



## **AA IS ONE OF A CLASS OF** **INTRASPINAL CANAL INFLAMMATORY DISORDERS**

Our Research & Education Project has now reviewed over 700 MRI's from persons who have such symptoms as back pain, bladder dysfunction, sensations of insects or water on the skin, burning pain or sensation, paresthesia, and paralysis. When we initiated our MRI project, we assumed all persons with such symptoms would have AA. What we have learned is that there is a class of inflammatory disorders that are in the lumbar-sacral spinal canal and which produce similar symptoms. The individual inflammatory disorders have been previously well-described by medical researchers, however the concept that there is a class or spectrum of intraspinal canal inflammatory disorders is new.

**CRITICAL FACT: (1) Many persons with disabling back pain are left undiagnosed and undertreated because their MRI does not show AA. (2) Specific anti-inflammatory treatment of intraspinal inflammatory disorders must be done with drugs that cross the blood brain barrier and enter the spinal fluid. Common agents include naltrexone, ketorolac, dexamethasone, methylprednisolone, indomethacin, diclofenac, acetazolamide, metformin, curcumin.**

### **THE CLASS OF INTRASPINAL CANAL INFLAMMATORY DISORDERS**

1. Torn or Protruding Intervertebral Discs – Research shows that they are inflamed (see reference\*).
2. Cauda Equina Nerve Roots – Sometimes called “chronic cauda equina syndrome”, MRI's may show thickening, loss of circular contour, asymmetry, and displacement of nerve roots.
3. Arachnoiditis – The arachnoid-dural spinal canal covering is inflamed but doesn't have nerve roots adhered to it. This situation may occur with spinal tap, trauma, or genetic connective tissue/collagen disorders of the Ehlers-Danlos Syndrome type. Plain arachnoiditis does not show on an MRI. The diagnosis is clinical.
4. Perineural (Tarlov) Cysts – May occur in the arachnoid-dural spinal canal covering or on a nerve root. The cysts may result from or cause inflammation. Cysts are common with genetic connective tissue/collagen disorders.
5. Adhesive Arachnoiditis – Is a mass of inflamed cauda equina nerve roots that are attached to the arachnoid-dural covering. MRI is diagnostic. AA is the end result of one or more of the inflammatory disorders noted above.

\*Ref: Takahashi H, et al. Inflammatory cytokines in the herniated disc of the lumbar spine. Spine 1996;21(2):218-224.

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