

Treatments taken by EF patients posting online and what they credit (scores are low because few say)

treatment	patients	credits	score (0-10)
Prednisone	307	136	4
Prednisolone	43	17	4
Methotrexate	251	72	3
CellCept (mycophenolate mofetil)	75	14	2
Hydroxychloroquine (Plaquenil)	78	12	2
Intravenous methylprednisolone (SoluMedrol)	48	13	3
Azathioprine (Imuran)	25	5	2
Intravenous immunoglobulin (IgG)	16	7	4
Cyclosporine	8	2	3
Medrol (oral methylprednisolone)	12	5	4
Infliximab (Remicade)	13	5	4
Rituximab (Rituxan)	8	2	3
Cimetidine (Tagamet)	5	1	2
Depo-Medrone/Depo-Medrol (methylprednisolone by injection)	8	3	4
Xeljanz (tofacitinib)	7	3	4
Albendazole	5	1	2
Leflunomide (Arava)	4	2	5
Myfortic (mycophenolic acid)	6	1	2
Cyclophosphamide (Cytoxan)	3	1	3
Low Dose Naltrexone	3	2	7
Mepolizumab (Nucala)	2	2	10
Diets (gluten-free; vegan; avoid sugar and salt; etc)	96	19	2
Therapies (physiotherapy; hydrotherapy; therapeutic massage; etc)	143	80	6
Exercises (gym; weights; workouts; yoga; walking; cycling; swimming; etc)	128	52	4

The score estimates the effectiveness of each treatment by dividing the number of patients who credit it by the number who had the drug or treatment. Many patients are not sure which helped the most when having several drugs or treatments so they cannot say. The scores are only for rough comparison.