



Holladay Physical Medicine

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www.holladayphysicalmedicine.com

This Information is about this condition in general. Every individual has a unique presentation. Once you understand this information, consult the doctor on any specific questions about your condition.

Ankylosing Spondylitis

Rheumatoid spondylitis; Spondylitis; Spondylarthropathy

Ankylosing spondylitis is a long-term disease that involves inflammation of the joints between the spinal bones, and the joints between the spine and pelvis.

These joints become swollen and inflamed. Over time, the affected spinal bones join together.

Causes, incidence, and risk factors

The cause of ankylosing spondylitis is unknown, but genes seem to play a role. It may also be the result of autoimmune activity in the body.

The disease most often begins between ages 20 and 40, but it may begin before age 10. It affects more males than females.

Symptoms

The disease starts with low back pain that comes and goes.

- Pain and stiffness are worse at night, in the morning, or when you are not active. They may wake you from sleep.
- The pain typically gets better with activity or exercise.
- Back pain may begin in the sacroiliac joints (between the pelvis and spine). Over time, it may involve all or part of the spine.

You may lose motion or movement in the lower spine. You may not be able to fully expand your chest because the joints between the ribs are involved.

Fatigue is also a common symptom.

Other, less common symptoms include:

- Eye swelling or uveitis
- Heel pain
- Hip pain and stiffness
- Joint pain and joint swelling in the shoulders, knees, and ankles
- Loss of appetite
- Slight fever
- Weight loss

Signs and tests

Tests may include:

- CBC
- ESR
- HLA-B27 antigen
- X-rays of the spine and pelvis
- MRI of the spine

Treatment

Traditional medicine has used nonsteroidal anti-inflammatory drugs (NSAIDs) to reduce swelling and pain. These often become ineffective.

Different medicines are prescribed to calm swelling and the immune system:

- Corticosteroid therapy such as prednisone
- Sulfasalazine
- Methotrexate (taken once a week)
- TNF-inhibitors (etanercept, adalimumab, infliximab, golimumab)

Surgery may be done if pain or joint damage is severe.

Exercises can help improve posture and breathing. Lying flat on your back at night can help maintain a normal posture.

Expectations (prognosis)

The course of the disease is hard to predict. Symptoms may come and go at any time. Most people are able to function unless the hips are severely involved.

Rarely, people may have problems with:

- Abnormal heart rhythm
- Scarring or thickening of the lung tissue
- The aortic heart valve

PREMISE

In order to recover from many of today's chronic health disorders, a basic premise must be understood on which all other treatments and remedies depend. The body must be fed the proper ingredients to heal and it must not be fed or exposed to harmful or toxic elements. Go to our web page www.holladayphysicalmedicine.com Scroll down to the Absolute Health Clinic on the right and click on Learn More. Review each of the following completely: Things to Avoid or Eliminate, Things to Do, Detoxification, Preferred Foods, Forbidden Foods, and Cleaning Products Substitutes.

Each of these items is necessary for you to overcome this disorder. It is not likely that a cure is readily achievable and management is our initial goal. Depending on how long your body has suffered from this disorder, it may take at least half that long to gain control of the condition and manage it in such a way as to not completely interfere with your daily routine. Expectations should be largely based on your individual history with this condition.

USE OF PRESCRIPTION DRUGS

We do not prescribe drugs nor recommend their use if harmful side-effects are associated with your complaints. We also do not, in any case, recommend changes in the use of prescription drugs that a licensed physician has given you. If you believe alterations in those prescriptions are in the best interest of your health, always consult with the prescribing physician before making any changes.

SUPPLEMENTATION:

The ideal situation for nutrition in any injury or disease is first to eat whole foods, and to avoid processed foods, fast foods preservatives, refined carbohydrates and sugar. We have much information on our web page under Absolute Health Clinic. The physical medicine modalities we will provide you will help reduce the symptoms in the time we have projected. If you want to heal, this step is something you will need to take.

Nowadays, even if you do all of those things, you need to realize that our food supply has been gradually depleted. The pure ingredients needed to maintain body function, metabolism and immunity have been drastically reduced. We recommend only whole food supplements. Studies are clear that synthetic vitamins and mineral supplements are not only not helpful to the body in most cases, but can be toxic. Don't expect them to take the place of what we recommend here. They will not help you sufficiently to heal properly. The following list has been prioritized to help you gradually begin to supplement your improved diet and provide your body with the ingredients it needs to restore or improve your immune response and then provide the raw materials in usable form to repair the damaged or diseased tissue. The degree to which you can implement these items will largely determine how fast you recover and more importantly whether or not you have a recurrence or relapse of the symptoms again soon.

These products are all produced by Standard Process. You may obtain them on line from Amazon or other distributors if you like or we can order them for you and save you an average of \$5 per bottle plus you can avoid shipping charges.

GENERAL DAILY SUPPLEMENTS

Catalyn
Tuna Omega-3 oil
Calcium Lactate
Trace Minerals B12
Cataplex D
Prolamine Iodine

SPECIFIC FOR THIS CONDITION

Ostrophin
Cataplex F tablets
Cal-Ma Plus
Collagen C
Ligaplex I

Specific dosages will be provided by the doctor.

We have many other specific items for a variety of health deficient conditions. Consult our web page or ask the doctor.

OTHER INFORMATION:

We offer a wide variety of health information at our web site.
www.holladayphysicalmedicine.com All patients are welcome to use our information to improve your life and maintain your spinal health.

This information is provided to you as a health service by Dr. Bruce Gundersen, DC, DIANM. He is board certified by the International Academy of Neuromusculoskeletal Medicine and currently serves as chairman of the examination board for the Academy. He is also the President of the Utah College of Chiropractic Orthopedists and clinical director and chief clinician at Holladay Physical Medicine. He has practiced physical and regenerative medicine for over 40 years.