



ADHESIVE ARACHNOIDITIS (AA)

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CHRONIC PROTRUDING (HERNIATED, BULGING, OR SLIPPED) DISCS ARE A CAUSE OF AA

Intervertebral discs are the cushions between the large, structural bones of the spine called vertebrae. The discs are soft, pliable and are the tissues that allow us to bend, stretch, and even walk. Discs are soft tissues that have a blood supply and are primarily composed of collagen which is derived from protein and amino acids.

PROBLEM: Millions of persons suffer from what is commonly called a “herniated”, “bulging”, or “slipped” disc in their neck or lower back. They have this name because the disc partially protrudes out from its natural setting between 2 vertebrae against the dura-arachnoid spinal canal covering and any nerve roots that are exiting or leaving the spinal canal. Injuries from lifting, trauma, or from an accident are common causes. They may also degenerate or deteriorate due to metabolic, genetic, or infectious causes. Persons with collagen disorders of the Ehlers-Danlos type commonly have this issue.

BREAKTHROUGH RESEARCH: Discs that protrude in the neck or lower back are now known to be inflamed. This is “breakthrough” knowledge since protruding discs have been thought to produce pain and neurologic defects only by exerting pressure or compression on nerve roots. Inflammation can spread as anyone who has had a “pimple”, “boil”, or “insect bite” can testify. The newest basic science research with disc inflammation shows that it can migrate and infiltrate adjoining tissues which may include nerve roots and the arachnoid-dural covering of the spinal canal.

OUR RESEARCH: Our Arachnoiditis Research Project has reviewed the MRI’s of over 800 persons with the typical neck and lumbar-sacral symptoms of ARC/AA. All neck cases and the majority (80-90%) of persons with lumbar-sacral AA have had chronic protruding discs.

OUR CONCLUSIONS:

1. We believe that there is a spectrum or class of intraspinal canal inflammatory disorders that may simultaneously involve multiple tissues: chronic protruding discs, cauda equina nerve roots, and arachnoid-dural covering of the spinal canal.
2. Chronic protruding discs not only compress nerve roots but also may initiate a cascade of migrating inflammation that can produce severe pain and ARC, Tarlov cysts, cauda equina inflammation, and AA.

REFERENCES

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