



Arachnoiditis Bulletin 5 Revised September-2018

RECOMMENDED HORMONE BLOOD PANEL

A. RECOMMENDED 6 HORMONE BLOOD PANEL

1. DHEA
2. Pregnenolone
3. Cortisol
4. Estradiol
5. Testosterone
6. Progesterone

B. WHY OBTAIN A HORMONE BLOOD PANEL?

Serum/blood levels may show a deficiency because neuroinflammation and pain can over stress the body's ability to keep up production of some hormones that are necessary for neuroregeneration and pain control. They are: DHEA, progesterone, pregnenolone, estradiol, testosterone, and cortisol.

1. The 6 hormones in the recommended blood panel ALL are used by the spinal cord and nerve roots to control neuroinflammation and promote neuroregeneration (nerve regrowth/healing).
2. Pain control medications may not be very effective since pain control sites ("receptors") in the central nervous system use hormones as a partner or "co-factor" with pain medication.

C. WHEN SHOULD A HORMONE PANEL BE DONE?

1. Before starting AA treatment.
2. Anytime pain control or symptoms (fatigue, burning, urinary hesitancy, etc.) worsen.
3. Every 3 to 6 months if you are in AA, protocol treatment.

The form of hormone supplementation is a choice between medical practitioner and patient. Oral, topical, patch, injection, sublingual.

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336½ S. Glendora Ave., West Covina, CA 91790-3043
Phone: 626-919-7476 Fax: 626-919-7497
E-mail: veractinc@msn.com*

www.arachnoiditishope.com www.foresttennant.com www.hormonesandpaincare.com