study are promising, but additional clinical trials are needed to establish further the role of atorvastatin in treating Alzheimer's.

For more information see page 1030.

**Generic: Buspirone (byoo-SPYE-rone)**

**Brand: BuSpar**

Buspirone is an antianxiety medication used to treat anxiety disorders or short-term symptoms of anxiety. It works by stimulating nerve cells and altering neurochemically transmitted messaging. Unlike the more commonly prescribed antianxiety medications in the benzodiazepine class, you will not feel the effects of this therapy until after two or more weeks of treatment.

In Alzheimer's disease, buspirone is thought to alleviate depression and psychosis that complicate dementia. Studies of its use in Alzheimer's disease are very limited, but in an evaluation of studies, approximately 40% of patients had a positive response to buspirone.

For more information see page 1061.

**Generic: Carbamazepine (kar-ba-MAZ-e-peen)**

**Brands: Carbatrol, Epitol, Tegretol, Tegretol XR**

Carbamazepine is used to control seizures in epilepsy, to relieve pain due to trigeminal neuralgia, and in the treatment of mania and bipolar disorders. In Alzheimer's disease, this drug may modify brain chemical (neurotransmitter) activity.

Several small studies suggest that carbamazepine may reduce agitation in people with dementia including

Alzheimer's patients. In a six-week study, 21 patients with Alzheimer's disease who had been previously and unsuccessfully treated with antipsychotics received either carbamazepine or placebo. Researchers followed up with patients at six weeks, evaluated them using a variety of psychiatric scales, and found significant improvements in symptoms of Alzheimer's disease, although the hallucination evaluation favored the placebo group. The study provided support for initial reports of the efficacy of carbamazepine in improving and stabilizing hostility in patients with Alzheimer's disease; however, additional long-term studies are needed to extend these findings.

*For more information see page 1068.*

**Generic:** **Citalopram** (sye-TAL-oh-pram)

**Brand:** **Celexa**

Citalopram, from the class of drugs known as selective serotonin reuptake inhibitors or SSRIs, is used to treat depression and acts to restore the brain's chemical balance by increasing the supply of the neurotransmitter serotonin. It acts as an emotional stabilizer and, theoretically, may be effective in treating many of the symptoms associated with Alzheimer's disease.

A study of 98 people in *British Journal of Psychiatry* evaluated the clinical efficacy of citalopram versus placebo in Alzheimer's patients. After four weeks, patients treated with citalopram showed a significant reduction in emotional bluntness, confusion, irritability, anxiety, fear/panic, depressed mood, and restlessness. Only very few, mild side effects were reported. Another study of citalopram in patients with Alzheimer's disease and dementia found similar results with the drug reducing emotional disturbance symptoms, but showing no improvement in psychomotor and cognitive behavior. Both studies were small, but indicate promise in the treatment of emotional symptoms associated with Alzheimer's disease dementia.

*For more information see page 1096.*

**Generic:** **Divalproex** (DI-val-PROE-ix)

**Brands:** **Depakote Delayed Release, Depakote ER, Depakote Sprinkle**

Divalproex is an anticonvulsant drug used in the treatment of manic episodes associated with bipolar disorder, complex partial seizures associated with epilepsy, and for the prevention of migraine headaches. Although how it works has not yet been established, its activity may be related to increased brain levels of gamma-aminobutyric acid (GABA).

In patients with Alzheimer's disease, divalproex seems to reduce behavioral agitation, a common manifestation of dementia. In a 10-patient study, patients were started on divalproex sodium and evaluated between two to five weeks. Of the ten patients enrolled, five patients showed improvement, which suggests that divalproex may be effective for behavioral agitation in elderly patients with dementia; however, larger studies are needed.

*For more information see page 1147.*

**Generic:** **Fluoxetine** (floo-OKS-e-teen)

**Brands:** **Prozac, Prozac Weekly, Sarafem**

Fluoxetine is an antidepressant from the selective serotonin reuptake inhibitor (SSRI) class, used to treat depression, obsessive-compulsive disorder (OCD), bulimia nervosa, premenstrual dysphoric disorder, and panic disorder. Compared to other SSRIs fluoxetine has a strong energizing effect, making it highly effective for treating depressed mood and lack of energy.

