



**Arachnoiditis  
Bulletin 9  
April, 2017**

## **WHERE AND HOW DO I START TREATMENT?**

The title of this Bulletin is the most common question we get and the answer is straightforward.

***You need a blood test for inflammatory markers.***

Arachnoiditis and related conditions are neuroinflammatory diseases. Before starting treatment you need a blood test for:

- ✓ C-Reactive Protein
- ✓ Erythrocyte Sedimentation Rate (ESR)
- ✓ Cytokine Panel
  - Interleukins
  - Tumor Necrosis Factor

If any of your inflammatory markers are elevated, your starting protocol must be more aggressive. Example: You may need methylprednisolone plus ketorolac injections.

**IMPORTANT: Active neuroinflammation  
means progressive deterioration, so  
treatment must be aggressive.**

**Contact Information:**

**Arachnoiditis Medical Clinic**

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

**Fax: 626-919-7497 E-mail: [veractinc@msn.com](mailto:veractinc@msn.com)**

**[www.hormonesandpaincare.com](http://www.hormonesandpaincare.com) [www.foresttenant.com](http://www.foresttenant.com) [www.arachnoiditishope.com](http://www.arachnoiditishope.com)**