



ADHESIVE ARACHNOIDITIS (AA)

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EYE, EAR, AND NASAL SYMPTOMS WITH AA

Eye, hearing, and nasal symptoms with AA are common. They include blurred vision (spots), ear ringing (tinnitus), funny smells, nasal watering, and headaches or pressure sensations.

Cause: We believe the major causes of eye, ear, and nasal symptoms is spinal fluid flow obstruction since AA acts as a mass in the lower spinal canal that causes stasis of flow (see reference below). Alternative causes may be increased neuroinflammation or autoimmunity.

A Major Problem: Too many persons afflicted with AA and their medical practitioners believe eye, ear, and nasal symptoms are caused by spinal fluid leaks, because they are not aware that symptoms can be caused by spinal fluid flow obstruction. A true leak requires MRI confirmation.

What to do:

1. We recommend that every person with eye, ear, or nose symptoms have a 5-day trial of acetazolamide. Start with 125 mg orally for 2 consecutive days and then go to 250 mg a day. If acetazolamide helps, it can be taken "as needed" or on a regular basis up to 500 mg a day.
2. Deep breathing, stretching of arms over the head, and magnet rubs may help.
3. Build a more aggressive medication program to suppress neuroinflammation and rebuild damaged spinal canal tissue.

REF: Whendon JM, Glassey D. Cerebrospinal fluid stasis and its clinical significance. Altern Ther Health Med 2009;15(3):54-60.



Are you using intermittent, low dosages of ketorolac and a corticosteroid?

Magnet rubs really help some people.

