

## JOHN STODDART INTRO

*Today we are recognizing the terrible combination of CRPS and adhesive arachnoiditis (AA). Pain in the legs can be unbearable. Feet burn, skin becomes brittle and swollen, and discoloration sets in. After a time, weakness and partial paralysis set in. First, it's a walker of a wheelchair to be followed by a bed-bound state.*

*CRPS has only, in the past, been recognized when there has been obvious trauma to a leg, ankle, or foot. Entrapment and compression of cauda equina nerve roots in an inflammatory adhesive mass in the spinal canal is also a severe "trauma." John Stoddart has some positive experiences that need to be told. Also, he highlights a new recognition and cause of IPS: the combination of CRPS and AA.*

*Forest Tennant*

## JOHN STODDART

My name is John Stoddart and I purchased "Clinical Diagnosis and Treatment of Adhesive Arachnoiditis"; and oh, **this book saved my life!**

I have both AA and CRPS, but I mainly want to talk about my AA.

My AA was confirmed in 2020 (and my CRPS is over 10 years old). From 2020 to January 2022 most of the time I was able to manage the pain generated by both my AA and CRPS. Up until January 2022, pain from my AA and CRPS flare-ups was independent of each other; flare-ups never overlapped each other. By the end of January things started going badly. The AA and CRPS flare-ups started overlapping with each other. By January, the overlapping flare-ups were lasting for days, rather than hours. Because of the pain I was lucky to get 2 to 3 hours sleep in a night. At this point, no sleep and excruciating pain lasted days and made the pain unmanageable (and intolerable) to the point I started planning for end-of-life.

So, why do I call the book purchase a miracle? By April of this year:

- Pain from flare-ups was excruciating and lasted days rather than hours. The flare-ups had become uncontrollable, unmanageable and unbearable.
- I felt there was no hope for me to reduce my pain. The love of my family was the only thing worth living for. However, I reached a point where the overlapping flare-ups were overwhelming my will to live!

I felt I could no longer tolerate the pain and I felt the hope of finding medical treatment did not exist. At this point I just wanted to die. Then a miracle happened. My wife purchased Dr. Tennant's book "Clinical Diagnosis and Treatment of Adhesive Arachnoiditis". I bought the book and asked my pain doctor to also purchase the book. He did and my wife and I met with the doctor to review the book's medication protocol. At the end of my appointment the doctor

gave me prescriptions that reflected the medication protocol outlined in the book. Within a week of taking the protocol med's, things really got better.

- Before the protocol med's I had excruciating leg pain; there were times when I could not walk because of the pain intensity. At times I felt like I was wearing an over-the-calf sock made of pain. Now the pain in my legs is gone almost completely!
- Before the protocol med's I had very violent, and uncontrollable, twitching in both of my legs. Now the twitching in my legs is gone almost completely!
- Before the protocol med's I could not sleep because of the pain. I would maybe get about one full night of sleep in two weeks. I averaged 2 or 3 hours of sleep a night. Now I am sleeping all night for at least 5 or 6 nights a week.
- Before the protocol med's I lost most of my strength in both legs. Now, that has not improved. However, I am not sure if the strength loss is caused by my AA or CRPS.
- Before the protocol med's I still had very painful flare-ups caused by CRPS. But now, I find the CRPS flare-ups are more manageable. I contribute this to the lack of AA flare-ups and mostly, getting more sleep at night.

**John Stoddart**