



# ADHESIVE ARACHNOIDITIS (AA)

## Bulletin 15

### May 2020

#### THREE COMPONENT MEDICAL TREATMENT – UPDATE

Based on our research, we have clearly learned that a 3-component medical protocol accompanied by specific physical exercises is the best control and treatment for AA. The 3 components are: (1) inflammation reduction; (2) tissue rebuilding, and (3) pain control. Daily, we receive reports as to which medications persons with AA are using and which they believe to be effective. This bulletin lists the various medications that have recently been reported to us to be effective by at least some persons with AA. Our best advice is to constantly review your medication program and see how it compares to others.

	<u>MEDICAL COMPONENT</u>	<u>DRUGS USED BY SOME PERSONS WITH AA</u>
1	<b>Inflammatory Reduction</b>	Naltrexone, ketorolac, methylprednisolone, dexamethasone, indomethacin, diclofenac, metformin, acetazolamide, pentoxifylline, curcumin, serrapeptase, adrenal cortex
2	<b>Tissue Rebuilding (Regeneration)</b>	Pregnenolone, DHEA, testosterone, medroxyprogesterone, estradiol, human chorionic gonadotropin (HCG), nandrolone, collagen supplements, B <sub>12</sub> , vitamin C, colostrum
3	<b>Pain Control</b>	Ketamine, kratom, palmitoylethanolamide (PEA), CBD, oxytocin, gabapentin, topiramate, pregabalin, duloxetine, baclofen, opioids, Adderall®, methylphenidate, carisoprodol, diazepam, alprazolam, clonazepam, amitriptyline, lidocaine patch



For best results you should take one or more medications from each component.

Some of the best meds don't require a prescription.



**NOTE:** The medications listed above are only those being reported by persons with AA. This bulletin makes no attempt to prioritize or state which may be most effective. Our research program hopes to narrow these lists as we get more information.

*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: veractinc@msn.com www.arachnoiditishope.com*