

Last known state of EF patients correlated with treatments (online forums)

progress	percent	patients	PDN	MTX	CEL	HCQ	IVP	AZA	IVG	CYC	MED	IFX	RTX	CIM	DEP	XJZ	ALB	LFL	MYF	CPH	LDN	MEP	diets	therapies	exercises
noprogress	8%	30	21	16	5	3	4	2	1	2	1	2	1	1	1	1							1	4	2
improved	33%	127	116	80	31	25	20	6	7	2	5	4	6		3	5	1		4			1	20	44	34
remission	44%	169	161	115	28	40	19	16	6	4	5	6		3	1	1	4	4	2	3	2		71	85	83
relapsed	11%	42	39	32	10	10	4	1	2		1		1	1	3						1	1	4	8	8
unknown	5%	18	12	8	1		1					1												2	1
ALL	100%	386	349	251	75	78	48	25	16	8	12	13	8	5	8	7	5	4	6	3	3	2	96	143	128

PDN=Prednisone/Prednisolone (corticosteroid)

MTX=Methotrexate

CEL=CellCept (mycophenolate mofetil)

HCQ=Hydroxychloroquine (Plaquenil)

IVP=Intravenous methylprednisolone (Solu-Medrol)

AZA=Azathioprine (Imuran)

IVG=Intravenous immunoglobulin (IgG)

CYC=Cyclosporine

MED=Medrol (oral methylprednisolone)

IFX=Infliximab (Remicade)

RTX=Rituximab (Rituxan)

CIM=Cimetidine

DEP=Injected methylprednisolone (Depo-Medrone)

XJZ=Xeljanz (tofacitinib)

ALB=Albendazole

LFL=Leflunomide (Arava)

MYF=Myfortin (mycophenic acid)

CPH=Cyclophosphamide (Cytoxan)

LDN=Low Dose Naltrexone

MEP=Mepolizumab (Nucala)

diets=anti-inflammatory, gluten-free, vegan, avoid sugar and salt, etc.

therapies=physiotherapy, occupational therapy, hydrotherapy, therapeutic massage, etc.

exercises=gym, weights, workouts, yoga, walking, cycling, swimming, etc.

No definite conclusions can be drawn from the figures for each drug as patients are often prescribed more than one at the same time. However the last three columns do appear to show that patient behaviour can improve outcomes. Patients who reached remission made more effort on diets, therapies and exercise.