

>75% of their salivary function scores were counted as treatment responders ($P < 0.05$).

Results

No significant differences were noted between the two arms for salivary production and symptom scores for up to 3 months' follow-up. A significant difference in favour of the treatment arm was observed at 6 months' follow-up, but this may have been biased by patient drop out (21/30 and 13/26 patients in the treatment and control arms, respectively). At 6 months post-treatment, 41% of

patients in the treatment arm maintained >25% of baseline unstimulated saliva production, compared with 8% in the control arm.

Conclusion

There was no significant benefit in symptom control or salivary flow during and at 3 months after radiation treatment. There was a trend for ALTENS patients to have less impairment of salivary flow and to experience fewer symptoms 6 months after completion of treatment, but this was not statistically significant.

Alternative treatment for drug abuse: the role of nutritional supplements

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Objective

The aim of this explorative pilot study was to investigate if nutritional supplements can be used as an adjunct in the treatment of drug addiction.

Materials and methods

In an open trial, a total of 31 patients with chronic drug addiction problems were offered a multi-drug nutritional treatment protocol for different types of addictions within distinct phases of detoxification, craving and maintenance. Twenty-nine patients agreed to use the supplements; two declined, saying that they would use will power. The technique provided a combination of amino acid caps, multivitamins, Ca^{2+} (calcium citrate and lysinate), Mg^{2+} (magnesium oxide and lysinate) vitamin B₆, bio-gamma linoleic acid (GLA), L-glutamine, tyrosine and D-phenylalanine.

Results

After 12 weeks of treatment and follow-up, patients who used the supplements had less craving (drug hunger) as

evidenced by more negative than positive urine samples; they were able to stay in treatment because they had relief of their psychological symptoms (e.g. craving, anxiety, depression and sleep problems). There was also reduction in the frequency of drug use, reduction in the rate of return to treatment, and there improvements in both the nutritional and general well-being of the addicts.

Conclusion

The results show that nutritional supplements have a significant benefit when used as an adjunct in the treatment of drug addiction.

Acknowledgements

The authors wish to thank the Maryland Division of Alcohol and Drug Abuse Administration and the Board of Directors of Awele Treatment & Rehabilitation Clinic for encouraging this study.

The effect of thermal massage on T-lymphocytes and natural killer cell function

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Objective

The purpose of this pilot study was to assess the effect of thermomechanical massage on human immune cell function.

Materials and methods

Immunological studies were performed on 10 healthy volunteers (average age 24 years). The study was approved by the Institutional Review Board and was conducted in