



STEPS TO TAKE IF YOU ARE DETERIORATING

Adhesive arachnoiditis (AA) is a spinal canal inflammatory disease that can flare or progress at any time. You must build a “better and better” program to prevent flares and further deterioration. If you believe your AA is progressing and you are deteriorating, here are some steps we recommend:

1. Determine Your Type of Deterioration

More Impairments: weakness, bladder/bowel dysfunction, balance, walking, jerks/tremors
More Pain: baseline, flares, burning, stabbing

2. Take a Blood Test for Hormones and Inflammatory Markers

Hormones: cortisol, DHEA, pregnenolone, testosterone
Inflammatory Markers: ESR, CRP, cytokines

Note: A hormone deficiency may cause either more impairments, pain, or both. An elevated inflammatory marker simply calls for more aggressive control of spinal canal inflammation.

3. Review Your 3-Component Treatment Protocol (Ideally with a Friend or Family Member):

(1) suppression of inflammation, (2) regeneration of tissue, and (3) pain control. Shore up any component that is deficient.

4. Therapeutic Trials: We recommend you go through some medical trials to find one or more medications that will work for you. Here are some to try:

- Medrol® 6-Day Dose Pak
- Injection of estrogen or testosterone
- Ketorolac 30 to 60 mg for 1 to 3 days
- Methylprednisolone injection 20-30 mg
- Injection or suppository of hydromorphone, Demerol®, or morphine

5. Do You Have the Intractable Pain Syndrome? If your pain is constant, you will likely need pain control with endorphin, GABA, and dopamine/norepinephrine substitutes or enhancers.

6. Do You Have a Genetic Connective Tissue/Collagen Disorder of the Ehlers-Danlos Type? These disorders are genetically programmed to cause deterioration, usually in middle age and require aggressive tissue regeneration, nutrition, and hormonal measures. See our website for a screening test.

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