



## CRITERIA FOR DIAGNOSIS OF EPSTEIN-BARR-VIRUS AUTOIMMUNITY

Our studies, and a review of others, have compelled us to provide criteria for a diagnosis of EBV autoimmunity (EBVAD). This disorder is a causative factor in multiple painful conditions of which adhesive arachnoiditis (AA) of the lumbar-sacral spine is extremely serious due to its neurological impairments, pain, and shortened lifespan.

### CRITERIA

#### 1. Past Stressful Event or Predisposition:

- a. Infectious mononucleosis, Lyme, Covid, or other severe infection
- b. Significant spine or skeletal trauma
- c. Ehlers-Danlos Syndrome (EDS) or other connective tissue disease

#### 2. Four or more of the following disorders:

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> Arthritis                  | <input type="checkbox"/> Herniated discs        | <input type="checkbox"/> Spinal fluid leaks   |
| <input type="checkbox"/> Burning mouth, feet, groin | <input type="checkbox"/> Irritable bowel        | <input type="checkbox"/> Tarlov cysts         |
| <input type="checkbox"/> Carpal tunnel              | <input type="checkbox"/> Migraine               | <input type="checkbox"/> Thyroiditis          |
| <input type="checkbox"/> Cervical/neck pain         | <input type="checkbox"/> Pudendal neuralgia     | <input type="checkbox"/> TMJ                  |
| <input type="checkbox"/> Extreme fatigue            | <input type="checkbox"/> Sjogren's              | <input type="checkbox"/> Trigeminal neuralgia |
| <input type="checkbox"/> Fibromyalgia               | <input type="checkbox"/> Small fiber neuropathy |   |

#### 3. Elevation above normal for these two EBV IgG antibodies:

- a. Viral capsid - (abbreviated, VCA)
- b. Nuclear antigen - (abbreviated, EBNA)

**NOTE: EBV reactivation is present if early EBNA shows a high IgG antibody level.**