



BLOOD TESTS FOR ADHESIVE ARACHNOIDITIS (AA)

Medical treatment for AA is based on three age-old components for cure of disease: (1) suppress inflammation (2) regrow damaged tissue, (3) pain control. To successfully care for AA, specific blood tests should be done. All the blood tests can be ordered by your primary medical practitioner.

	<u>TEST</u>	<u>REASON</u>	<u>ACTION TO TAKE</u>
1	Glucose and Cholesterol	Excess sugar and cholesterol increase inflammation	If high, adjust your diet to lower either or both
2	C-Reactive Protein (CRP) Erythrocyte Sedimentation Rate (ESR) <u>Options:</u> cytokine panel, myeloperoxidase	If high, you have excess inflammation	Increase your inflammation suppression program
3	Hormone panel: cortisol, pregnenolone, DHEA, testosterone <u>Options:</u> progesterone, prolactin*, estrogen	If low, pain is not controlled.	Replenish any low hormone

SPECIAL NOTES: Pain increases if you have a low hormone.

+Cortisol will be low if you take a corticosteroid.

*Prolactin often goes up in uncontrolled pain.

HOW OFTEN TO TEST: Blood testing in AA should be every 3 to 6 months. If you have an abnormality repeat the test monthly until it is normal.

*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: 626-919-7476 Fax: 626-919-7497*

E-mail: tennantfoundation92@gmail.com www.arachnoiditishope.com 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.