



EVALUATION AFTER PRESUMPTIVE MRI DIAGNOSIS
OF AA AND/OR CEID

Many persons who have symptoms compatible with AA or chronic cauda equina inflammatory disorder (CEID) are now obtaining MRI's. The symptoms may include burning feet, urinary dysfunction, water dripping or insects crawling sensations on skin, and pain relieved by reclining or standing. The MRI may or may not show definite signs of AA and/or CEID. Whichever condition may exist, the 3-part evaluation below will help confirm the diagnosis and give guidance for development of a treatment plan.

1. LABORATORY BLOOD TESTS

- A. Inflammatory markers: C-Reactive Protein-High Sensitivity, Erythrocyte Sedimentation Rate, Cytokine Panel (interleukins, tumor necrosis factor)
- B. Hormone Panel: cortisol, pregnenolone, DHEA, testosterone

BASIC INTERPRETATION

An elevated inflammatory marker likely represents intraspinal canal inflammation due to AA and/or CEID. A low serum hormone likely represents a strain on the hormonal system in an attempt to suppress pain and inflammation.

2. CATEGORIZATION OF SEVERITY

Determine if the intraspinal canal inflammatory disorder is mild, moderate, severe, or catastrophic. (See Bulletin 23 on categories.)

BASIC INTERPRETATION

Persons in the mild and moderate categories have the best chance for improvement and don't require many palliative measures.

3. THERAPEUTIC/DIAGNOSTIC TRIAL

- A. Methylprednisolone (Medrol®) 6-Day Dose Pak
- B. Ketorolac 30mg for 1 to 3 consecutive days

BASIC INTERPRETATION

If symptoms improve with either of these potent anti-inflammatory agents, a diagnosis of AA and/or CEID is essentially confirmed.

*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: tennantfoundaton92@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.