



## ADHESIVE ARACHNOIDITIS (AA) IS AN AUTOIMMUNE DISEASE

After several years and numerous studies, we have determined that AA is an autoimmune disease. All parties concerned should now regard and treat it as such.

### **The Hallmark of AA:**

AA only occurs when inflammation forms jointly in the cauda equina and arachnoid membrane. After inflammation becomes significant, adhesions form which fuse cauda equina nerve roots to the arachnoid membrane. An autoimmune process is the generator and initiator of the inflammation.

### **Epstein-Barr Virus Reactivation (EBV):**

The primary generator of the autoimmune process that causes AA is almost always EBV reactivation from its normal, dormant, parasitic state. EBV reactivation may be recurrent over a lifetime. This same process is now known to be a major causative factor in several cancers and other autoimmune diseases including multiple sclerosis, and systemic lupus erythematosus. The autoimmune process of EBV has two components: (1) autoantibodies and (2) auto-reactivity. The latter occurs when the virus enters a cell and releases high amounts of self-antigen which stimulates tissue destruction. In rare cases, a virus other than EBV may generate autoimmunity and cause AA. Also, other viruses, especially cytomegalovirus, herpes 6, and covid, may accelerate or potentiate EBV autoimmunity.

### **EBV Autoimmunity is Enhanced by Spine Trauma and Spinal Fluid Contamination:**

In the past it was generally assumed that epidural injections, spine surgery, contamination of spinal fluid by toxins, or spine trauma were the cause of AA. It is now known that these events may trigger EBV autoimmunity in spinal tissues.

### **Association with Other Autoimmune Conditions:**

Our studies plainly show that AA is preceded and/or accompanied by other autoimmune conditions such as arthritis, migraine, and irritable bowel.

### **Summary:**

Medical practitioners and persons afflicted with AA must now recognize, diagnose, and treat AA as an autoimmune disease caused by EBV reactivation.

### **Definition:** Autoimmunity, autoimmune process, autoimmune disease.

A condition in which autoantibodies or cellular elements erroneously recognize tissue as virulent or pathologic and attack the tissue producing inflammation and tissue destruction.