



DEPARTMENT OF DEFENSE
WALTER REED NATIONAL MILITARY MEDICAL CENTER
8901 WISCONSIN AVENUE
BETHESDA MARYLAND 20889-5600

RE: Little, Michael #

17 JULY 2019

Michael Little has been under my care for several years. He is well known to our pain clinic. He was referred to our clinic for treatment of his post traumatic stress disorder (PTSD) and treatment resistant depression (TRD). Prior to his referral to our clinic he was pretty incapacitated. He was not in a good space mentally, was withdrawn, didn't partake in social activities previously enjoyed, and had suicidal ideations.

He has undergone numerous interventions in our clinic with success. His PTSD symptoms are well controlled with Stellate Ganglion Blocks. This therapy is a new therapy we've seen great results with in our wounded warriors with PTSD in addition to continued psychological counseling. His TRD has responded well to ketamine infusion therapy. This is also a newer therapy that is currently receiving a lot of media attention given its profound and rapid results.

The conditions mentioned above are chronic conditions that require continuous therapy. The interventions above have allowed him to wean off his medications. He will require continued treatment and evaluation in our clinic to remain well and off medications. The medications he was previously taking were ineffective and associated with numerous side effects.

Due to the sedative and Central Nervous System (CNS) side effects from ketamine we require that people have a 24 hour sitter post ketamine infusions. Ketamine is a dissociative anesthetic thus requires 24 supervision post infusion. This is our clinic policy. We also require patients to have a driver and chaperone post Stellate Ganglion Blocks.

Please feel free to contact me with any further questions.

Sincerely,

A handwritten signature in black ink, appearing to read "A. Verdun", is written over the word "Sincerely,".

Aubrey Verdun, MD
Wounded Warrior Pain Care Initiative
White House Medical Unit – Pain Management Representative
Cancer Pain Committee – Pain Management Representative
Anesthesiology and Pain Management
Walter Reed National Military Medical Center