



# ADHESIVE ARACHNOIDITIS

## Bulletin 5

### January 2020

## GETTING STARTED TO DEAL WITH ADHESIVE ARACHNOIDITIS (AA)

Once you know or suspect you have AA, follow these steps to prevent complications and control the disease.

1. Start specific physiologic measures to prevent complications such as paralysis and halt progression of the disease. Best to start with water soaking, walking, and extending and flexing arms, legs, and feet.
2. Obtain our “Handbook to Live Well with Adhesive Arachnoiditis”, available on the internet. Some of the information is on the website, [www.arachnoiditishope.com](http://www.arachnoiditishope.com). Information from unknown persons in a social media or support group may not be helpful.
3. Realize that AA is, like rheumatoid arthritis, an inflammatory disease that cannot usually be cured but can be controlled. Don’t let depression or “the blues” keep you from action. Discuss the situation with your family and loved ones. Don’t waste time blaming yourself or others – take action to prevent complications.
4. Go immediately to your local pharmacy or health food store and start some of the non-prescription anti-inflammatory and pain-relieving drugs that are popular with persons who have AA. Obtain our ‘Self-Help Guide’ from our handbook or website.
5. Make an appointment with your personal medical practitioner (MD, DO, NP, PA, Naturopath) and show him/her the medical guides we recommend. Your practitioner may not be very knowledgeable about AA, but almost all the medications known to help persons with AA are known to primary care practitioners.
6. Faithfully do some of the physiologic measures each day. These will keep you stable while building a good medical program.
7. Once you have done the above steps, you can explore the possibility of specialty care and experimental treatments.