



NECESSITY OF A THREE-COMPONENT MEDICAL TREATMENT PROGRAM FOR ADHESIVE ARACHNOIDITIS (AA)

Arachnoiditis was defined in medical dictionaries in 1873 as a chronic inflammatory disease of the spinal canal cover (arachnoid). Unfortunately, far too many persons with the disease and who treat it, approach treatment strictly as a pain problem. Chronic inflammation destroys nerve tissues, causes more pain, and neurologic impairments such as paralysis of the bowel, bladder, and legs. Regeneration of tissues helps suppress inflammation, prevents complications, and enhances pain relief.

Proper Treatment Strategy: Every person with AA and those who treat it must be aware that there is a 3-component treatment program and be aware that AA treatment requires medicinals from all three categories. Given here are the 3 components and currently popular medicinals in each component.

<u>#1 Pain Control Component</u>
Short-acting Opioids: tramadol, codeine, hydrocodone, oxycontin/acetaminophen
<u>Potent Opioids</u>
Oxycodone, morphine, hydromorphone, methadone, fentanyl patch
<u>Neuropathic Agents</u>
Gabapentin, diazepam, alprazolam, baclofen, Soma®, Lyrica®
<u>Descending Pain</u>
Provigil®, methylphenidate, Adderall®, dextroamphetamine, clonidine, tizanidine, Mucuna. Lion's mane, St. John's wort

NOTE: Constant pain requires medicinals from all 3 categories.

<u>#2 Inflammation and Autoimmune Control</u>
a. Methylprednisolone, 4 mg, 3 days a week Ketorolac, 10 mg, 3 days a week OR b. Pregnenolone, 200 mg, twice a day DHEA, 200 mg, twice a day Palmitoylethanolamide (PEA), 600 to 1200 mg, twice a day
<u>Dietary Supplement Options</u>
Curcumin, serrapeptase, glutathione, quercetin, luteolin Options: acetazolamide, pentoxifylline
<u>Diet</u>
High protein, anti-inflammatory
<u>#3 Regeneration of Injured Tissue</u>
Peptide options: KPV, BPC-157, thymosin, ARA290 Collagen/amino acid supplements
<u>Hormones</u>
Human chorionic gonadotropin (HCG), colostrum, deer antler velvet
<u>Exercise</u>
Walking, weightlifting, flexing, stretching

Summary: Every person with AA should review these medical components and be taking medicinals from each component. We believe this is essential for relief, recovery, and quality of life.