



Arachnoiditis
Revised-Bulletin 5
July, 2019

**SEVEN FACTS ABOUT NEUROINFLAMMATION THAT EVERY
 ADHESIVE ARACHNOIDITIS (AA) PATIENT SHOULD KNOW**

FACT 1	The fundamental cause of AA is neuroinflammation. It must be controlled or the person with AA will be in severe pain and progressively deteriorate.
FACT 2	The term inflammation is a generic term that can apply to any tissue in the body due to any cause. Neuroinflammation is a specific and special type of inflammation mainly caused by a nerve cell called microglia which are in the spinal cord, brain, and nerve roots of the cauda equina.
FACT 3	Active neuroinflammation causes tissue destruction, adhesions, and fibrosis (“scarring”). This scarring impedes the cerebral spinal fluid (CSF) flow and the CSF can leak into surrounding tissues causing further inflammation and damage. It may also progressively destroy cauda equina nerve root connections to your legs, bladder, sex organs, bowel, stomach, and lungs.
FACT 4	Neuroinflammation may be active and silently, without awareness by the person, destroy nerve tissue.
FACT 5	The drugs that suppress the inflammation of arthritis, allergies, and asthma may not suppress neuroinflammation. Why? To suppress neuroinflammation, a drug must cross the blood-brain barrier and bind or attach to the microglial cell. Consequently, the number of drugs, including dietary supplements, that suppress neuroinflammation are few in number.
FACT 6	If you have found that ketorolac (Toradol®), or one of these corticosteroids, (1) Medrol®, (2) dexamethasone, or (3) prednisone, provide pain and symptom relief, you have demonstrated that you have active neuroinflammation that needs on-going treatment.
FACT 7	Neuroinflammation may lead to an autoimmune disorder that can result in arthritis, thyroid deficiency, and muscle pains.

THERE IS HOPE
Actively treating neuroinflammation can halt the progression of the disease and possibly reverse the damage!