There have been several studies and case reports of fluoxetine treating Alzheimer's disease symptoms. One study reported success with fluoxetine for six months in the treatment of severe obsessive-compulsive symptoms in an Alzheimer's disease patient. Another researcher reported that fluoxetine also exhibited positive mental reasoning effects in treating depression in people with Alzheimer's.

*For more information see page 1192.*

**Generic: Gabapentin (GA-ba-pen-tin)**

**Brand: Neurontin**

Gabapentin is used to manage post-herpetic neuralgia in adults and partial seizures associated with epilepsy. It has also been used to control agitation and aggression in people with dementia based on the rationale that certain anticonvulsant medications have positive effects in reducing mania and aggressive behavior.

While no specific studies of gabapentin in the treatment of Alzheimer's disease patients have been conducted, several case reports and studies have reviewed gabapentin in treating elderly patients with dementia. In a 24-patient, two-year review published in *American Journal of Geriatric Psychiatry*, researchers analyzed gabapentin's effects on aggressive and agitated behaviors in nursing home patients diagnosed with dementia. Seventeen of 22 patients were deemed much or greatly improved, four were minimally improved, and only one was noted as unchanged. Two of the patients had to discontinue use of gabapentin due to excessive sedation, but no other significant side effects were reported. Further data are needed to support the findings of the study.

*For more information see page 1206.*

**Generic: Haloperidol (ha-loe-PER-i-dole)**

**Brands: Haldol, Haldol Decanoate**

Haloperidol is used to treat psychotic disorders and control tics and vocal utterances associated with Tourette's syndrome. It works by interfering with the effects of brain chemicals on the nerves. Haloperidol has had some success in treating Alzheimer's disease-related psychosis and delusions. One study showed that neuroleptic drugs such as haloperidol resolve delusions and psychotic behavior in about 20%...

## **Users Review**

**From reader reviews:**

**James Rodriguez:**

Nowadays reading books become more than want or need but also be a life style. This reading addiction give you lot of advantages. The advantages you got of course the knowledge the particular information inside the book in which improve your knowledge and information. The info you get based on what kind of guide you read, if you want attract knowledge just go with schooling books but if you want sense happy read one with

theme for entertaining like comic or novel. Typically the Prescription Drugs: Alternative Uses, Alternative Cures: Over 1,500 New Uses for FDA-Approved Drugs is kind of book which is giving the reader unforeseen experience.

**Terry Myers:**

The book Prescription Drugs: Alternative Uses, Alternative Cures: Over 1,500 New Uses for FDA-Approved Drugs has a lot info on it. So when you make sure to read this book you can get a lot of profit. The book was published by the very famous author. The writer makes some research ahead of write this book. This particular book very easy to read you may get the point easily after perusing this book.

**Martin Hanson:**

Playing with family in a very park, coming to see the ocean world or hanging out with close friends is thing that usually you could have done when you have spare time, after that why you don't try factor that really opposite from that. One activity that make you not experience tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of knowledge. Even you love Prescription Drugs: Alternative Uses, Alternative Cures: Over 1,500 New Uses for FDA-Approved Drugs, you may enjoy both. It is great combination right, you still need to miss it? What kind of hangout type is it? Oh can happen its mind hangout folks. What? Still don't obtain it, oh come on its known as reading friends.

**Peter Lombard:**

As a student exactly feel bored in order to reading. If their teacher asked them to go to the library or even make summary for some e-book, they are complained. Just very little students that has reading's spirit or real their hobby. They just do what the instructor want, like asked to go to the library. They go to right now there but nothing reading critically. Any students feel that studying is not important, boring along with can't see colorful photos on there. Yeah, it is for being complicated. Book is very important in your case. As we know that on this era, many ways to get whatever you want. Likewise word says, ways to reach Chinese's country. Therefore , this Prescription Drugs: Alternative Uses, Alternative Cures: Over 1,500 New Uses for FDA-Approved Drugs can make you feel more interested to read.

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