



Clinical Applications of Specialized Pro-Resolving Mediators



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Typical Everyday Patients We See Treated with SPMs

- ▶ A middle age female with unexplained, chronic non-responsive toe pain
- ▶ An overweight heavy equipment operator with chronic systemic ache, pain, myalgia, arthritis and fatigue
- ▶ A frustrated and desperate woman with a 5 year periodontal and tooth pain
- ▶ A young mother with two years of non-stop bleeding Ulcerative Colitis
- ▶ A 68 year-old retired educator/editor with a full year of post herpetic neuralgia, insomnia and fatigue



Adrian

- ▶ Adrian, 48 year female with continual, daily, non-stop toe pain 5-months. R/O gouty arthritis, dropped meta-tarsal arch and plantar fasciitis. All negative, but noticeably inflamed and slightly swollen great toe. Painful to touch, and altered gait
- ▶ Podiatrist Rx cortisol injection with no benefit, NSAIDS, some minor temporary relief
- ▶ Rx SPMs 8/day 3 days, 6/day for 7 days, 4/day 7 days, followed by 2 per day
- ▶ 2-week follow up visit; pain completely resolved



Rick

- ▶ Rick is 51 yr construction worker, heavy machines. Systemic ache, pain in muscle, joints, and over all sense of inflammation and pain
- ▶ History of body abuse with work, poor diet, no exercise, refrains from doctors, and 30# overweight.
- ▶ Treated structurally for myofascial and joint pains with about 30% pain reduction and improved ROM
- ▶ Added collagen and joint support formulas with Type II collagen and THIAA (tetra iso-alpha acids from hops)
- ▶ Additional 20% improvement
- ▶ Added SPMs: 8 per day 5 days, 6 per day 5 days, 4 per day 5 days, 2 per day
- ▶ Additional 40% reduction of pain after 10 days



Bonnie

- ▶ Bonnie, 57 yr female, chronic periodontal pain, thought to be related to infected root canal. 5-years duration
- ▶ Seen by multiple dentists, alternative Docs, neurologist, and pain specialist
- ▶ Initial treatment plan included elimination diet, with anti-inflammation medicinal food powder, followed by 28 day hepatic detoxification program. Reduced pain about 50%, overall improvement in feeling of well being. Energy, sleep etc
- ▶ Suggested applying SPMs directly onto gums at involved tooth
- ▶ Had immediate noticeable reduction in pain to nearly 0



Amy

- ▶ Amy, 38 yr with 2 year history of colitis with non-stop bleeding, systemic pain and specific lower back pain. On several medications including prednisone
 - ▶ Some prior relief with elimination diet, especially gluten and casein
 - ▶ Began on strict elimination diet, anti-inflammation medicinal food powder and high potency probiotic of 50:50 blend of Lactobaccilus ac NCFM and Bifidobac Bi-07
 - ▶ 50% reduction in frequency of BM and bleeding. Better energy in 4 weeks by 70%. Pain reduced by 60 to 70% as well
 - ▶ Add SPMs at 6 per day 1 week, 4 per day 1 week, then 2 per day
 - ▶ Bleeding stopped within 2nd week, energy best in 2 years. Pain resolved to 10%
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Margie

Message: Thanks for spending so much time with me yesterday! My apologies for fading during the last hour or so. When I don't have enough food in my system, my brain loses focus, my left eye hurts, and my head begins to throb. I guess I should have left more time between tutoring and our appointment to eat more than half a sandwich. I wanted to let you know that I slept extraordinarily well last night--7 hours; awoke when my husband left for work; then back to sleep for 4 more hours!!! I haven't slept like that for a long, long time! I did not take the sleep aid pill that I had been taking, but I did take 8 SPM gel capsules (4 after our meeting and 4 more before bed). I also took 4 Benfotiamine tablets (2 after our meeting and 2 more before bed). Anyway, I feel great today! For the first time since I had the shingles attack, I did not take any Excedrin or ibuprofen at all today, and I don't have the headache that I usually have. One caveat: I did exhaust myself over the long weekend with many visitors, including grandchildren, and much cleaning, cooking, entertaining. However, my sleep last night was remarkably better than it was the previous night after all the visitors had left.



Dosing with SPMs

- ▶ Initial intake: 8 soft-gels first 7 to 10 days in single dose
- ▶ Reduce to: 6 soft-gels for next 7 to 14 days in single dose
- ▶ Reduce to: 4 soft-gels for 7 to 14 days in single dose
- ▶ Supportive: 2 soft-gels for additional 60 to 90 days



In Summary: How to use SPMs in your practice:

Clinical Takeaways

- ▶ SPMs can be beneficial for ANY chronic inflammatory problem. Recommend them for conditions you might not think would respond. I am confident you will be delighted with your patient's response.
- ▶ SPMs are safe, with no documented side effects, drug interactions or contraindications
- ▶ Current research has demonstrated that resolvers not only resolve chronic inflammation, but also reduce pain and assist in the regeneration of tissue
- ▶ Chronic inflammation inhibits the lipid-mediated class switching enzyme for the synthesis of resolvers.
- ▶ More is sometimes better...for a short period of time

