EPSTEIN-BARR VIRUS (EBV) REACTIVATION IS POORLY UNDERSTOOD

EBV reactivation can occur at any time when the body's immune (stress) system is operating at a low level. EBV is normally a harmless parasite unless it can avoid suppression by a fully functional immune system.

Initiating Event

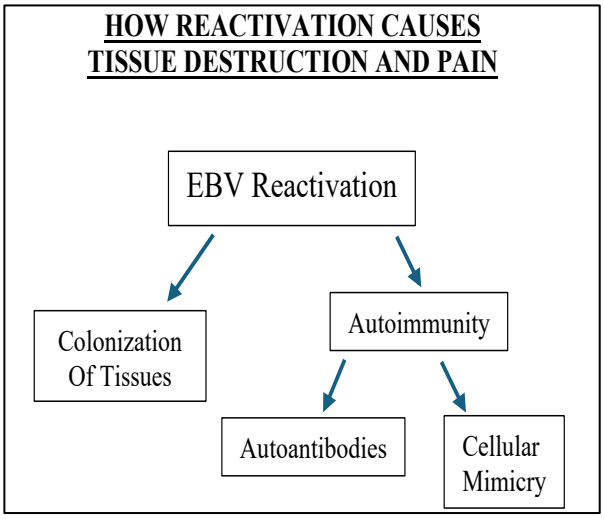
The cause of immune suppression is known as an inciting event. Here is a list of inciting events that can cause reactivation:

1. Trauma - accident
2. Infection
3. Psychologic episode
4. Spinal puncture
5. Epidural injection
6. Surgery

Pathologic Complications of Reactivation

When reactivated, EBV is in the blood, and some viruses will invade tissues to set up a colony and grow. EBV has a predilection for discs and neural tissue. Autoimmunity means a body element will attack other body tissues. There are 2 types.

We believe that EBV colonizes in the arachnoid membrane and/or cauda equina nerve roots. It is the autoimmunity of EBV that propagates the ongoing inflammation of AA. EBV autoimmunity also causes inflammation and tissue destruction of glial cells in the central nervous system (CNS) leading to constant, intractable pain, and a variety of neurologic impairments.



Treatment

Some specifics are dictated by blood panel testing. The most critical treatment is to be on a potent anti-inflammatory-autoimmune suppressing program. This has traditionally been methylprednisolone and ketorolac. Dexamethasone and prednisone are alternatives. The second most important measure is to take some supplements that prevent future reactivation. These include vitamin C, curcumin, luteolin, and glutathione. If your blood test shows current reactivation, ivermectin and antiviral drugs will be needed.

This educational information is provided as a public service by "Arachnoiditis Hope."
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