

How To Talk To Your Doctor About LDN

We are fortunate to have two helpful write-ups on this important topic:

First is from a post by Facebook group member Dr. John Kim:

“Below is my approach:

Use scholar.google.com or pubmed.gov to research:

(fyi - scholar.google.com captures more articles than pubmed.gov)

Type in LDN and *condition*

i.e. LDN and Pain

For discussion about use of general LDN (most uses covered):

Low-Dose Naltrexone (LDN)—Review of Therapeutic Utilization

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6313374/>

(or alternate link) <https://www.mdpi.com/2076-3271/6/4/82>

For discussion about use of LDN For Pain

Treating chronic pain with low dose naltrexone and ultralow dose naltrexone: a review paper

https://www.yoonhangkim.com/_files/ugd/989c76_d02e148980704b6db5e74069eac349ab.pdf

PRINT the article - ask the doctor to read (Abstract) and give them space. I would follow up with the doctor in 1 - 3 days asking if he/she would consider prescribing. Sometimes, it is easier to write a letter and send it. Contact me (drkim@georgiainegrative.com) and I will send you a draft of the letter (you will need to change the name of the condition). Letter helps because it clearly shows the shared decision making process.

Today more providers are aware and also there are telemedicine and agelessRx options (Brian Haviland knows details). Help to educate your providers - if they have an open mind”

YOONHANGKIM.COM

www.yoonhangkim.com

And from LDN Author/Advocate and member Julia Schopick:

<https://honestmedicine.typepad.com/TPOHM%20wcover%2011-1-18%20%281%29HOW%20TO%20CONVINCE%20YOUR%20DOCTOR%20TO%20PRESCRIBE%20LDN%20FOR%20YOU.pdf>

Low-Dose Naltrexone (LDN)-Review of Therapeutic Utilization...

<https://pubmed.ncbi.nlm.nih.gov/30248938/>

Another useful article:

Opioid Antagonists in Pain Management...

<https://www.medcentral.com/pain/chronic/opioid-antagonists-pain-management>

If your doctor is open minded the LDN Books make great loans or gifts to help them learn about LDN. There are three volumes written mainly by doctors and a fourth book of patient experiences is just out.... look for the books on Amazon (FB did not allow the links)

In case your doctor is confused thinking LDN/Naltrexone is an opioid:

<https://ldnresearchtrust.org/what-is-low-dose-naltrexone-ldn>

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Brian Haviland - LDN International

On MeWe:

<https://mewe.com/group/68184bdfb6f32649cc96d0f6>

On Reddit:

<https://www.reddit.com/r/LowDoseNaltrexone/>

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