



ALTERNATIVES TO ORAL, PRESCRIPTION CORTICOSTEROIDS

At this time, we believe that one of these two corticosteroids, methylprednisolone (Medrol®) or dexamethasone, should be periodically taken to control intraspinal inflammatory disorders, particularly adhesive arachnoiditis (AA). Most MD's and NP's are not comfortable prescribing the oral formulations of these corticosteroids unless they have special training in their usage. Consequently, they will not prescribe them. Here are two alternatives.

1. Monthly or bimonthly injection	2. Non-prescription corticosteroid that can be obtained from a health food store
Most MD's and NP's will give a monthly or bimonthly injection of methylprednisolone or dexamethasone in their office.	<p>a. Adrenal Cortex - double the dosage on the label (It contains all-natural corticosteroids)</p> <p>b. Vitamin C 2000 to 4000 mg and B-12, 1000-1500 mcg a day</p>

WHY CORTICOSTEROIDS?

Two corticosteroids, methylprednisolone and dexamethasone (not prednisone or other), sufficiently cross the blood brain barrier, enter the spinal fluid and act directly on cauda equina nerve roots to suppress inflammation inside the spinal canal. To date, no other agent (ketorolac is an exception) appears to suppress intraspinal inflammation as well. AA is such a serious disease that periodic corticosteroid use has benefits that outweigh risks. Vitamin C and B-12 help corticosteroids to be more effective. They also promote tissue regeneration.



*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: tennantfoundation92@gmail.com www.arachnoiditishope.com www.intractablepainsyndrome.com

This information is not intended to diagnose, treat, cure, or prevent any disease, as this information is for educational purposes only, and is not a substitute for medical advice, diagnosis, or treatment. Please refer to your local qualified health practitioner for all medical concerns.