



## **THE THERAPEUTIC TRIAL TO ENHANCE TREATMENT**

Another name for therapeutic trial is “what have you got to lose?” Those who follow Arachnoiditis Hope know that our protocols and recommendations are designed to:

1. Stop deterioration
2. Provide some permanent reduction in pain and other symptoms.

Unfortunately, adhesive arachnoiditis (AA) is an uncommon disease so controlled trials with therapeutic agents can’t be easily done. To identify effective treatment agents, we must rely on clinical and patient experiences to select the best medicinals.

**Terminology:** Symptomatic treatment is to provide immediate comfort and relief. Cure means total elimination of a disease. Curative means a permanent reduction of symptoms.

**Curative Menu:** We now have a good number of therapeutic agents that medical practitioners and patients report to be “curative” in that pain, and other symptoms have permanently diminished with their use. Some of these are: BPC157, thymosin, ARA290, pregnenolone, DHEA, ivermectin, KPV, palmitoylethanolamide (PEA), and metformin.

**Time of Trial:** Unless stated otherwise a good therapeutic trial time is 3 weeks. If you do well after 3 weeks, continue the medicinal 2 or 3 times a week to maintain its benefits.

**Exceptions:** An ivermectin trial is 6.0 to 12.0 mg a day for one week. A PEA trial is 600 mg in AM and PM for one month and then 1200 mg in AM and PM for another month.

**What if the Trial Doesn’t Work?** Don’t worry. There are “different strokes for different folks.” Simply try another one. Don’t give up on trying curative measures that work for some folks. You will eventually find one that fits you.

**Prevention of Deterioration:** Curative measures almost always stop deterioration of AA. You must continually keep searching to find effective medicinals and build a better program.

**Summary:** Persons with AA should attempt therapeutic trials with medicinals that have helped some persons with AA to permanently reduce pain and other symptoms.

**NOTE:** Contact Arachnoiditis Hope for dosage recommendations if necessary.