



## ARE YOU READY FOR YOUR NEXT FLARE?

Most persons with adhesive arachnoiditis (AA) spend their time trying to obtain basic help and educating their family, friends, and physicians about the reality of this unusual, strange disease. Few persons think about or plan for the inevitable pain flare. This bulletin is a “wake-up call” for all persons with AA to plan **NOW** for a future flare. It is naïve to believe it won’t happen.

CAUSE OF FLARE: Flares are primarily due to a surge in inflammation inside the spinal canal. Some are due to over-exertion, but most occur for no apparent reason.

HAZARDS OF FLARES: Flares are more than demoralizing severe pain and impairment. A flare means inflammation has erupted that can cause more and lasting damage to your cauda equina nerve roots and arachnoid-dural covering of the spinal canal. Consequently, flares are emergencies to be curtailed as soon as possible to prevent additional damage to nerve roots and canal covering. Untreated flares can cause permanent life altering damage. Urgent treatment is essential.

BEST FLARE TREATMENT: AA flares are best treated with injectable ketorolac (Toradol<sup>®</sup>, 30 to 60 mg) and injectable methylprednisolone (Medrol<sup>®</sup>, 10 to 20 mg). There is really no good substitute. Extra pain relief is best obtained with an injection of hydromorphone (4 to 10 mg), meperidine (50 to 100 mg), or morphine (10 to 20 mg). Opioid suppositories are excellent. Injections can be continued for up to 3 consecutive days.

LESSER FLARES: A 6-Day Medrol<sup>®</sup> Oral Dose Pak is suitable for mild flares.

RISKS VERSUS BENEFITS: Flares must simply be stopped as intraspinal canal inflammation poses far greater risks than injections of Toradol<sup>®</sup>, methylprednisolone, and opioids.

CONSULT YOUR PHYSICIAN: You and your family should request that your physician provide a prescription to obtain emergency, at home injections and a Medrol<sup>®</sup> Dose Pak. You or someone in your family may have to learn injection techniques. AA is a serious, disabling, life-shortening disease. Injectable medication is, unfortunately, an essential necessity for most persons afflicted with it.

ANCILLARY MEASURES FOR FLARES: Water soaking with Epsom Salts, ice packs, magnets, electromagnetic energy devices.

*Published as a public service by the Arachnoiditis Research & Education Project of the Tennant Foundation*

*336-338 S. Glendora Ave., West Covina, CA 91790-3043*

*Phone: 626-716-2689 Fax: 626-919-7497*

E-mail: [tennantfoundation92@gmail.com](mailto:tennantfoundation92@gmail.com)

[www.arachnoiditishope.com](http://www.arachnoiditishope.com)

[www.intractablepainsyndrome.com](http://www.intractablepainsyndrome.com)

*This information is not intended to diagnose, treat, cure, or prevent any disease, as this information is for educational purposes only, and is not a substitute for medical advice, diagnosis, or treatment. Please refer to your local qualified health practitioner for all medical concerns.*