

# Is SOT an effective treatment for Lyme disease?

Thursday, May 11, 2023

<https://danielcameronmd.com/sot-for-lyme-disease/>

In their article [“Supportive Oligonucleotide Therapy \(SOT\) as a Potential Treatment for Viral Infections and Lyme Disease: Preliminary Results.”](#) Apostolou and colleagues describe findings from a study aimed to evaluate the efficacy of SOT in 115 patients with either Epstein–Barr (EBV), Herpes Simplex Virus or Lyme Disease.<sup>1</sup>

Oligonucleotide was administered intravenously to the participants and a PCR test was performed to evaluate the effectiveness of SOT. Treatments were prescribed to inhibit proteins essential for microorganisms.

DNA was isolated from both cells and serum of individuals with Lyme disease. The authors targeted outer surface proteins (OspA and OspB) seen on *Borrelia burgdorferi* spirochetes.

**“SOT might be beneficial for patients with Lyme disease or infections by viruses, such as EBV and HSV.”**

According to the authors, “This study revealed that for Lyme Disease, one or two SOT administrations can lead to a statistically significant decrease in DNA copies.”

## Unanswered Questions

Research Genetic Cancer Center (RGCC) labs in Greece has produced SOT for the treatment of Lyme disease. Apostolou and colleagues were able to reduce the number of DNA copies. Their study was not designed to assess whether reducing the number of DNA copies would help Lyme disease patients or assess the safety or efficacy of SOT in these patients.

The authors also did not address the effectiveness of this therapy if co-infections, such as Bartonella and Babesia, were to be present or if other factors are present, such as persisters and biofilms.

### Related Articles:

[New treatments for Lyme disease on the horizon?](#)

[Who is more likely to fail Lyme disease treatment?](#)

[6 reasons for delayed treatment of Lyme disease](#)

**References:**

1. Apostolou P, Iliopoulos A, Beis G, Papasotiriou I. Supportive Oligonucleotide Therapy (SOT) as a Potential Treatment for Viral Infections and Lyme Disease: Preliminary Results. *Infect Dis Rep.* Nov 3 2022;14(6):824-836. doi:10.3390/idr14060084

---

Is SOT an effective treatment for Lyme disease? - <https://danielcameronmd.com/sot-for-lyme-disease/>