

## ONLINE CONSULTATION REPORT

Date: 19 June 2022

Consultant: Kirill Shlyapnikov, MD, neurologist, immunologist

### Patient data

Name: Albana Qemali.

DOB: 13.11.2013.

Gender: F.

Weight: 23 kg.

The consultation was held with the patient's legal representative, father, Trim Qemali [trimqemali@gmail.com](mailto:trimqemali@gmail.com)

**Diagnosis (ICD 11).** 6A02 Autism spectrum disorder. 5C53.Y Other specified inborn errors of energy metabolism (mitochondrial disease). Encephalopathy.

### Medication

#### Start from day 1

1. Risperidone 1mg/ml Oral Solution, take once a day at 20:00,
  - first 5 days 0.25ml,
  - from 6<sup>th</sup> day 0.5ml;
  - from the 11<sup>th</sup> day onwards – 1ml for 4 months, then discuss with a doctor. In case of daytime lethargy reduce the dose by 0.25ml.
2. Carbamazepine retard 200mg once a day at night for 4 months, then discuss with a doctor.

#### Start from day 15

#### "Mitochondrial cocktail" – metabolic supplements for regular use

1. Vitamin B complex 2 capsules a day.  
<https://iherb.com/search?sug=coenzyme%20b%20complex&kw=coenzyme%20b%20complex&rank=2>
2. Vitamin D 5000 IU daily.
3. Ubiquinol 200mg 3 times a day.
4. Acetyl-L-carnitine 750mg 3 times a day before meals. For example <https://iherb.com/pr/carlson-labs-acetyl-l-carnitine-powder-free-form-amino-acid-3-53-oz-100-g/15673>
5. Ascorbic acid 50mg a day.
6. Alfa lipoic acid 150mg / day.
7. L-Ornithine 3000mg / day. For example <https://www.iherb.com/pr/now-foods-sports-l-ornithine-powder-8-oz-227-g/725>
8. Vitamin E 100 IU / day.

**Comment.** Taking a mitochondrial cocktail can lead to general mental activation. Therefore, you can start using it only with controlled excitability. It may be necessary to adjust the doses of drugs that correct excitability (Risperidone 1mg/ml 1.5ml/day, Carbamazepine 400mg/day). If excitability is under control, the action of the mitochondrial cocktail usually leads to a significant improvement in mental health in ASD.

#### Start from day 30

9. Leukovorin tablets 30 mg/day for 4 months, then discuss with a doctor.

### Diagnostics and consultations

Scheduled control in September 2022:

1. General blood test, ALT, AST, GGT, ALP, creatinine, urea, uric acid, lactate, pyruvate, ammonia, lactate dehydrogenase, creatin kinase, prolactin, insulin, glucose, TSH, parathyroid hormone, antistreptolysin, anti-streptococcal hyaluronidase, anti

streptodornase B (DNase B), eosinophilic cationic protein, CH50, interleukin 1 beta, interleukin 6, interleukin 8, tumor necrosis factor.

2. General urinalysis.
3. Stool test – secretory IgA, pancreatic elastase, Clostridium difficile antigens A and B.
4. Consultation with ready-made results of recommended lab tests.

limitation of liability. The diagnosis must be confirmed by the patient's physician. Any medical intervention can only be prescribed by the patient's attending physician.

**Doctor:** Kirill Shlyapnikov [ksh@nim-care.com](mailto:ksh@nim-care.com)