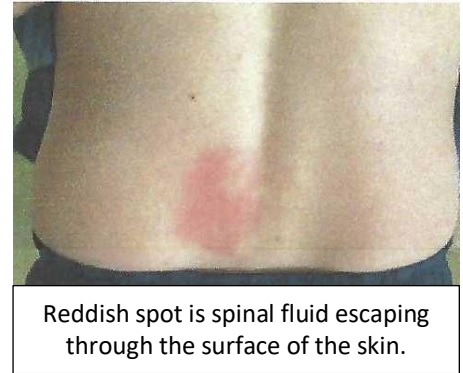


COMPLICATIONS AND TREATMENT OF AA SPINAL FLUID LEAKS

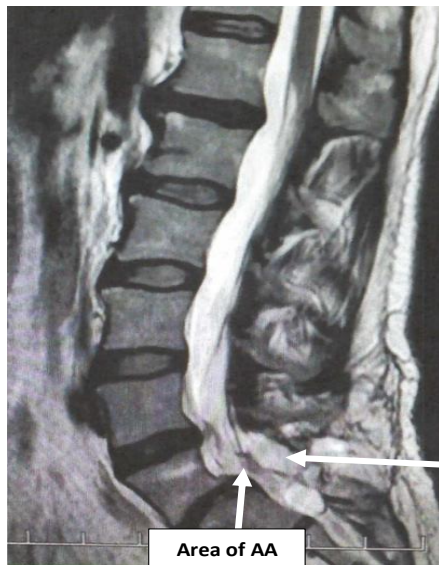
COMPLICATIONS: Spinal fluid is an acidic irritant to ligaments, muscles, and fascia which are outside the spinal canal. The body attempts to push leaked spinal fluid to the skin so it can evaporate into the air. Spinal fluid that leaks into muscles and other tissues causes inflammation and severe pain. Chronic leakage can cause muscles and tendons to scar and contract. In this case a person with AA may find that they can't fully extend their arms or legs or stand up straight.



Reddish spot is spinal fluid escaping through the surface of the skin.

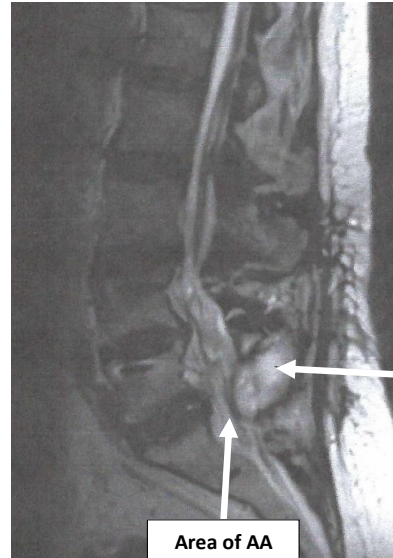
TREATMENT: Small leaks in the spinal canal covering seem to heal with about any of the agents that suppress intraspinal inflammation. The list of agents includes corticosteroids, Toradol®, turmeric, and diclofenac. Electromagnetic therapies (e.g., Provant®, PEMF, laser) seem very effective. Large leaks (see images below) usually require aggressive treatment. We start with a 6-day Medrol® Dose Pak and continue treatment with tissue restoration hormones such as HCG, nandrolone, DHEA, or testosterone. Leakage represents a severe case of AA and requires an on-going program of suppression of spinal canal inflammation and tissue restoration.

TREATMENT SUMMARY: Fortunately, the dural layer of the spinal canal covering appears to heal with a number of inflammation suppression and tissue restoration measures. AA, particularly if it causes leaks, is a serious, often catastrophic disease. We continue to advocate an on-going 3-component medical protocol: (1) inflammation suppression, (2) tissue restoration, (3) pain control. Specific dietary and physical measures as described in other bulletins are also deemed essential to stop and prevent spinal fluid leaks.



Spinal fluid leaking into tissue

Area of AA



Spinal fluid leaking into tissue

Area of AA

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