



## ADHESIVE ARACHNOIDITIS (AA)

Bulletin 43  
January 2021

### SCREENING TEST FOR EHLERS-DANLOS SYNDROME (EDS) AND RELATED DISORDERS

One of our discoveries in 2020 is that many persons with AA and related spinal canal inflammatory disorders have EDS and don't know it. If you or someone you know has chronic back pain, take this self-determination test.

	QUESTION	Yes	No
1	Do you have pain in multiple locations?		
2	Do you have extreme fatigue?		
3	Are you clumsy sometimes and fall or walk into objects?		
4	Are some of the joints in your hands, feet, elbow, hips or knees "loose" or quite flexible?		
5	Have you had a lot of sprains or joint dislocations?		
6	Is your skin thin in places?		
7	Are you double-jointed or able to bend your fingers, arms, or ankle backward?		
8	Are your hands and feet cold much of the time?		
9	Do you bruise easily or have bruises that suddenly occur?		
10	Is your skin "stretchy" in some places?		
11	Are you constipated a lot?		
12	Do you suffer from "heart burn" or frequent episodes of food regurgitation?		

If you answer yes to 6 or more of the 12 you likely have "Ehlers-Danlos Syndrome" and are at high risk to develop the complications of adhesive arachnoiditis and the intractable pain syndrome. You need to be evaluated for EDS and these complications by your physicians.

Source: Caude H, Lucette D. Ehlers-Danlos, an unknown and disturbing syndrome. Free comments. *Theranostics Brain, Spine, & Neuro Disord* 2017;2(4):555591. Doi:10.19080/JOJS.2019.02.555591.

*Published as a public service by the Arachnoiditis Research & Education Project of the Tennant Foundation  
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