

# Is the treatment in Italy effective?



## Italian National Healthcare

Italian National Healthcare is currently the first to have published national guidelines for the treatment of CRPS. Once a patient is diagnosed according to the Budapest criteria, the suggested treatment path is always a multidisciplinary approach including Neridronate infusions with a personalized rehabilitative program. There is a huge literature around the effectiveness of Neridronate for this condition: FDA considered it a breakthrough in the treatment for CRPS. The development of the pharmaceutical part of the treatment was publicly financed, through the national agency AIFA. The treatment is approved by AGENAS, an other national agency involved in the rating of every medical facility, doctor and therapy of the country.



## Guidelines

As the Guidelines for the Treatment of CRPS suggest, we were able to condense the full therapy in one easy package: customized physiotherapy sessions, a dietitian and the possibility to add a week staying at the Medical Hotel, enjoying the ancient thermal waters of Abano Terme. This is very important because, in this week, the patient will be followed in a beautiful and relaxing environment, continuing the rehabilitative program in a worldwide known place.



## What you can expect

Neridronate infusions are the only pharmaceutical treatment directly linked to a remission. Within the first year since the date of onset, 80% of the patients showed a total remission from this condition. Between 2 and 5 years, the treatment path showed an average of 80% of remission. After 5 years the results may vary depending on which stage the patient is in. In 65% of cases Neridronate has lead to complete or almost complete remission, 20% testified a substantial improvement of their quality of life. CRPS has 3 stages and their duration may vary because of many different reasons. A patient could be in stage 1 for years and still hope for the best outcome out of this treatment, therefore a medical evaluation is necessary before we proceed.



## A safe treatment

Neridronate infusions are minimally invasive and painless. This drug, differently from many other options including other bisphosphonates, comes with no side effects on the long term. The infusions might cause some joint aching and some flu-like symptoms, which can be kept under control with minor drugs that the clinic will provide. Many people are concerned because they heard about the joint necrosis often related to bisphosphonates. By being of that class of drugs, a patient needs to be informed on this too: bisphosphonates might cause jaw necrosis when the patient takes them for many weeks or months (1.2-9.9% of cases, depending on the bisphosphonate and the time), with a 0.7% chance for Neridronate. With CRPS, however, the chances drop even more, because the treatment only consists of 4 infusions in about a week, only once or twice.



## Relief on the longest term

When a patient gets diagnosed with CRPS, in Italy, the pharmaceutical treatment path is always the same. Neridronate infusions are a one-time treatment which might need a recall for more aggressive types of CRPS, the doctor will evaluate every single case. The power of this treatment is to keep the situation under control (when there is not a full remission), allowing the patient to live a normal life and to be functional. This is why we avoid using pain management therapies unless it is extremely necessary: ideally, the obtained benefits will not fade away. When the treatment was first trialed, 100% of the patients stated that the symptoms never came back, not even 2 years after.



## Neridronate vs. other treatment

As we have seen, Neridronate is the only drug that showed a direct link with a remission from CRPS. Other popular treatments (like Ketamine infusions, opioids or experimental therapies) do not have any scientific research backing their effectiveness on CRPS. This is totally understandable because, especially for a patient, the pain is the main problem. However, the pain is only a symptom of this terrible condition and if a doctor only focuses on it, he will not solve the problem. Our goal here is to treat the problem from its roots, taking care of all the symptoms, especially with long time warriors. The pain management treatments might be useful to keep the pain under control allowing a proper treatment: while the pain medications might come with terrible side effects but give quick relief, this treatment will take a few months to kick in but it comes with no side effects, a patient only needs it once and the benefits will not fade away.