



**BLOOD TESTS RECOMMENDED FOR ADHESIVE ARACHNOIDITIS (AA)**

Certain blood tests are necessary to properly evaluate, diagnose, and treat adhesive arachnoiditis (AA). AA is a serious, debilitating, life-shortening, intraspinal canal inflammatory disease. Proper treatment, pain control, and prevention of deterioration requires laboratory testing for diagnosis and guidance for treatment.

	<u>TEST</u>	<u>REASON</u>	<u>ACTION TO TAKE</u>
1	Epstein Barr Virus (EBV)	Causes autoimmunity, inflammation, and AA	Need viral and autoimmune suppression
2	Glucose and Cholesterol	Excess sugar and cholesterol increase inflammation	If high, adjust diet to lower either or both
3	a. C-Reactive Protein (CRP)-high sensitivity b. Erythrocyte Sedimentation Rate (ESR) c. Cytokine+ panel	If high, excess inflammation is present	Increase inflammation/autoimmunity suppression program
4	Hormone panel: pregnenolone, DHEA, testosterone  <u>Options:</u> progesterone, cortisol+, estrogen	If low, damaged tissue won't grow and pain increases	Replenish any low hormone
5	White Blood Cell Count (WBC)	Help determine degree of autoimmunity and inflammation	Any high level of total WBC, lymphocytes, or eosinophiles suggests autoimmunity, and inflammation
6	Antinuclear antibody (ANA)	Determine presence of autoimmunity	Increase autoimmune suppression program

+Cortisol will be low if a corticosteroid is being used.

+A cytokine panel tests for interleukins and tumor necrosis factor which are indicators of active inflammation and autoimmunity.

**HOW OFTEN TO TEST:** Blood testing in AA should be every 3 to 6 months. If an abnormality is present repeat the test monthly until it is normal.

**DON'T DELAY TREATMENT:** Blood tests are so expensive that they sometimes can't be obtained. Three component medical treatment should not be delayed if blood tests cannot be obtained.