



## ADHESIVE ARACHNOIDITIS (AA)

Bulletin 34  
October 2020

### THE RATIONALE FOR THREE COMPONENT TREATMENT

Most medical problems are treated by a method called a guideline or evidence-based medicine practice. Our research on the complex pain problems of adhesive arachnoiditis (AA), Ehlers-Danlos Syndrome, and the Intractable Pain Syndrome works best by component therapy.

#### JUST WHAT IS COMPONENT THERAPY?

It is a collective or composite therapy based on the major pathologic defects caused by a disease or disorder. Each defect has a treatment component specifically directed at each major pathologic defect. Each component will contain the specific medical, physical, and psychologic measures that target a specific pathologic defect.

### THE THREE COMPONENTS OF ADHESIVE ARACHNOIDITIS THERAPY

#### 1. Suppression of Intraspinal Canal Inflammation:

A variety of tissues are inflamed which may include cauda equina nerve roots, spinal canal covering (arachnoid-dura) and protruding intervertebral discs. Therapeutic measures include medicinal agents (examples: ketorolac, methylprednisolone, dexamethasone, palmitoylethanolamide (PEA) and physical measures to enhance spinal fluid flow (example: arm raising, trampoline walking).

#### 2. Tissue Protection and Rebuilding:

Inflammation inside the spinal canal will constantly and progressively damage various tissues unless some therapeutic agents counterbalance the process and protect and/or rebuild the damaged tissue (examples: pregnenolone, DHEA, nandrolone).

#### 3. Pain Control:

Pain must be controlled enough to be able to physically and mentally function (examples: low dose naltrexone, gabapentin, low dose opioids).

#### ADVANTAGES OF COMPONENT THERAPY

1. Treatment is targeted at a specific pathologic component of a disease or disorder rather than treating everything with a single drug or other measure.

2. Medical practitioners and patients can select from several medical, physical, or psychologic measures to build a tailor-made program.

*Published as a public service by the Arachnoiditis Research & Education Project of the Tennant Foundation*

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