PAIN RELIEF

FIRST STEP IN ADHESIVE ARACHNOIDITIS TREATMENT

AA is a rare disease when compared to common diseases like hypertension and emphysema. As a group, physicians simply don't have time to learn about rare diseases. To date there are very few physicians who understand much less competently treat AA.

What Can and Should Your Doctor Do? All MDs and NPs are accustomed to treating pain. An AA patient, along with their family, should ask their physician for pain relief medication. Your choice is one of the short-acting, low potency opioids listed here. No doctor is disciplined by a government agency for prescribing a short-acting, low-potency opioid to a patient with MRI-documented AA.

Short-Acting, Low Potency Opioids
Tramadol, codeine, hydrocodone (Vicodin®, Norco®), oxycodone (Percocet®)

Why is AA Pain so Terrible? A high volume of bioelectricity normally flows through cauda equina nerve roots. In AA cauda equina nerve roots are damaged and trapped in inflammatory, adhesive nerve clumps. Arguably, AA pain is the worst we see in clinical practice.

Treating the Disease of AA: Once a person has pain relief medication and can achieve some comfort, the disease of AA can be treated by suppressing inflammation and autoimmunity and regenerating damaged tissues. The medicinals to treat the disease are mostly non-prescription, so a person does not have to depend on local physicians. All AA patients and families are encouraged to study AA and learn the treatment measures.

What if Your Doctor Won't Prescribe a Pain Reliever? Find a new doctor. A short-acting, low potency opioid should not be a problem in a person with AA. If necessary, one can appeal to your state medical board or insurance company to obtain basic pain relief.

Summary: Basic pain relief is the first step in control and treatment of AA. Once a person has some pain relief, treatment of the disease can be done with suppression of inflammation and autoimmunity and regeneration of damaged nerve roots. It is seldom that a physician will prescribe both pain and treatment medications. Physicians must prescribe pain medication and patients can treat the disease.

This educational information is provided as a public service by "Arachnoiditis Hope" a project of the Tennant Foundation, 336 ½ S. Glendora Ave., West Covina, CA 91790.
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#46 (Rev) 7/26