

## NECHAMA SURIK – AUGUST 2021

THERE IS HOPE.

I would like to share a positive story with you all.

I was in a terrible, terrible state (like many of you). I had every symptom in the book: Extreme back and legs pain. I couldn't stand to brush my teeth or wash my hands. I couldn't take the elevator to get to my motorized wheelchair.

I had the feeling of water running down my legs, numbness, burning of my feet accompanied by red patches. I had muscle cramps day and night. No sleep at all, and the list goes on.

I was heavily medicated with everything you can imagine: Opioids, cannabis all day through, Gabapentin, and so much more. The pain just got more and more intense.

Dr. Tennant was the one to do the diagnosis after reviewing my MRI. I have adhesive arachnoiditis (AA). My own neurosurgeon's diagnosis was: Three failed surgeries.

I, of course, had countless spinal injections as well, despite the fact that they didn't work. I didn't know ....

After Dr. Tennant's diagnosis, I shared it with my family Doctor and my neurosurgeon.

I had a long talk with my family Doctor. I brought Dr. Tennant's book to him and marked the pages that had the treatments which Dr. Tennant recommended for me.

I told him that this is my last hope as my condition not only affects me but my all family. What's the point of living like this??

I was basically in bed all day long, just out of it, and IN PAIN.

I asked him to help me by just looking at the plan. Just read what I brought him.

He did. My doctor is also a researcher. So, he studied it. He consulted with other Doctors and agreed to apply the recommended treatment.

He, of course, explained the risks but agreed that at this point we need to try.

So, I started the hormone therapy to TRY to rebuild the nerves, (I was already on Gabapentin, and the rest).

The most difficulty I had was convincing the Doctor to try KETOROLAC.

He added Ketorolac by mouth 3 times a week.

In the first month, it was magic.

I was walking 2 km a day!! My doctor was shocked to see the effect.

When it started to lose its effect, he changed the prescription to 30 mg. injections, twice a week, and if needed, 3 times a week.

This changed my life.

As you know, Ketorolac is a powerful anti-inflammatory and pain control medication.

My doctor said that he starts at 30 mg, and with time, I will probably need 60 mg injectable.

I have a nurse coming to inject it.

Still – in case of the possibility of intolerance or other issues, and we will need to stop, we have a plan for an anti-inflammatory medication (that I forget the name now)- recommend by Dr. Tennant.

My life has changed.

No more cramps. No more feeling of water running down my legs. I still have mild burning here and there, but not 10 times a day.

I KNOW THAT MOST DOCTORS DO NOT AGREE WITH THIS, I KNOW.

I felt that I need to share it in case you have a doctor that you can have a productive conversation with.

I don't know the long-term effect, but I do know for sure that just being in bed all day, drugged out, caused multi-system problems.

Now I am alert. I am still on opioids because it's not something that I can just cut like that after 7 years on doses that I don't want to tell you.

It has been cut in half, but the objective of being pain-free has been achieved for now. I was sooooo close to losing my mobility. When I walked 10 mins very slowly, my muscles were so sore it felt as if I had run a marathon. My muscles were dead.

Now can take a good walk.

I can walk just with a cane. I don't take cannabis because I don't need it. But, if I do need 20mg of CBD, it does the job.

I used to be on 20mg 3 times a day + THC 10 mg. So, my memory was affected. I am sure many of you are familiar with this.

I got my life back, and pray for all of you, each one of you, that somehow you will be able to have a productive talk with a good doctor. A Family Doctor, a Neurosurgeon, whoever is open-minded.

I hope that this gives you hope, not frustration. Think of a Doctor who might be helpful.

I don't know for how long I will be able to be on it, but in the meantime, I was able to regain so many things which were lost.

Wishing you good health.

Take care, stay safe.

**Nechama Surik**