Award Number: W81XWH-09-2-0065

TITLE: Trial of Naltrexone and Dextromethorphan for Gulf War Veterans’ Illness

PRINCIPAL INVESTIGATOR: William Joel Meggs, MD, PhD

CONTRACTING ORGANIZATION: East Carolina University
Greenville, NC 27858

REPORT DATE: July 2010

TYPE OF REPORT: Annual

PREPARED FOR: U.S. Army Medical Research and Materiel Command
Fort Detrick, Maryland 21702-5012

DISTRIBUTION STATEMENT: (Check one)
Approved for public release; distribution unlimited

The views, opinions and/or findings contained in this report are those of the author(s) and should not be construed as an official Department of the Army position, policy or decision unless so designated by other documentation.
**Title:** Trial of Naltrexone and Dextromethorphan for Gulf War Veterans' Illness

**Authors:** William J. Meggs, MD, PhD

meggsww@ecu.edu

**Dates Covered:** 1 JUL 2009 - 30 JUN 2010

**Abstract:** This project is a randomized, controlled trial of dextromethorphan & naltrexone for Gulf War illness.
# Table of Contents

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Introduction</td>
<td>4</td>
</tr>
<tr>
<td>Body</td>
<td>5</td>
</tr>
<tr>
<td>Key Research Accomplishments</td>
<td>6</td>
</tr>
<tr>
<td>Reportable Outcomes</td>
<td>7</td>
</tr>
<tr>
<td>Conclusion</td>
<td>8</td>
</tr>
<tr>
<td>References</td>
<td>n/a</td>
</tr>
<tr>
<td>Appendices</td>
<td>n/a</td>
</tr>
</tbody>
</table>
INTRODUCTION:

The purpose of the research is to study the efficacy of naltrexone and dextromethorphan for Gulf War Illness. The hypothesis to be tested is that Gulf War Illness results from low grade central nervous system inflammation. Naltrexone and Dextromethorphan were chosen for investigation due to the work of Dr. John Hong and others, that these medications modulate central nervous system inflammation.
BODY:

We are still working on the first task, which is to obtain Institutional Review Board approval for the study. We have successfully obtained approval by the East Caroline University Institutional Review Board. The Department of Defense Institutional Review Board has undertaken several protracted reviews.
KEY RESEARCH ACCOMPLISHMENTS:

There are no key research accomplishments because we cannot begin the research until we obtain DOD IRB approval to start the research.
REPORTABLE OUTCOMES:

None at this time.
CONCLUSION:

It is very difficult to get IRB approval for this project, requiring multiple levels of review, each of which takes months, and each of which requires extensive clarifications, revisions, and further IRB review.