

iPad 11:47 AM 87%

ncbi.nlm.nih.gov

www. Alex Degenerat... Degenerat... Bulging Di... stenosis... Narrowing... Guide to F... Epidural...

NCBI Resources How To

PubMed US National Library of Medicine National Institutes of Health

PubMed Advanced

Format Abstract + Sen

Pain Physician, 2014 Jul-Aug;17(4):E451-74

Epidural steroid warning controversy still dogging FDA.

Manchikanti L,¹ Candido KD, Singh V, Ghanibzadeh CG, Boswell MV, Benjamin RM, Falco FJ, Grider JS, Diwan S, Hirsch JA.

Author information

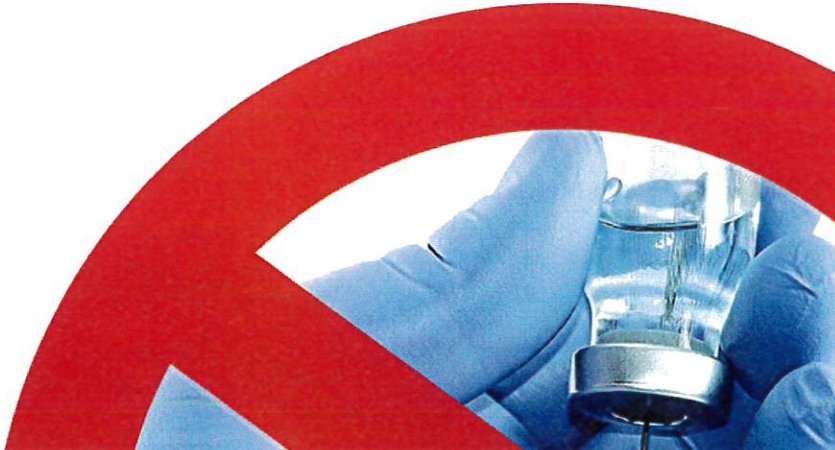
Abstract

On April 23, 2014, the Food and Drug Administration (FDA) issued a letter of warning that injection of corticosteroids into the epidural space of the spine may result in rare, but serious adverse events, including "loss of vision, stroke, paralysis, and death." The advisory also advocated that patients should discuss the benefits and risks of epidural corticosteroid injections with their health care professionals, along with the benefits and risks associated with other possible treatments. In addition, the FDA stated that the effectiveness and safety of the corticosteroids for epidural use have not been established, and the FDA has not approved corticosteroids for such use. To raise awareness of the risks of epidural corticosteroid injections in the medical community, FDA's Safe Use Initiative convened a panel of experts including pain management experts to help define the techniques for such injections with the aim of reducing preventable harm. The panel was unable to reach an agreement on 20 proposed items related to technical aspects of performing epidural injections. Subsequently, the FDA issued the above referenced warning and a notice that a panel will be convened in November 2014. This review assesses the inaccuracies of the warning and critically analyzes the available literature. The literature has been assessed in reference to alternate techniques and an understanding of the risk factors when performing transforaminal epidural injections in the cervical, thoracic, and lumbar regions, ultimately resulting in improved safety. The results of this review show the efficacy of epidural injections, with or without steroids, in a multitude of spinal ailments utilizing caudal, cervical, thoracic, and lumbar interlaminar approaches as well as lumbar transforaminal epidural injections. The evidence also shows the superiority of steroids in managing lumbar disc herniation utilizing caudal and lumbar interlaminar approaches without any significant difference compared to transforaminal approaches, either with local anesthetic alone or local anesthetic and steroids combined. In conclusion, the authors request that the FDA modify the warning based on the evidence.

PMID: 25054397

[Indexed for MEDLINE] Free full text

f t





PRINT OUT FOR YOUR PATIENTS

5 Reasons Why You Should AVOID Epidural Injections in Your Spine.

Dr's Eric Kaplan & Perry Bard,

Doctors it amazes us that most MD's and DC's do not know that epidurals for Disc are not FDA Approved. Did you ever know, or think to know that injecting steroids into your spine (epidural injections) is a great pain management strategy? Have you ever considered that may be utterly false? Even dangerous to your health?

Whether your doctor has recommended this for you or someone you love, have a look at my 5 Top Reasons why a bit of advice is just downright terrible. (Oh, if you already had epidural injections, I'll also share with you what you still do without repeating what didn't work for you, so read on...)

7 Reasons Here:

1. **Epidural Injections into your spine for your bad discs or pain is NOT FDA APPROVED..** (we are not talking about delivering a baby here). We are talking about the pain of sciatica, stenosis, arthritis, degenerative, bulging and herniated discs.
2. **The reason they are NOT FDA APPROVED is because they have not been proven to be safe or effective at all for that purpose.** But yet, doctor's are still advising this terrible unproven approach to you an answer, and using these shots not designed to help your spine, your discs, or your pain in what is called the drug industry as "off label" use. How does that sit with you? Is it really the answer you are looking for or

deserve?

3. **Epidural Injections are destructive and dangerous to your health.** Which is why the FDA will not approve them. They simply do much more damage to you than they do good. Especially if you use them more than once. **Even a single injection will cause you permanent bone loss (osteoporosis) and increase your chances of a future spinal fracture by 21%.** Did you ask for that?
4. Plus the additional dangers they don't want you to know like: weight gain, cataracts, auto immune disorders, infections, elevated blood sugar levels, damage to blood vessels, bleeding, dura puncture, nerve damage, paralysis, stroke and even the possibility of death (which has happened many times). Is this what you asked for? Are you looking to make things worse for yourself? Don't you deserve better than this?
5. **Epidural Injections were never created to treat the CAUSE of your pain or inflammation.** Treating your pain or your inflammation does not treat WHY you have your pain or inflammation. It's the same as having a rock in your shoe causing you pain and inflammation and all you do is inject your foot with anti-inflammatory and pain meds...but leave the rock there to keep causing your pain and inflammation to persist and get worse. Does that make sense to you? **Now you see why this epidural injection approach only adds more problems for you and why the FDA will NOT approve these for your spine, your discs, or your pain.**
6. **Epidural Injections may lead you to spinal surgery.** When you keep treating your pain with dangerous and ineffective epidural injections it can only allow your conditions to get worse which leads to the recommendation of your spinal surgery. Everyone you know that had back or neck surgery had epidural injections first, and it was a failed promise that made things worse for them which moved them right into surgery....the same surgery you are probably facing if you are hoping and relying that these epidural injections work for you, even when they didn't work for millions of people before you (Failure leaves clues). You know you are better than that.
7. **The Industrial Medical Complex (Corporate Medicine) has an agenda...and it's not your agenda unless you want drugs, injections, and surgery for life.** Are you really interested in making the largest, most corrupt mega corporations on the planet richer, while your life keeps getting worse? I don't think so. In fact, you know you want answers and you want to get better and stop the medical insanity you are trapped in.

Hi, I'm Dr. Eric Kaplan and along with my partner Dr. Perry Bard, Founder and creator of Disc Centers of America. **We attract people that don't fall for the evil establishment, the sick status quo, and are determined to make life better for themselves even if they have to tell their corporate controlled doctors to sit this one out.**

Get Our App today and see why Disc Centers of America along with the International Disc Education Association are changing the way America treats back and disc disorders.