ASSOCIATION OF EHLERS-DANLOS SYNDROME (EDS) AND ADHESIVE ARACHNOIDITIS (AA)

A major finding in our studies of AA is that the **majority** of cases have hypermobile Ehlers-Danlos syndrome (hEDS) or a related disorder now called hypermobile spectrum disorder (HSD).

REASONS: Persons with hEDS or HSD have 2 reasons to be at high risk for AA:

1. Collagen deficiency
2. Immune deficiency

SPINE EFFECTS:

Spinal tissues contain considerable collagen so in hEDS and HSD they are weak and susceptible to tears, deterioration, inflammation, adhesions, and scarring. These tissues include intervertebral discs, vertebrae, spinal canal cover (dura and arachnoid layers), ligaments, and cauda equina nerves. Persons with hEDS and HSD develop one or more of these conditions BEFORE they develop AA:

Tarlov cyst	Spinal fluid leak	Chiari	Tethered cord
Herniated disc	Back pain	Neck pain	Spine arthritis

IMMUNE DEFICIENCY:

Persons with hEDS and HSD have a deficient immune system. Collagen deficiency allows viruses and bacteria to invade and infiltrate tissues more so than in normal individuals. We have found that persons with hEDS and HSD are susceptible to Lyme, cytomegalovirus, herpes 6, and especially Epstein-Barr (EBV). EBV may reactivate from its normal, parasite life in throat membranes or lymphocytes to form an autoimmune (tissue destruction) disorder and or infiltrate spinal and brain tissues. In our studies of MRI-documented AA, essentially 100% have EBV autoimmunity and about 70% show EBV reactivation.

SPECIAL TAKE HOME NOTES:

1. About **half** of the cases of AA that we review do not know they have hEDS or HSD.

2. Persons with HEDS or HSD who have back or neck pain over 90 days should be screened with the new EBV 4 panel test and take measures to hopefully prevent AA.

3. For more details, our new book, "The Ehlers-Danlos/Arachnoiditis Connection" (Amazon/Kindle) is recommended.

This information is provided as a public service by "Arachnoiditis Hope" a project of the Tennant Foundation, 336 ½ S. Glendora Ave., West Covina, CA 91790.
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