

## WHAT IS KNOWN

Based on scientific studies, clinical trials, patient input and the groundbreaking Harris Interactive survey of hundreds of patients, the following is known:

- **Antibiotics slow or arrest the progression of rheumatic diseases**, ease pain, lessen stiffness, diminish swollen joints and bring about an enhanced quality of life. Patients experience few, if any, side effects even after long-term administration.
- Although an often quoted and successful clinical trial (NIH sponsored “Minocycline in Rheumatoid Arthritis”) employed a uniform daily dose, **some patients do not respond well to the uniform protocol**. Individuals may require lower or intermittent dosage or a change to another antibiotic (most commonly doxycycline). This could minimize an initial adverse immune mediated response (believed by some to represent a Jarisch-Herxheimer reaction.) Patients often remain on their traditional treatment until AP takes effect.
- Conventional training of physicians does not include information about administering antibiotic therapy for these diseases. **This safe and effective treatment has not been broadly adopted in the medical community**. However, acceptance is changing because of successful clinical trials and growing enthusiasm of large numbers of patients using antibiotic therapy.

THE JOURNEY BEGINS HERE



*Supporting  
antibiotic therapy  
for rheumatic diseases*

The journey begins here

The Road Back Foundation (RBF) was founded as a nonprofit organization in 1993 to inform the public about the significant benefits of treating rheumatic diseases such as rheumatoid arthritis and scleroderma with antibiotic protocols.



## THE MISSION

Over the years, remarkable improvement has been reported anecdotally by many thousands of patients on antibiotic protocols for rheumatic and related diseases. Accumulating studies show positive results in clinical trials as well as research supporting the growing body of evidence about the efficacy of antibiotic therapy. The many patient testimonials on the Road Back Foundation and other websites afford further validation of the therapy's effectiveness in a broad range of rheumatic conditions.

Reports in leading medical journals, including *The Lancet*, *Annals of Internal Medicine*, *Arthritis & Rheumatism* and *Rheumatology* indicate that antibiotic protocols have proven safe and effective in these applications. Despite this, there has been little support for investigating the use of antibiotic treatment. The Road Back Foundation is dedicated to providing that missing advocacy through education and outreach to patients and the medical profession about AP.

There remains continuing uncertainty about the mode(s) of action of antibiotics in these conditions. However, various theories may not be mutually exclusive. These include, but are not limited to, antimicrobial, anti-inflammatory and anticollagenase mechanisms.

## ACCOMPLISHMENTS

The RBF has:

**Commissioned** the landmark Harris Poll of patients identified as using antibiotics to treat their disease. The results are remarkable and serve to further educate the public about AP.

**Supported** clinical trials and ongoing basic research as to the mechanism(s) of action of minocycline in rheumatoid arthritis.

**Funded** media information campaigns targeting national and community newspapers regarding the successful use of AP in diseases such as rheumatoid arthritis and scleroderma and their applicability to related conditions.

**Provided** a highly-visited website with educational information and a discussion forum for patients and others who are interested in AP.

**Created** an international network of volunteers who help patients to access relevant resources and contact information for an expanding list of physicians who will use AP in their practice



## CAN WE HELP OR...

### ...ARE YOU ABLE TO HELP?

For **business/organizational-related** matters contact us at: [rbfcontact@roadback.org](mailto:rbfcontact@roadback.org)

For **peer-to-peer** assistance, contact support through the RBF community bulletin board (discussion forum) at: [www.rbfb.org](http://www.rbfb.org)

**Financial support is appreciated.** Please donate online at: [www.roadback.org](http://www.roadback.org)

Mail contributions to:  
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