



ADHESIVE ARACHNOIDITIS (AA)

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DO YOU HAVE ACTIVE NEUROINFLAMMATION?

Every person who has adhesive arachnoiditis (AA) needs to understand that neuroinflammation in your spinal canal and cauda equina is the “engine” or “battery” that is driving the disease. To obtain relief and recovery the person who has AA MUST control neuroinflammation. A failure to do so will permit AA to progress.

	QUESTION	Yes	No
1	Do you have periods of heat?		
2	Do you have periods of sweating?		
3	Do you feel like your body has too much electricity?		
4	Do you have periods of burning in your feet, hands, pelvis, or buttocks?		
5	Do you have periods or episodes of strong feeling on your skin like bugs crawling or pins stabbing?		
6	Are you sensitive or become nauseated and dizzy in heat such as on a hot summer day?		
7	Do the areas over your spine sometimes become red and hot?		
8	Does your temperature rise at times?		
9	Are your pain flares accompanied by sweating and heat?		
10	Do you have periods of stabbing, shooting or jerking pains?		
11	Do you have recurrent pain fares you can't control?		
12	Have you been told you have a high white blood cell count?		

INTERPRETATION: If you answered yes to over half of the above questions, you most likely have active inflammation inside your spinal canal and cauda equina. You will need to enhance your anti-neuroinflammation regimen. Some persons require 2 or 3 different agents since different tissues are affected.

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