



**ACETAZOLAMIDE FOR AA-RELATED
HEADACHES, BLURRED VISION, AND DIZZINESS**

Persons with AA frequently complain about the following symptoms: headache, dizziness, ringing in ears (tinnitus), head pressure, vertigo, nasal dripping. If you have one or more of these symptoms, you aren't "crazy" or imagining things. AA usually causes these symptoms.

CAUSE OF SYMPTOMS: We believe that the symptoms listed here are caused by one or two things: (1) spinal fluid flow impairment; (2) seepage or leakage of spinal fluid.

SPINAL FLUID FLOW IMPAIRMENT: AA is an inflammatory, adhesive mass that entraps nerve roots inside the spinal canal. This mass(s) is like a boulder in a stream. It causes the spinal fluid to divert and alter its normal speed and flow. Spinal fluid is made in the brain, flows down the spinal canal ("closed pipe") and then returns to the brain to be filtered by lymph nodes in the head and neck to be channeled into the blood stream and eliminated from the body by sweat and urine. Any impairment or interference of the fluid flow in the spinal canal can cause any of the above listed symptoms.

TREATMENT WITH ACETAZOLAMIDE (ACET): Standard medication for headaches, vertigo, or tinnitus should be attempted. In addition, we specifically recommend a trial of acetazolamide.

Here are our recommendations:

1. Start with 125mg for two consecutive days
2. If no side effects, increase the dosage to 250mg taken once or twice a day
3. Try acetazolamide for 10days. If you improve, continue 250mg once or twice a day for 3 to 5 days a week.
4. Stop the drug if you have no help or experience side effects.

BENEFITS OF ACETAZOLAMIDE (ACET): ACET not only lowers pressure inside the spinal canal, eye, and brain, it also suppresses neuroinflammation. We are aware of cases in which its spinal canal anti-inflammatory effectiveness rival's that of ketorolac (Toradol®) and methylprednisolone. We believe that every person with AA should have a trial of ACET. It can be a great adjunct to low dose naltrexone, opioids, and tissue restoration hormones.

Note: The next bulletin will present our recommendations for seepage or leakage of spinal fluid.

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