



Arachnoiditis

Bulletin 4

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CAUSES OF ARACHNOIDITIS (ARC)

- ✓ In the 1800's the common causes of ARC were the infections of tuberculosis and syphilis.
- ✓ In the 1900's the most common cause of ARC was oil-based dyes injected into the spinal column for diagnostic purposes.
- ✓ In the 2000's the most common causes are spine disorders related to aging, accidents, obesity, bucket seats, lack of exercise, poor posture, and the invasive medical interventions and procedures that are now used to treat common spine disorders.

Genetic Degenerative Disease

The arachnoid and pia mater layers of the spinal covering are thin, soft, and easily damaged. Tissue degenerative diseases, particularly Ehlers-Danlos, Marfan, and hypermobility syndromes may cause micro-tears in the arachnoid layer which lead to inflammation, cysts (Tarlov), and adhesions.

Autoimmune Disease

Many ARC patients have autoimmune diseases such as systemic lupus, psoriasis, or rheumatoid arthritis. ARC may be a direct result from autoimmunity.

Viruses

Some viruses are highly suspected to cause ARC. Epstein Barr is one possibility believed to do this.

Common Spine Disorders

Common spine disorders including chronic herniated discs, stenosis, osteoporosis, and vertebral arthritis may, over-time, cause nerve roots in the cauda equina to rub or be squeezed together causing friction ("sand-paper effect"), inflammation and adhesions.

Trauma: A puncture, tear, or traumatic injury to the arachnoid lining from an accident, needle puncture, or chemical irritant may initiate ARC. Inflammation and adhesions in the arachnoid lining may later capture the nerve roots that are close to the inflamed site.