



LONG-TERM NECESSITY OF THE 3-COMPONENT PROTOCOL

About a decade ago it became clear to us that treatment of adhesive arachnoiditis (AA) and other causes of severe chronic pain requires a 3-component protocol that should be simultaneously administered: (1) suppression of inflammation and autoimmunity, (2) regeneration of damaged tissue, (3) control of pain.

This bulletin contains a letter from a long-term AA person. She covers her 3-component protocol which is not just medications but includes diet, exercises, and physical measures. This letter shows that AA is no longer a hopeless disease.

A LETTER FROM A PIONEER IN AA TREATMENT:

Hi Dr. Tennant,

This is AW, your friend from Texas. I wanted to check in with you and let you know how I'm doing, 7 years after I began the Tennant Protocol for severe late stages of both lumbar and cervical Adhesive Arachnoiditis.

In May of 2023, I began being able to drive again consistently and without severe flare ups! This was life changing and one thing that had kept me mostly homebound for almost 8 years prior to that.

I still take Ketorolac injections 3x a week in addition to a low dose of Dexamethasone. I still use narcotics as part of my pain management but at a much lower dose than when the journey started. I also make sure to incorporate treatments from all three columns of your recommendations.

I get labs drawn every 6-12 months to see if anything needs to change in my treatment approach. We monitor my hormone levels, thyroid, Inflammation markers, cbc, cmp, EBV levels, and other vitamin levels as needed such as D, B12, and B6.

I began In-Home physical therapy in Fall of 2022. I continue on my own now with a simple PT program 3 days per week in addition to the daily stretching, movement and rocking as needed. I have gotten so much stronger overall. Ups and downs happen but I can work through them now.

I also chose to change my diet when I was diagnosed with AA and that is still going well too. I do not consume any wheat, gluten, dairy or processed sugars. I used the Wahls Protocol as my guide with nutrition. I also discovered I feel my best without grains and legumes, while prioritizing consuming between 6-9 cups of veggies and fruits per day. I think another name for what I eat like is referred to Autoimmune Paleo Diet.

I still get pretty severe AA flare ups after any viral illnesses. I have medical support when I need it and we work through it until I'm stable again. I do best when I prioritize rest and stay hopeful about my future. My 3 boys are much older now than they were when my health journey started. They are now 11, 13, and 15. I'm so excited to actually be more physically involved in their lives now. One of my prayers was to have the ability to sit in the bleachers at their sporting events, and I can now!!!

Overall, there is so much to be thankful for. I do still have ups and downs. A more recent flare did take me out of driving and needing a walker again for a couple weeks but I got through it. I also have some visible muscle wasting in my left calf, and some new GI symptoms. I always assume those things are tied to AA, but I'm also trying to do my due diligence with following up with my care team to make sure nothing else is going on. Keeping a positive mindset is the thing I fight hardest for because it helps me get through those tough times.

Thank you again for all you are doing to help our AA community. You and your team have done amazing work and I pray you are always blessed with good health as well! I cannot tell you how many people I have recommended your books to. They have all been helped as well! We are all just so grateful to you and your work!