

## DUCHENNE MEDICATIONS AND SUPPLEMENTS

| Medication Class                          | Drug Names  | What it Does   | Dose/Time/Notes |
|---|---|--|-----------------|
| <b>NEUROMUSCULAR</b>                      |   |  |                 |
| <b>Corticosteroids</b>                    | Deflazacort, Emflaza<br>Predisone, Prednisolone                         | Steroids are known to slow down the decline in muscle strength and motor function including preserving ambulation, upper limb and respiratory function and prevent scoliosis |                 |
| <b>Other</b>                              |   |  |                 |
| <b>CARDIAC</b>                            |   |  |                 |
| <b>ACE-Inhibitors</b>                     | Lisinopril (prinivil, Zestril)<br>Enalapril (Vasotec, Epaned)           | Helps lower blood pressure by making the blood vessels leading from the heart open wider, allowing the heart to pump blood throughout the body using less pressure           |                 |
| <b>Angiotensin II Receptor Antagonist</b> | Losartan (Cozaar)   | Helps lower blood pressure by making the blood vessels leading from the heart open wider, allowing the heart to pump blood throughout the body using less pressure           |                 |
| <b>Beta-Blockers</b>                      | Atenolol (Tenormin)<br>Metoprolol (Lorpressor)<br>Propranolol (Inderal) | Helps the heart to relax and beat more slowly, so it has more time to fill and pump more completely and efficiently  |                 |

|                              |   |  |  |
|------------------------------|---|--|--|
| <b>Diuretics</b>             | Furosemide (Lasix)                                | Helps the body remove extra water so there is less blood volume for the heart to pump                                    |  |
| <b>Antimineralcorticoids</b> | Eplerenone (Inspra)<br>Spironolactone (Aldactone) | These are mild diuretics (helps remove extra water in the body) that may also help to delay fibrosis in the heart muscle |  |
| <b>Other</b>                 |   |  |  |

## **BONE HEALTH**

|                              |                       |   |  |
|------------------------------|-----------------------|---|--|
| <b>Bisphosphonates</b>       | Fosamax (Alendronate) | These prevent the loss of bone mass and can be used in DMD to treat osteoporosis caused by steroid use; may be oral or IV (IV preferred by bone health experts) |  |
| <b>Parathormone</b>          | Natpara               | This is a hormone, usually secreted by the parathyroid gland that keeps calcium and phosphorus in the bones to keep them healthy                                |  |
| <b>Calcium supplements</b>   |                       |   |  |
| <b>Vitamin D supplements</b> |                       | It is recommended that you have yearly blood tests for a serum 25(OH) to look at Vitamin D levels   |  |

|                               |   |  |  |
|-------------------------------|---|--|--|
| Other                         |   |  |  |
| <b>GI/GU</b>                  |   |  |  |
| <b>Histamine 2 Antagonist</b> | Ranitidine (Zantac)<br>Famotidine (Pepcid)                                  | These work to block the receptors in the stomach which secrete gastric acid for use when steroids have caused reflux (heart burn) or stomach ulcers          |  |
| <b>Proton Pump Inhibitors</b> | Omeprazole (Prilosec)<br>Lansoprazole (Prevacid)<br>Pantoprazole (Protonix) | These work to block the enzyme in the wall of the stomach that produces gastric acid for use when steroids have caused reflux (heart burn) or stomach ulcers |  |
| <b>Laxatives</b>              | Polyethylene Glycol (Miralax)<br>Docusate Sodium (Senokot)                  | Helps treat constipation by increasing the amount of water in the intestines to stimulate bowel movements  |  |
| Other                         |   |  |  |
| Other                         |   |  |  |
| Other                         |   |  |  |

## MENTAL HEALTH

|   |  |  |  |
|---|--|--|--|
| <b>Selective Serotonin Reuptake Inhibitors (SSRI)</b> | Fluoxetine (Prozac)<br>Sertraline (Zoloft)<br>Escitalopram (Lexapro)<br>Paroxetine (Paxil) | These work to treat a variety of mood disorders including anxiety and depression by correcting the imbalance of serotonin in the brain |  |
| <b>Stimulants/ ADHD Medications</b>                   | Adderall<br>Concerta<br>Vyvanse  | These work by boosting concentration and focus while reducing hyperactive and impulsive behavior                                       |  |
| <b>Other</b>  |  |  |  |
| <b>Other</b>  |  |  |  |

## SUPPLEMENTS \*There is no evidence to support the use of supplements in Duchenne

| Type of Supplement              | Name of Supplement          | Proposed Mechanism of action   |  |
|---------------------------------|-----------------------------|--|--|
| <b>Branch-chain amino acids</b> | leucine, isoleucine, valine |  |  |
| <b>Melatonin</b>                |                             | This is a hormone that helps you fall asleep, especially if you have difficulty related to other medications keeping you awake |  |
| <b>Co-Enzyme Q10</b>            | CoQ10                       | It is thought that this can provide metabolic support to muscle, thus preserving muscle strength                               |  |

|       |  |  |  |
|-------|--|--|--|
| Other |  |  |  |
| Other |  |  |  |

## GENE THERAPY

|               |                         |   |  |
|---------------|-------------------------|---|--|
| Exon-Skipping | Exondys 51 (Eteplirsen) | This new therapy works to skip over the missing exon in the dystrophin gene so it is still functional |  |
| Other         |                         |   |  |

## CLINICAL TRIAL

|  | Name of Trial | Contact for Trial |
|--|---------------|-------------------|
|  |               |                   |
|  |               |                   |