



## **LOW DOSE, INTERMITTENT ADMINISTRATION OF MEDICATION IN ADHESIVE ARACHNOIDITIS (AA)**

AA is a serious, debilitating, life-shortening disease. Treatment requires these three components:

1. Suppression of inflammation and autoimmunity
2. Restoration of damaged tissue
3. Control of pain

To institute an effective treatment plan, multiple medications including nutritional supplements are necessary.

### **Necessity of Intermittent, Low Dosage Therapy:**

Only a relatively small number of medicinals have been identified that are consistently effective in treating AA. It is essential that some of these critical medications be used at a low dose and on an intermittent basis to avoid side effects and to keep the medication effective.

### **Definition of Intermittent:**

1. 1 to 4 days a week
2. Days are skipped so dosage is not taken daily

### **Critical Medications for Low Dose, Intermittent Use:**

Methylprednisolone/dexamethasone  
Ketorolac  
Nandrolone  
Human chorionic gonadotropin (HCG)  
Peptides (BPC-157, KPV, Thymosin-Beta, ARC-290)

### **ADD-ON MEDICATION THAT CAN BE USED INTERMITTENTLY (2 to 4 days a week)**

Pentoxifylline  
Metformin  
Doxycycline  
Acetazolamide