



**AUTOIMMUNE-COLLAGEN CONDITIONS
THAT PRECEDE ADHESIVE ARACHNOIDITIS (AA)**

Adhesive arachnoiditis (AA) requires that two separate tissues in the lumbar-sacral spinal canal become inflamed: (1) arachnoid-dural covering (meninges) of the spinal canal and (2) cauda equina nerve roots. Once inflamed, sticky adhesions (example-sticky tissue under a scab) will literally glue the two tissues together.

HOW DO TWO SEPARATE TISSUES BECOME INFLAMED? Very few conditions cause both the spinal canal covering and cauda equina nerve roots to become independently inflamed. In these modern times, here are the four common reasons: (1) toxic chemicals-usually from chemicals in an epidural injection; (2) trauma-usually from spinal canal puncture (tap), surgery, automobile, or other accident; (3) skeletal, anatomic abnormalities, (4) autoimmune-collagen disorder-usually from Epstein Barr or Lyme infections which may be the most common cause of AA.

AUTOIMMUNE-COLLAGEN CONDITIONS THAT PRECEDE AA: Listed here are the most common autoimmune-collagen conditions that have been reported to us by persons who are in our AA research studies.

KEY TAKE-HOME POINTS:

1. Persons with a genetic connective tissue-collagen disorder such as Ehlers-Danlos or Marfan syndromes have weak immune systems. They commonly acquire severe viral infections, particularly EBV.
2. Persons with a viral-induced autoimmune-collagen disorder are more likely to develop AA following an epidural injection, spinal tap, surgery, accident, or trauma. These events may reactivate EBV or other latent viruses.

| SOME COMMON AUTOIMMUNE COLLAGEN CONDITIONS | |
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| 1 | Arthritis |
| 2 | Burning mouth or feet |
| 3 | Carpal tunnel |
| 4 | Chiari conditions |
| 5 | Cold hands – Raynaud’s |
| 6 | Dry eyes (Sjogren’s) |
| 7 | Dysautonomia (unstable blood pressure) |
| 8 | Fibromyalgia |
| 9 | Food-medicine sensitivities |
| 10 | Hashimoto’s-thyroiditis |
| 11 | Herniated/slipped discs |
| 12 | Herpes cold sores |
| 13 | Herpes genitalia |
| 14 | Intraspinal canal cysts (Tarlov’s) |
| 15 | Irritable bowel |
| 16 | Mast cell activation |
| 17 | Migraine |
| 18 | Neuropathy |
| 19 | Psoriasis |
| 20 | Shingles |
| 21 | Spinal fluid leaks |
| 22 | Temporal mandibular joint (TMJ) |
| 23 | Urticaria (hives) |