

# The Latest Stroke Treatment: Etanercept

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If you're searching for the latest stroke treatment to try, Etanercept might capture your interest.

**Etanercept** is a drug often used for rheumatoid arthritis and psoriasis. However, [Dr. Edward Tobinick](#) has been using etanercept injections on stroke and traumatic brain injury patients – and the results look promising. In this article, we'll discuss how etanercept has benefitted hundreds of stroke survivors on the road to recovery and how it all works.

## What This Latest Stroke Treatment Does

In [the study on etanercept for stroke recovery](#), where 629 patients were given the treatment, more than 80% of participants saw a reduction in spasticity and more than 85% saw improved movement in their bodies.

Stroke and TBI patients who received the etanercept injection reported walking more steadily, reading more easily, and speaking more clearly after the treatment. One patient reported feeling **totally clear-headed** within just 5 minutes of the injection. These are incredible results!

## What You Should Know About Etanercept

Etanercept is FDA-approved for rheumatoid arthritis and psoriasis. It is not approved for stroke recovery. Therefore, treatment is not covered by insurance. To give you an idea of how much the treatment costs, one patient paid \$4,800 out of pocket for the injection and follow-up visits.

Because etanercept is not conventionally used for stroke recovery, intensive clinical trial need to take place before it's available on the market and coverage by insurance. If you're interested in trying etanercept, keep an eye on the **clinical trials** available in your area at: <http://www.strokecenter.org/trials/>

## Inflammation in the Brain

Etanercept is a TNF-inhibitor. TNF (tumor necrosis factor) causes inflammation in the body, and etanercept helps block this inflammation. When etanercept is administered to stroke patients, it's injected into the spinal cord so that the drug goes straight into the brain. In this way, etanercept helps reduce inflammation in the brain.

Because stroke creates inflammation in the brain, it's no surprise that an anti-inflammatory drug does a stroke survivor a world of good.

## Reducing Inflammation in the Brain and Body

We have previously written about **ways to reduce inflammation** for stroke prevention. While the simple tips we mention in the article – like getting more sleep and taking probiotics – can improve your overall health, it cannot create the massive impact that drugs like etanercept can create.

But we won't leave you hanging without other effective treatments to try.

## Another Great Way to Treat Stroke

Another effective way to treat your stroke side effects is by **activating neuroplasticity** to rewire your brain. This can be achieved through **repetitive practice**. Whatever you practice over and over and over is what you get better at.

For example, practicing leg exercises every single day will help you strengthen the connections in your brain that control leg movement. With enough practice, you can rewire your brain and relearn how to walk again.

Repetitive practice isn't as attractive as etanercept because it requires a lot more hard work. But compared to the high price tag and exclusivity of other drugs, hard work isn't such a bad alternative.

## The Latest Stroke Treatment

Overall, etanercept is an exciting new breakthrough in stroke treatment. Many more studies need to be conducted before the drug is available for conventional stroke treatment. If you're interested, keep an eye on the clinical trials in your area.

If you can't get in on this groundbreaking treatment, don't worry. Neuroplasticity and repetitive practice can get you the rest of the way through hard work and perseverance.