



AUTOIMMUNE AND ALLERGIC REACTIONS WITH AA

Inflammation of multiple tissues in and around the lumbar-sacral and cervical spinal canals can cause both autoimmune manifestations and allergic reactions. Both are outlined here as persons with one or more of the spinal canal inflammatory disorders (e.g. AA, cauda equina, Tarlov, epidural fibrosis) may experience autoimmune and allergic manifestations and complications.

<u>AUTOIMMUNE MANIFESTATIONS</u>		
<u>POSSIBLE CAUSE</u>	<u>TEST</u>	<u>COMMON MANIFESTATIONS</u>
Small particles from inflamed spinal canal tissue may enter the blood stream and cause autoimmunity.	May or may not show the autoimmune markers found in lupus or rheumatoid arthritis.	Pain – “all over” Arthritis – muscle ache Carpal Tunnel – TMJ Hashimoto’s thyroiditis Headache Dysautonomia
<u>ALLERGIC MANIFESTATIONS</u>		
<u>POSSIBLE CAUSE</u>	<u>TEST</u>	<u>COMMON MANIFESTATIONS</u>
Cortisone and other hormones drop to low level. Histamine levels rise.	Blood test for cortisol, pregnenolone, DHEA levels may be low.	Itching Hives Wheezing Swollen tongue, eyes, fingers, toes

REMEDY

At this time, there is no sure way to prevent either autoimmune or allergic reactions in persons with confirmed AA. We believe that the best way to prevent autoimmune and allergic reactions is to have an on-going, inflammation reduction program that includes a periodic corticosteroid and periodic ketorolac.

Low dose daily hydrocortisone and Benadryl® at bedtime is reported to help immensely with both autoimmunity and allergy. Hydrocortisone helps excess histamine and Benadryl® reduces allergic reactions.

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

336-338 S. Glendora Ave., West Covina, CA 91790-3043

Phone: 626-919-7476 Fax: 626-919-7497

E-mail: tennantfoundation92@gmail.com

www.arachnoiditishope.com

www.intractablepainsyndrome.com

This information is not intended to diagnose, treat, cure, or prevent any disease, as this information is for educational purposes only, and is not a substitute for medical advice, diagnosis, or treatment. Please refer to your local qualified health practitioner for all medical concerns.