



DON'T COUNT ON ONE DOCTOR

The most common request we get is to give a referral to a doctor who will follow our protocols. The most common complaint we get is that a pain management doctor or clinic won't prescribe corticosteroids, naltrexone, Toradol®, or enough opioids.

BE ADVISED: The medical profession has developed a new care system in the last two decades that will hardly permit care to be obtained from a single doctor if you have a relatively rare condition like AA, Ehlers-Danlos (EDS), traumatic brain injury (TBI), CRPS, or the Intractable Pain Syndrome. You must understand the “new” health care system, or you may find yourself with NO care.

BASIC PROBLEMS:

1. The new specialty of “pain management” is only to provide symptomatic care for pain such as epidural injections or implanted stimulators. Rarely will “pain management” attempt to treat the basic cause of your pain. Medical practitioners (MD, DO, NP) will treat your basic cause such as AA, TBI, EDS, CRPS, with corticosteroids, anti-inflammatories, hormones, non-opioid or limited amount of opioid medications.
2. Medical practitioners, such as internists and family physicians, are not allowed to be “Board Certified Pain Specialists”. Consequently, malpractice carriers and insurance agencies will only permit a non-board-certified physician to prescribe a limited amount of opioids.
3. Continuing education for physicians has almost disappeared in some locales. You must take education materials on your basic disease to your local medical practitioners. Due to the loss of physician postgraduate education, there are few physicians who know much about AA, EDS, TBI, CRPS, or IPS.
4. Almost all large medical centers and universities will only diagnose your condition and will not provide long-term treatment.

WHAT ARE YOUR OPTIONS?

1. Find a local medical doctor to treat your basic disease such as AA or Eds. If you want an electric stimulator or high dose opioids, consult a pain clinic.
2. Thoroughly educate yourself on the THREE COMPONENTS of medical treatment of AA: (1) suppression of inflammation; (2) regrowth of damaged tissue; (3) pain control. If your physicians don't prescribe enough in any one of the components, obtain non-prescription drugs on your own.
3. If you can't obtain all the opioid drugs you need to control your pain, obtain non-prescription pain relievers to compensate.

In Summary: To build an effective treatment program for yourself you will, in today's health system, must use more than one doctor and identify, your own, non-prescription drugs to ensure that you are getting help in all three components.

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